

FOOD FOR A HEALTHY HEART

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.



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Reading a Food Label

Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 180	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 1.5g	6%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

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”.

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