

HEART HEALTHY EATING QUICK STARTS

Positive Picks

- Fresh fruits
- Fresh vegetables
- Whole grain breads
- Skim or 1% milk
- Fat free yogurt
- Margarine spread or fat free margarine
- Low cholesterol egg substitutes

Avoid

- Fried food items
- Salt
- Whole milk
- Butter and cream sauces
- Bacon and sausage
- Hard cheeses (such as cheddar)
- Butter



- Read food labels and avoid foods that list the following terms as one of the first four ingredients: salt, sodium, hydrogenated or partially hydrogenated canola, soybean, or cottonseed oil.
- Season foods with herbs and spices without salt.
- Cook foods by steaming, broiling, grilling and roasting.
- Slowly increase your daily fiber intake to a goal of 20 to 35 grams of fiber every day.
- Eat at least two servings a week of fish high in omega-3 fats such as salmon, mackerel, and albacore tuna.