

Top Heart Healthy Foods

Eating the right foods can make a difference when it comes to heart health! Try incorporating some of the foods listed below to promote heart health as part of a balanced diet.

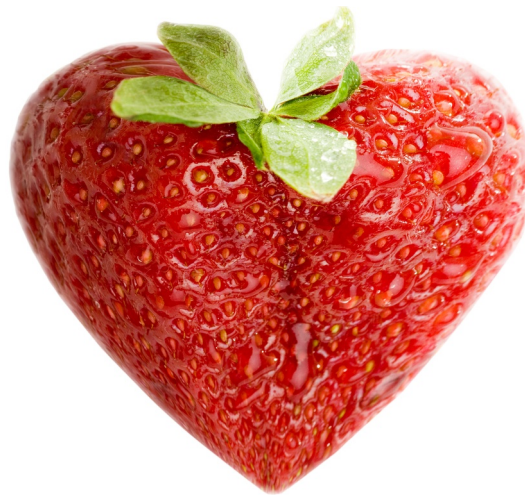


Healthy Fats

Nut butters, Avocado, Olive oil, Canola oil or Peanut oil

Fruits and Vegetables

Apples, Oranges,
Pomegranates, Apricots,
Bananas, Berries,
Grapefruit
Leafy greens
Asparagus, Peppers,
Tomatoes
Garlic and Onion



Proteins

Salmon, Herring,
Sardines or Trout
Almonds, Walnuts,
Peanuts
Beans
Lentils
Tofu

Grains

Oatmeal, Whole grain breads, Barley, Brown rice, Bulgar wheat, Flaxseed and Wheat germ



How to make a heart healthy plate:

At each meal, aim to fill your plate with $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ whole grains and $\frac{1}{4}$ a source of heart healthy, low-fat protein. Keep added sweets and saturated fats to a minimum.