Prevent and Manage Heart Disease

- Heart disease is the #1 cause of death in America.
- Making changes in your diet can greatly decrease your risk of heart disease and heart attack: less fat, less sodium, more fiber and just keeping a healthy lifestyle.

Less fat

- Select lean cuts of meat and take the skin off of poultry. Fish is a great option.
- Avoid fried foods. Choose baked, broiled or steamed foods instead.
- Use oil (fats that are liquid at room temperature) over solid fats like butter, coconut oil and lard. The best choices are canola, olive and peanut oil.
- Choose foods that say “low-fat” or better yet, “non-fat”, such as salad dressings, milk, cheese, yogurt, and more.

Less Sodium

- Buy fresh fruits and vegetables or buy frozen/“Low Sodium” canned foods.
- Don’t add salt while cooking. Use herbs and spices such as lemon, garlic, pepper, chili powder and other favorites.
- Avoid smoked, cured, and processed foods such as bacon, ham, sausage and certain deli meats.

More fiber

- Eat more fresh fruit and vegetables.
- Choose whole grain bread that has at least 3 grams of fiber per slice.
- Beans are also a great source of fiber.

Other Healthy Lifestyle Changes

- Stay active, a 30 minute walk a day can make a big impact.
- Quit smoking.
- Keep a healthy weight.
A food label can help you limit your salt and fat intake while helping you find foods that are a source of fiber. It can also help you limit how many calories you get in a snack or meal.

Things to limit: look for less than 600mg of sodium per meal and less than 5% of total fat, saturated fat and cholesterol.

Things to look for: look for foods like bread, cereal, pasta and rice that have at least 3 grams of fiber. Look for the word “whole” in the ingredient list, such as “whole wheat” or “whole grain”.

<table>
<thead>
<tr>
<th>FOODS</th>
<th>CHOOSE THIS</th>
<th>INSTEAD OF THIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Whole grain cereals, breads, pasta and bagels. Brown rice</td>
<td>Doughnuts, pastries, croissants, bagels, white bread, white rice, biscuits</td>
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<tr>
<td>Dairy</td>
<td>Nonfat or 1% milk. Low-fat cheeses in small amounts. Low-fat yogurt &amp; sour cream</td>
<td>Whole or 2% Milk. Full Fat Cheeses such as Colby, Swiss, Cheddar. Full Fat Sour Cream</td>
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<tr>
<td>Oils, Spreads, Dressings</td>
<td>Canola and olive. Low-fat mayonnaise. Small amounts of nuts and peanut butter. Low-fat cream cheese</td>
<td>Butter, Stick Margarine, Shortening, Regular Salad Dressing</td>
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<tr>
<td>Meat, Poultry, Beans, Eggs, Nuts</td>
<td>Beans, tofu. Trimmed or skinless meats and poultry. Roasted, grilled, boiled, without added salt. Egg whites</td>
<td>High-fat meats like sausage, ribs, or with visible fat or skin. Hot dogs, bologna. Fried meat, poultry or fish. Whole eggs. Salted, smoked or cured meats.</td>
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<tr>
<td>Vegetables</td>
<td>Salad with low-fat dressing. Steamed vegetables without added butter or salt</td>
<td>French fries or baked potatoes with butter. Canned vegetables with added salt</td>
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<tr>
<td>Soups</td>
<td>Low sodium vegetable or broth-based soups</td>
<td>Cream soups, high-sodium canned soups</td>
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<tr>
<td>Desserts</td>
<td>Low-fat cakes, cookies, fresh fruit, low-fat ice cream or yogurt</td>
<td>Cakes, cookies, full-fat ice cream</td>
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