

# Healthy Heart Nutrition



## Grains

- Choose breads, cereals, and pasta made with whole-grains (such as oats, barley, rye, or whole wheat)
- Choose brown rice over white rice



## Dairy

- Select dairy products that are nonfat (skim), 1/2% or 1% fat
- Limit foods high in saturated fat or sodium, such as cheese, processed cheeses, ice cream, and other milk-based desserts



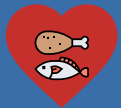
## Fruits and Vegetables

- Consume fruits and vegetables frequently
- Incorporate at least one or two servings of fruits and vegetables into each meal
- Fresh, frozen, or canned vegetables without added fat or salt



## Fats and Oils

- Include heart-healthy fats:
  - soybean, olive oil, sunflower oil
  - omega-3 fatty acids
    - salmon, tuna, sardines
    - flaxseed
  - avocados and seeds/nuts
- Limit saturated fat and trans fat
  - foods with fat from animals (fatty meats, whole milk, cream, and other dairy foods)
  - palm/palm kernel, or coconut oil
  - all foods made with hydrogenated oil



## Meat

- Eat lean meats in moderation
- Limit red meat consumption
- Include vegetable proteins in your meals (such as legumes and beans)



**Decrease sodium, saturated fat and alcohol intake**



**Increase fiber, fruits and vegetables, as well as calcium, magnesium and potassium**

# Food Label: Sodium

1. Serving Information

**Nutrition Facts**  
4 servings per container  
Serving size 1 cup (227g)

2. Calories

Amount per serving  
**Calories 280**

3. Nutrients

	% Daily Value*
<b>Total Fat</b> 1g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 450mg	27%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

Use the Nutrition Label as a tool for reducing consumption of sodium

The Daily Value for sodium is less than 2,00 mg per day - that's equal to about 1 teaspoon of salt!

Compare and choose foods to get less than 100% Daily Value (DV) of sodium each day. And remember:

- 5% DV or less of sodium per serving is considered low
- 20% DV or more of sodium per serving is considered high

## Action Steps for Reducing Sodium in Your Diet

Look for light, low sodium, reduced sodium, or no-salt-added versions of packaged foods

Prepare your own food when you can and limit packaged sauces and flavored products (such as rice, pasta mixes and instant noodles)

Flavor foods with herbs and spices and no-salt seasoning blends instead of adding salt to foods when cooking, baking, and eating

Consume smaller portions of foods and beverages that are higher in sodium or consume them less often

Buy fresh, frozen (no sauce or seasoning), low sodium, or no-salt-added canned vegetables

Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating

\*Consult with your PCP and a dietitian before making any nutrition changes\*



Kapnick  
Strive