

10 Tips for a Healthy Heart

from the American Dietetic Association

Eating well and being physically active are important for a healthy heart. Try these tips from the American Dietetic Association—your heart will thank you.

1. **Lighten up.** Losing even a few extra pounds helps unburden your heart.
2. **Be fat-savvy.** Trim saturated fat and cholesterol by choosing lean meats, skinless poultry and low-fat or fat-free milk products. Look for foods with little or no trans fat.
3. **Slash sodium.** Look for reduced-salt and no-added-salt versions of canned soups, vegetables and prepared foods. Add less salt to foods.
4. **Load up on produce.** Enjoy colorful fruits and vegetables — their fiber, vitamins and minerals are great for your heart and blood pressure.
5. **Go for whole grains.** Eat at least three ounces daily of whole-grain foods such as whole-grain cereals, whole-wheat bread and pasta, and brown rice.
6. **Get hooked on fish.** Eat omega-3-rich fish such as salmon, trout and herring at least twice a week.
7. **Go a little nuts.** Choose modest portions of foods with unsaturated fats such as vegetable oils, nuts and seeds.
8. **Focus on fiber.** The fiber in oatmeal, barley, fruits, vegetables — and yes, beans — is good for your heart.
9. **Be label conscious.** The Nutrition Facts label can help you manage the calories, fiber, fat, cholesterol, sodium and other nutrients in the foods you eat.
10. **Move to the beat.** Get at least 30 minutes of moderate physical activity each day. Time strapped? Do 10-minutes at a time. Try brisk walking, jogging, dancing, biking, gardening—even vacuuming with vigor!

Need help eating right and staying active? A registered dietitian can create a custom plan for you. The American Dietetic Association is the world's largest organization of food and nutrition professionals. Visit the ADA Web site at www.eatright.org to learn more about eating well for a healthy heart and to find an RD near you.