

Healthy Eating, Healthy Heart

Limit

Sweetened drinks, foods high in sodium, fatty or processed meats red meats, added sugar, refined carbohydrates, & full-fat dairy products

Avoid

Trans fats, commercially baked foods, & fried foods

Tips

- **Read food labels** to compare and select food products with the lowest amounts of sodium and added sugars

WHAT SHOULD I EAT?

VEGETABLES

Fresh, canned, frozen & dried

FRUITS

Fresh, canned, frozen & dried

WHOLE GRAINS

Barley, brown rice, millet, oatmeal, popcorn & whole wheat breads, crackers, & pastas

DAIRY

Low fat & fat-free

PROTEINS

Eggs, fish, lean meats, legumes, nuts, seeds, & poultry

OILS

Olive, avocado, canola, sunflower, & peanut oils

- **Cook and eat at home** to have more control over ingredients and food preparation
- **Snack smart** by keeping ready-to-eat fruits and vegetables on hand
- **Pack your own lunch** to help make healthy choices easier
- **Eat together as a family** to boost self-esteem and reduce stress