

Heart Healthy Diet

Adding certain foods to your diet, and avoiding certain foods, can help you to maintain your heart health and prevent heart disease or other heart issues.

Foods to Include in Your Heart Healthy Diet

A heart healthy diet should include:

- Fresh fruits and vegetables
- Foods that are low in fat, or that are “good fats”
 - Lean meats like chicken, fish and certain cuts of beef
 - Polyunsaturated fats and monounsaturated fats like nuts, fish, olive oil and vegetable oils
- Foods that are low in sodium
- Foods that are high in fiber including:
 - Some vegetables
 - Some fruits
 - Beans, lentils and nuts
 - Whole grain pasta, brown rice, whole grain bread and oatmeal

Foods to Avoid or Limit in Your Heart Healthy Diet

- A heart healthy diet should avoid or limit:
 - Meats and dairy products
 - Hydrogenated oils

- Foods that are high in sodium including:
 - Canned soups and canned vegetables
 - Processed meats such as hotdogs, bacon, sausage and deli meats
- Foods that are high in carbohydrates including:
 - Sodas and sweets
 - Snack foods
- Other processed/refined foods including:
 - White rice or white bread
 - Sugary breakfast cereals

Heart Healthy Cooking Tips

- Bake, broil or steam foods instead of frying
- Use healthy fats such as olive oil when cooking, instead of using butter

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