



Eating for Heart Health



The **American Heart Association** made a new plan in 2006 for heart health. The plan is flexible to meet the needs of growth, development, and aging. The American Heart Association wanted to focus this plan on **whole diet** that will be sure to include all needed nutrients and balance food with activity.

The Eating Plan

Focus food choices on eating many types of veggies and fruits

- Eat lots of whole grains with a focus on fiber
 - Legumes (beans, lentils), vegetables (such as green leafy veggies and broccoli), fruits (such as apple and berries), and oat bran
- Eat non-fried fish low in mercury 2 times a week like:
 - Shrimp, light canned tuna, salmon, Pollack, and catfish
- Limit saturated fats which are found in fried foods (like French fries) and fatty meats like bacon, sausage, hot dogs, and bologna. Instead, eat more:
 - Lean meats, beans and veggie alternatives
 - Fat free and low-fat dairy foods like yogurt
- Avoid trans fats which are found in
 - Many "junk foods" and sweets
 - Cakes, cookies, margarine, potato chips. Read labels to see the amounts of trans fats in foods
- Eat foods with little or no salt
- Drinks lots of water and avoid sugary drinks

Remember the heart healthy eating plan also when you are eating away from home!

Remember to be Active

Try for a total
60 minutes each day of
moderate to vigorous activity-
Jumping rope, dancing, riding bikes, playing
tag and active computer games all count!

