

## HOW CAN I START EATING HEALTH FOR MY HEART?

All the nutrition advice you see online can be overwhelming. To cut through the noise, it can help to focus on 4 key things for heart health: sodium (salt), sugar, fat, and fiber.

### Cut back on sodium (salt)

When you eat too much sodium (salt), your body pulls more water into your bloodstream and this could cause your blood pressure to go up. And high blood pressure raises your risk for heart attack and stroke — so cutting back on sodium (salt) is a big win for your heart.

You don't need to ditch sodium (salt) entirely — **just try these tips to get less:**

- Watch out for sneaky sodium (salt)! Salt hides in things that don't taste very salty, like canned vegetables, sauces, condiments, and tortillas. Look for labels that say "low sodium," "reduced salt," or "no salt added."
- Get creative with spices and herbs. When you cook, skip the salt and flavor your food with a salt-free all-purpose seasoning or your favorite spice. Or try swapping half the salt in a recipe for another herb or spice.
- Choose lower sodium proteins. Instead of deli meats, sausages, and other processed meats (think: marinated, smoked, canned, or cured), packed with sodium (salt) reach for fresh or frozen poultry such as chicken, fish, eggs or beans and lentils — and spice it up with whatever extra flavor you want!

How's this for a salty shocker? The #1 source of sodium (salt) is... bread.

### Eat more fiber

To get more fiber, **try eating more:**

- Fruits and vegetables
- Whole grains, like brown rice or 100% whole wheat bread
- Beans, like chickpeas, black beans, or lentils

## Choose healthy fats


Fats aren't all bad. In fact, you need fat to stay healthy. It's all about choosing the right kind. Saturated fat raises your "bad" cholesterol (LDL) — and switching to unsaturated fats can lower it.

So to protect your heart, **replace saturated fat with unsaturated fats:**

- Saturated fat is in foods like fatty meats, full-fat dairy, palm oil, and coconut oil
- Unsaturated fats are in foods like avocados, fish, nuts, olive oil, and canola oil

Food isn't just about nutrition — it's also about enjoyment, comfort, culture, and family. So don't feel like you need to give up all the foods you love.

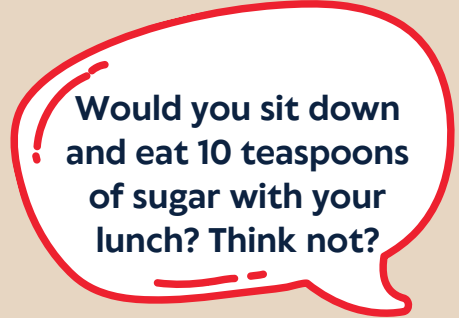
Just aim for balance and try to eat healthier most of the time. And when you cook, try tweaking favorite recipes to use a bit less salt, sugar, and saturated fat.



You heart  
what you  
eat

## Skip the sugar

Added sugars are sweeteners that companies add to foods and drinks, or that you add at home. (And that includes honey, maple syrup, and other so-called "natural" sweeteners.) These things add a lot of calories — that can contribute to weight gain, which can increase your risk for developing type 2 diabetes, and heart disease.



Would you sit down  
and eat 10 teaspoons  
of sugar with your  
lunch? Think not?

**Follow these tips** to skip the added sugars:

- Choose water instead of sugary drinks.
- Be aware of hidden sugars: Sweeteners are often added to seemingly healthy foods like yogurt, granola, bread and pasta sauce.
- Opt for whole fruits: Fruits are naturally sweet and don't contain added sugars.