



Heart Health Awareness Month

Tweak Your Diet. **Protect Your Heart!**

Eating the right foods can help keep your heart healthy—and you don't have to completely overhaul your diet to do it! Try these simple, tasty trade-offs to your everyday meals.

Swap refined white bread products for fiber-rich whole grains. Brown rice, whole wheat pita, and oatmeal cereal are good choices to help control both blood pressure and cholesterol for a healthy heart.

Replace processed foods with fruits and veggies. Make them half of your plate at each meal. From spinach to berries, they are chock full of fiber and nutrients like magnesium and potassium that the heart needs to function at its peak.

Trade red meat for salmon, mackerel or other fish at least twice a week. Fish are high in heart healthy omega-3 fatty acids and low in artery-clogging saturated fats.

Exchange mayo for a creamy avocado spread. Avocado is loaded with heart-healthy monounsaturated fats.

Choose low sodium nuts over chips. Just a handful of walnuts, almonds or other nuts supply plenty of monounsaturated fats.

Switch from salt to herbs for seasoning foods. Sodium raises blood pressure and strains your heart. Try basil to flavor green beans or rosemary on carrots. Limit ketchup, barbecue sauce and other sodium-rich condiments.

More Ways to Protect Your Heart

- **Stay active.** Inactive people are twice as likely to develop heart disease.
- **Exercise.** A minimum of 30 minutes, 5 times a week is recommended for a healthy heart.
- **Manage your stress.** Uncontrolled stress can wreak havoc on your blood pressure.
- **Quit smoking.** One of the best things you can do for your heart and overall health!

Turn to Us

Health Advocate can help you and your family get the help and resources you need to stay healthy. Our services are free, confidential and available 24/7.

Source: National Heart, Lung and Blood Institute



Contact us at:
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