

Heart Healthy Diet

High blood pressure can cause heart disease, which is one of the leading causes of death in the United States. By making changes to your lifestyle you can lower your blood pressure without medications. Diets rich in fruits, vegetables, grains and proteins low in saturated fat are effective in lowering blood pressure. Below are some suggestions on how to make your diet more Heart Healthy:

Food Category	Suggestions
Fruits & Vegetables *Rich sources of potassium, fiber and magnesium	4 to 5 servings of fruit (1/2 cup of raw fruit) 4 to 5 servings of vegetables (1/2 cup cooked or 1 cup raw) Be sure to include a variety of colors every day (e.g. apple, orange, banana, kiwi, grapes, tomatoes, peppers, carrots)
Dairy and Calcium Fortified Products *Major sources of calcium and protein	2 to 3 servings a day Choose low fat or fat free versions (e.g. choose skim or soy milk or soy milk they have less saturated fat(s) than 2% or whole milk) Serving size = 8 oz milk, 1 cup yogurt, 1 ½ oz cheese
Fats and Oils	2 to 3 servings a day Eliminate trans fats (e.g. cookies, crackers) Decrease saturated fat (limit butter/high fat dairy) Use olive oil & canola oil when cooking Serving Size = 1 t margarine, 1 T low fat mayo, 2 t light dressing
Meat/Fish/Poultry *Rich sources of protein and magnesium	Replace red meats with poultry and fish Select lean cuts and trim fat, remove skin Limit red meat to 1-2 times a month Serving Size = 3 oz cooked meat, poultry, fish
Grains/Legumes *Major sources of energy and fiber	7-8 servings a day Use whole grains - they have more fiber, decrease cholesterol (e.g. whole wheat bread/pasta, cereal, grits, oatmeal, rice) Serving Size = 1 slice bread, 1 oz cereal, ½ cup cooked rice
Nuts *Rich sources of energy, protein, potassium, fiber, magnesium	4-5 servings per week (e.g. almonds, mixed nuts, unsalted peanuts, sunflower seeds) Serving Size = ½ cup/1½ oz nuts, ½ oz/2 tablespoons seeds
Refined Sugars/Sweets	Decrease soda, candy and cookie intake Should be low in fat No more than 5 servings per week (e.g. maple syrup, jelly, candy, fruit juice) Serving Size = 1 T sugar or jelly, 8 oz juice, ½ oz candy

