



Healthy Heart Guidelines

Heart disease is the single largest killer of men and women in this country. Fortunately, everyone can safely follow diet and other lifestyle practices to have a healthy heart and good health in general. Follow these steps from the American Heart Association for a healthy heart.

Eat well for your heart

Choose an overall balanced diet with foods from all major food groups, especially fruits, vegetables and grains.

- Eat a variety of fruits, vegetables and whole grain foods.
- Eat at least 5 daily servings of fruits and vegetables.
- Eat at least 6 daily servings of breads, pastas, cereal and other grain foods, including whole grains.
- Use fat-free and low-fat dairy products, fish, beans, poultry and lean meats.

Stay at, or close to, a healthy body weight

- Eat less calories.
- Go easy on foods such as desserts, that are high in calories and/or low in nutritional value and watch portion sizes.
 - Fewer high sugar foods like soft drinks
 - Fewer added fats
- Exercise, or be active, most days of the week.
- Aim for at least 30 minutes of activity.
- Spend less time watching TV and sitting.

(over, please.)

Keep blood cholesterol at a desirable level

- Bake, broil, or grill food instead of frying.
- Trim fat from meat and remove the skin from chicken, turkey and other poultry.
- Eat fish twice a week.
- Seasonal with fat-free broth and herbs and spices instead of fatty meat, fat back, bacon or butter.
- Use reduced fat soft or liquid margarine as a spread.
- Replace shortening, lard, butter and other solid fats with small amounts of liquid vegetable oils.
- Eat fewer foods made with hydrogenated or partially hydrogenated oil.
- Replace a whole egg with 2 egg whites or use 1/4 cup egg substitute.
- Choose “light” or “heart healthy” menu items when you eat out.

Keep blood pressure at a desirable level

- Eat less salt (less than 1 teaspoon of salt or 2400 mg sodium each day).
- Count both hidden salt in prepared foods and salt added to foods at the table.

Make eating well a habit

- Add 2 vegetables to lunch and dinner.
- Choose fruit with breakfast and for dessert.
- Eat at least 2 fish meals each week.
- Eat bean dishes at least twice a week.

Source: Indiana Chronic Disease Management Program