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!