

Name:

Whom to Call:

CV1026B

Eating Heart-Healthy Food

Eating healthy for your heart doesn't have to be hard or boring. You just need to know how to make healthier choices. That means eating mostly foods that are low in fat and high in fiber. Become aware of the fat in your diet, then think about ways to choose healthier foods.

Eating Less Fat and More Fiber Grains and Grain Products

6 to 10 servings a day—A serving is: 1 slice (1 ounce) bread; 1/2 cup cereal, rice, or pasta

Low-fat, high-fiber choices: whole-wheat bread, English muffins, pita bread, corn tortillas, bran cereals, oatmeal, bulgur, brown rice

Vegetables

4 to 5 servings a day—A serving is: 1/2 cup cooked vegetables; 1 cup raw leafy vegetables; 3/4 cup vegetable juice

Low-fat, high-fiber choices: corn, broccoli, carrots, celery, asparagus, Brussels sprouts, acorn squash, spinach, kale, turnip greens, collards, artichokes, potatoes

Fruits

4 to 5 servings a day—A serving is: 1 medium whole fruit; 1/2 cup frozen, cooked, canned, or chopped fresh fruit; 1/4 cup dried fruit; 3/4 cup fruit juice

Low-fat, high-fiber choices: apples, bananas, oranges, grapefruit, melon, berries, pineapple, mangoes, dates, prunes, raisins

Low-fat or Fat-free Dairy

2 to 3 servings a day—A serving is: 1 cup milk or yogurt; 1 1/2 ounces cheese

Some low-fat choices: low-fat or fat-free milk, low-fat buttermilk, fat-free yogurt, reduced-fat or fat-free cheese, fortified soy or rice milk

Meat, Poultry, and Fish

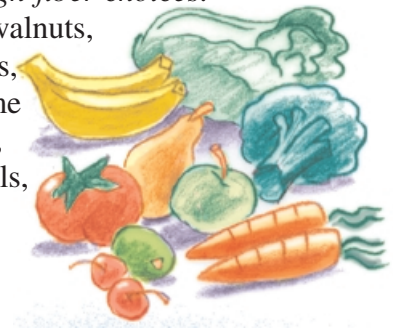
2 or fewer servings a day—A serving is: 3 ounces (about the size and thickness of a deck of cards)

For lower-fat choices: Select only lean meats and trim away all visible fat. Remove the skin from chicken and turkey before eating. Broil, roast, grill, or microwave meat, poultry, and fish instead of frying.

Nuts, Seeds, and Legumes

4 to 5 servings a week—A serving is: 1/3 cup nuts; 2 tablespoons seeds; 1/2 cup cooked dry beans, peas, or lentils

Some lower-fat, high-fiber choices: almonds, pecans, walnuts, dry-roasted peanuts, sunflower or sesame seeds, black beans, kidney beans, lentils, chickpeas



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