Whole grains
- Whole grains provide additional protein as well as fiber and other nutrients to keep our bodies healthy. Choose whole grains in breads, cereals, pasta, granola bars, etc. Tip: Check the first ingredients on the package. The first ingredient must be “whole wheat flour” or whole oats, etc. in order to be considered whole grain.

Heart healthy fats
- Found in oils such as: canola, corn, olive, peanut, safflower, soybean, sunflower, avocado, grapeseed, and sesame.
- In general, look for oils with less than 2 grams of saturated fat and no partially hydrogenated oils (PHO) or trans fats.

Salt-free seasonings
Many grocers offer a variety of salt-free seasonings such as Mrs. Dash. These can be a great alternative as a low-sodium seasoning without sacrificing flavor. However, some of these salt-free seasonings may contain potassium chloride (KCI). It may not be recommended for all individuals. Please consult with your doctor prior to consumption. But please note, not all salt-free seasonings contain this ingredient.

Start them young
Many who consume high amounts of sodium as an adult do so because it was found in their foods growing up. Start kids off with a low sodium diet. They won’t crave it in new foods and they will be less likely to add salt to their foods as they age.

Some kid-friendly chips and crackers often contain high amounts of sodium. Be sure you are making better food choices as a family, and always be a positive role model.

Heart Healthy resources on celeb remot ebore.com/dietitians
Reach out to our Supermarket Registered Dietitians for more information or to schedule an appointment.

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**Types of cardiovascular disease (heart disease)**
- High blood pressure (hypertension)
- Atherosclerosis - plaque buildup on arteries. Typically caused by high cholesterol

**Risk factors for cardiovascular disease.**
- Smoking
- High blood pressure
- Diabetes
- Alcohol

**Causes of high blood pressure**
- High intake of sodium can cause water retention. This causes an increased volume in our blood vessels, causing high blood pressure.
- Overweight
- Hardening of arteries

**Cholesterol levels**
- Elevated LDL (bad) cholesterol can build up to form plaque, which increases risk for clots to form. This can lead to increased risk of heart attacks and strokes.

**Treating high blood pressure**
- Weight reduction
- DASH diet
- Dietary sodium reduction

**What is a heart healthy diet?**
- A heart healthy diet is recommended as a well-balanced diet for most individuals. These are the general guidelines:

**Prevention**
- Cardiovascular disease is preventable! The key is to live a healthy lifestyle that incorporates:
  - Good nutrition
  - Weight management
  - Physical activity

Nutrients to limit (AHA)
- Saturated fat (max 13g)
- Trans fat
- Sodium (2,300mg; 1,500mg is desirable)
- Added sugars (25g or less)
- Caffeine (check w/Dt)

Nutrients to consume more of
- Fiber
- Plant sterols
- Omega-3 fatty acids

Physical activity
- The AHA recommends a least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of the two).
- For additional benefits, add moderate muscle strength training activity at least two days a week.
- Consult with your doctor and health care provider before beginning a physical activity routine.

**Prepackaged items**
- Prepacked meals and snacks often have high amounts of sodium, trans fats, and sugar added to them as preservatives. Try to make most meals from scratch. You’ll have more control of what ingredients are sneaking into your meals.

**Dairy**
- The American Heart Association (AHA) recommends choosing low-fat dairy products.
- Look for yogurts that have < 10 grams of sugar.

**Meat/Seafood**
- Choose lean sources of protein such as 93% or leaner beef (choose Choice or Select grade), fatty fish (salmon, tuna), and skinless poultry. Aim to include fish in your diet twice per week.
- Additional sources of lean protein include beans, peas, lentils and tofu.

**Helpful hints for finding heart healthy foods in every aisle of the store!**
- Eat a variety of fruits and vegetables
  - Fresh produce is loaded with vitamins, minerals, and fiber. Add to snacks and all meals. Make it your goal to fill half your plate with fruits and vegetables.
- Look for frozen fruit and vegetables with no added sauces, sodium, or sugar.
- Look for canned fruit in 100% juice.
- Look for no salt added canned vegetables and/or drain and rinse for approximately 2–4 minutes to reduce the sodium up to 41%.

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