Heart-Healthy Foods

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

**CHOOSE HEALTHY FATS**

Unsaturated fats, such as olive, canola, corn, and sunflower oils, are part of a healthy diet.

1g of fat = 9 CALORIES
1g of protein or carbs = 4 CALORIES

**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.

**LIMIT YOUR INTAKE OF:**

- Sodium and added sugar
- Saturated fat
  Choose lean meat, beans, or tofu.
- Alcohol, if you drink
  2 or fewer drinks a day for men and 1 or fewer drinks a day for women

SOURCE: Healthwise (healthwise.org)