

Nutrition for Heart Health



Choose heart-healthy fats

Unsaturated fats & omega-3 fats support heart health. Try choosing these types of fats more often than saturated fats.

Heart-Healthy Fats

- olive oil
- avocado
- nuts & nut butter (without added sugars or oils)
- seeds, like chia, flax, hemp, & pumpkin
- fatty fish, like salmon, mackerel, tuna, herring, trout & sardines

Saturated Fats

- fatty animal protein, like higher-fat beef cuts, lamb, poultry with skin
- butter
- full-fat dairy
- deep-fried foods
- palm oil
- lard

*try to avoid trans fats

Keep an eye on sodium

Sodium (or salt) can impact your blood pressure. Try to keep your sodium intake <2,300 mg/day for a healthy heart.

- Sodium can be sneaky! Read nutrition facts labels for sodium content in foods & choose low-sodium versions when available. Some foods to keep an eye on:
 - canned foods, like soup & beans
 - sauces, dressings & other condiments
 - bread products & cereals
 - snack foods
 - prepared & frozen meals
- Eat more potassium to balance sodium
 - fruits and veggies

Eat lots of fiber

Fiber helps support heart health, but most of us don't eat enough of it.

Average goal for adult men: 30g/day

Average goal for adult women: 25g/day

Here are some fiber-rich foods to enjoy:

- fruits & vegetables
- nuts & seeds
- beans
- lentils
- whole grains, like oats, brown rice, quinoa, farro, bulgur wheat, buckwheat & millet
- try choosing whole-grain options for bread products, cereals & pastas

Mealtime Tips

- Flavor your food without adding excessive salt using ingredients like:
 - fresh & dried herbs
 - spices
 - citrus juice & zest
- Choose heart-healthy cooking methods
 - roast/bake, grill, boil, steam, poach, stir-fry
- Choose heart-healthy fats when cooking
 - olive, avocado, safflower, canola oils
- Rinse canned foods, like beans & vegetables, before using
- Try to balance meals with lean protein + fiber-rich carbohydrate + healthy fat
- Try keeping the salt shaker off the table
- Choose water over sugary drinks