A heart healthy eating plan contains foods that can lower your risk of heart disease, heart attack and stroke. Healthy eating is a part of a heart-healthy lifestyle that includes regular activity and not smoking.

**Heart Healthy Foods**

Eat a rainbow of fruits and vegetables every day.

Eat a variety of grain products every day.

Eat at least **two servings of fish** each week that include heart healthy omega-3 fatty acids.

Choose lean meat, beans or tofu.

Watch your serving sizes.

COOKING TIPS

Use products low in saturated fat instead of using butter or other fats high in saturated fat.

Experiment with herbs, spices, or even lemon to add flavor to low-fat foods.

**SOURCE** HealthWise (healthwise.net)

Share pictures of your heart healthy meals with #Heart2Heart.