



Heart-healthy diet

The American Heart Association recommends a balanced eating pattern for optimal heart health.

- Consuming more **fruits and non-starchy vegetables**, at least 5 servings per day (1 serving = about a 1/2 cup), is great for heart health. Non-starchy vegetables include any vegetable besides potatoes, corn, beans and winter squash. Make half of your plate fruits and non-starchy vegetables.
- **Whole grains** provide fiber and micronutrients, and incorporating more high-fiber foods can help manage weight, cholesterol and blood pressure. Make at least half of your grain intake whole grains and aim to consume at least 25 grams of fiber per day.
- **Beans, legumes, nuts and seeds** are great sources of fiber that have a heart-healthy fat profile. Legumes can be used as a protein or starch source in meals. Nuts and seeds can be a great part of a balanced snack.
- Prioritize **lean protein** sources and limit saturated fat. Lean cuts of meat include chicken breast, turkey breast, pork tenderloin, fish and venison. The serving size for meat is 3–4 ounces.
- Limit your intake of sodium, refined sugar, red or processed meats, and saturated fats (from fatty cuts of meat, full-fat dairy and tropical oils).
- Avoid tobacco and alcohol.

Making healthy choices today can help you feel better and live longer!