

## Nutrition Tips for a Healthy Heart

- ♥ Choose a variety of fiber-rich fruits, vegetables and whole grains. Aim for four to six cups of fruits and vegetable and three or more ounce-equivalents of whole grains each day
  - ♥ Switch to fat-free or low-fat milk and milk products
  - ♥ Compare Nutrition Facts labels. Choose brands with fewer grams of saturated fat, trans fat, cholesterol and sodium
  - ♥ Try to eat foods with less than 2,300 mg sodium (which is less than 1 teaspoon of salt) per day. ***If you have high blood pressure, are African-American, or are middle-aged or older,*** try to get no more than 1,500 mg of sodium per day, and to get 4,700 mg potassium each day from your foods
  - ♥ Eat foods high in omega-3 fats, such as walnuts, cold water fish, ground flaxseed, flaxseed oil and canola oil
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## **Nutrition and Lifestyle Tips for a Healthy Heart**

- ♥ Don't smoke
- ♥ Live actively. Get moderate or vigorous physical activity that adds up to 30 or more minutes on most days
- ♥ Limit yourself to two servings of meat a day, each about the size of a deck of cards (not counting bones or fat)
- ♥ Pick foods that have been grilled, microwaved, boiled, broiled, baked, roasted, poached, steamed or pan-fried without added oil or fat
- ♥ Trim skin and visible fat off of meat and poultry, and drain any fat that cooks out of meats
- ♥ Lose ten pounds if you are overweight. To sustain weight loss, participate in at least 60 to 90 minutes of daily moderately-intense physical activity

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