Tips for Heart Healthy Eating

- Eat more fiber: there are two types of dietary fiber, soluble and insoluble, both are good for your general health, but only soluble fiber can help lower your cholesterol. Soluble fiber found in fruits, vegetables and whole grains help block cholesterol and fats from being absorbed through the wall of the intestines into the blood stream. The American Heart Association recommends 25-30 grams per day for adults. (Apple=4 gms, whole grain pita=7, white bread = 0)
- Pay attention to what you eat: When you start to really pay attention to what's in your food and the food choices you make, you can start taking control of what you eat.

Week 4

Read the Nutrition Facts label:

- Reading the food label can help you make heart smart choices when you shop for food.

Label Reading 101

- Read the Nutrition Facts label:

1. Check Serving size
2. Look at Fats
3. Check Carbohydrates
4. For weight loss 30-45 gms of carb per meal, 15 per snack
5. For maintenance 45-60gms of carb per meal, 15-30 per snack