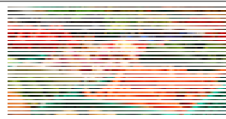


Eat Better



A healthy diet and lifestyle are your best weapons to fight heart disease. It can be confusing which food choices are best.

Choose nutrient-rich foods that have vitamins, minerals and other nutrients, but lower calories

Healthy Choices for Every Day

- Fruits and vegetables
 - Choose a rainbow of colors to get the nutrients/phytosterols that you need
 - Minimize starchy vegetables such as potatoes and corn
 - Whole grains
 - Unrefined whole grain foods contain fiber that can help lower your blood cholesterol and help you fill full
 - Fat free, 1% or low fat dairy products
 - Choose lean meats and poultry without skin
 - Prepare meats and poultry without added saturated or trans fat. (butter or margarine, check the label)
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Week 3

Healthy Choices cont...

- Eat fish at least twice a week
 - Recent research shows that eating oily fish containing omega-3 fatty acids (Salmon, Trout, Herring) may help lower your risk of coronary artery disease
 - Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet
 - Crackers, donuts, some margarine, deep fat fried foods, fast food. READ LABELS!
 - Choose and prepare foods with little or no salt
 - Aim to eat less than 1500 milligrams of sodium per day
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