

great
living starts here™

quick starts for heart healthy eating

positive picks

- Fresh fruits
- Fresh vegetables
- Whole grain breads
- Skim or 1% milk
- Fat free yogurt
- Margarine spread or fat free margarine
- Low cholesterol egg substitutes

avoid

- Fried food items
 - Salt
 - Whole milk
 - Butter and cream sauces
 - Bacon and sausage
 - Hard cheeses (such as cheddar)
 - Butter
- Read food labels and avoid foods that list the following terms as one of the first four ingredients: salt, sodium, hydrogenated or partially hydrogenated canola, soybean, or cottonseed oil.
 - Season foods with herbs and spiced without salt.
 - Cook foods by steaming, broiling, grilling, and roasting.
 - Slowly increase your daily fiber intake to a goal of 20 to 35 grams of fiber every day.
 - Eat at least two servings a week of fish high in omega-3 fats such as salmon, mackerel, and albacore tuna.



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