





## Be Good to Your Heart!



### *What can you do for better heart health?*

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- ♥ *Reduce your total fat intake.* Limit added fats, high fat snacks, baked goods, and deep-fried foods. Added fats include butter, margarine, regular sour cream & salad dressings, etc. Try baking, steaming, or broiling your foods most often.
  - ♥ *Eat more whole grain products.* Choose 100% whole wheat, multigrain, and whole grains more often. Not only are they lower in fat, but they are high in fibre!
  - ♥ *Try more soluble fibre in the diet.* Soluble fibre is the type which binds with cholesterol, and helps to lower the “bad” guys, LDL’s. Examples of foods high in this fibre are oat bran, oatmeal, legumes (kidney beans, chickpeas, lima beans), lentils, apples, strawberries, and citrus fruit.
  - ♥ *Eat more vegetables and fruit.* Try darker leafed and orange vegetables and fruit more often such as broccoli, spinach, romaine lettuce, carrots, squash, sweet potatoes, papaya, cantaloupe, and oranges. Not only do they taste good, but they are full of antioxidants as well. Antioxidants help to neutralize harmful substances in the body called free radicals. Free radicals are the result of normal metabolism, but high levels may contribute to heart disease.
  - ♥ *Choose lower fat milk products.* Try 2%, 1%, or skim more often. Yogurt and cheeses can be a part of a balanced diet as well - choose lower fat versions more often.
  - ♥ *Select smaller, leaner portions of meat.* Try fish 1-2 times per week, and take the skin off of poultry! Be limiting with high fat sauces as well, such as gravies and cream sauces.
  - ♥ *Choose healthier snacks.* Try fruits and vegetables more often, whole grain products, and leaner milk products. Choose high fat snacks and desserts less often such as cookies, cakes, ice cream, chocolates, pastries, doughnuts, chips, etc.
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***Yours in Health and Wellness,  
Lindy Kennedy, R.D.***

