



Heart Health Nutrition

■ Consume Heart Healthy Fats

Unsaturated Fats-avocado, olive, canola, seeds, nuts

■ Incorporate Whole Grains & Fiber

Whole wheat, barley, rye, corn, brown rice, quinoa, whole grain crackers/bread/cereals, oats

■ Choose a Variety of Colorful Fruits & Vegetables

Phytonutrients-berries, kale, asparagus, peppers, sweet potatoes, etc

■ Omega-3's

DHA-Fatty Fish, albacore tuna, wild salmon, farmed trout
8 oz. per week

■ Plant Sterols/Stanol

Beans, lentils, sunflower seeds, whole grains, oils, wheat germ, fruits, vegetables
2 gms per day

■ Low Sodium

Fortified Foods-Supplements

Cook foods from scratch, avoid processed foods
2,000 mg/day