

# Have a Heart-healthy Diet

**For a healthy diet, choose foods low in saturated fats, cholesterol, and sodium.**

Healthy eating starts with smart choices:

- Include a variety of foods
- Choose various fruits and vegetables each day
- Replace refined grains for whole grain foods like whole wheat bread, oatmeal, and brown rice
- Eat smaller portions. Save part of dinner for lunch the next day
- Limit sweets. Snack on fruits, vegetables, unbuttered and unsalted popcorn, or bread sticks
- Drink water or sodium-free club soda
- Choose low-fat or fat-free dairy foods like skim milk and low-fat yogurt
- Read labels
- Cook in ways that retain nutrients and don't add fat
- Try to steam, bake, broil, or grill instead of fry
- Limit butter and oil

Talk with your doctor before changing your diet.



