PUT YOUR
heart
INTO HEALTHY EATING

Heart disease is the leading cause of death among Americans. Risk factors such as high blood pressure, high blood cholesterol, diabetes, and being overweight all increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors. So put your heart into healthy eating. Here are 5 ways to do that.

PLAN TO EAT HEART HEALTHY

Put together an eating plan that offers the balance of calories that is right for you, including vegetables, fruits, whole grains, and low/fat-free dairy products. The number of calories you need each day depends on your age and how physically active you are. Add seafood, lean meats, poultry, beans, eggs, and unsalted nuts for protein. Limit saturated and *trans* fats, sodium, and added sugars. Grill, steam, or bake instead of frying and flavor with spices, not sauces.

EAT SMART

Changing your perceptions of how and what you eat really helps. Use smaller plates to help limit portion sizes. Chew slowly and really think about textures and flavors as you eat.

CHOOSE HEALTHY SNACKS

Enjoy treats with fewer calories that fit into your daily eating plan—like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes, a handful of unsalted nuts, or a half cup of low/fat-free yogurt.

DINE OUT THE HEALTHY WAY

You can eat healthy in restaurants. Control portion size by eating half your entrée, and take the rest home for another meal. Limit calories by choosing foods that are broiled, baked, or roasted. Ask for low-sodium options from the menu, and leave off or ask for butter, gravy, sauces, or salad dressing on the side.

FIND HEART HEALTHY MENUS TO ENJOY

How you eat day after day makes a real difference in your health over time. Take a look at how you're currently eating and compare it with *Keep the Beat*™ heart healthy recipes at: healthyeating.nhlbi.nih.gov.

Find out more about getting active and living a heart healthier lifestyle by visiting

www.hearttruth.gov and **www.nhlbi.nih.gov/health**

National Heart, Lung, and Blood Institute

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