



HEART HEALTHY LIFESTYLE

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WHOLE GRAINS

Including whole grains in your diet is important for heart health. Unlike refined grains, whole grains include natural fiber, vitamins, and minerals.

Examples of whole grains include brown rice, quinoa, popcorn, oatmeal and more.

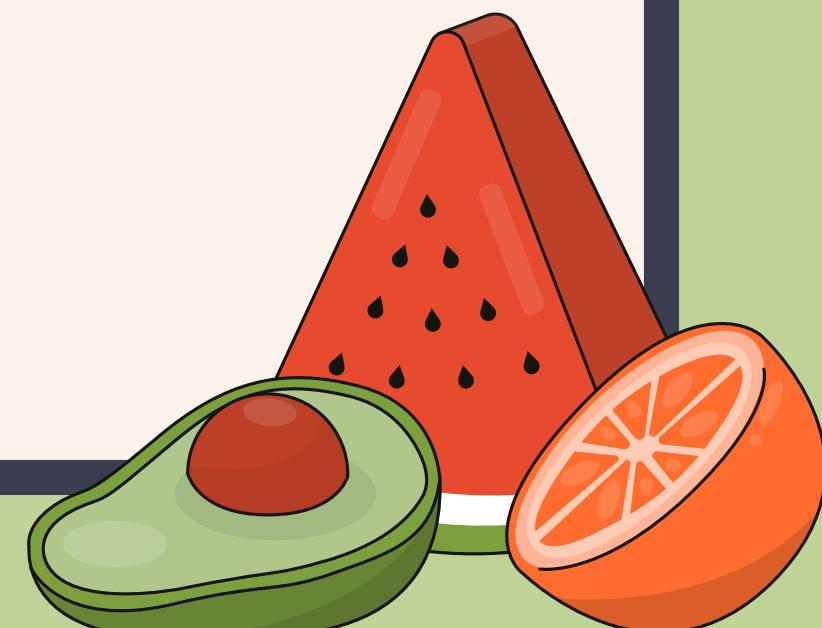
Choose whole grain options of bread and pasta over white or refined options.



FRUITS AND VEGETABLES

Make fruit and vegetables a consistent part of your meals and snacks.

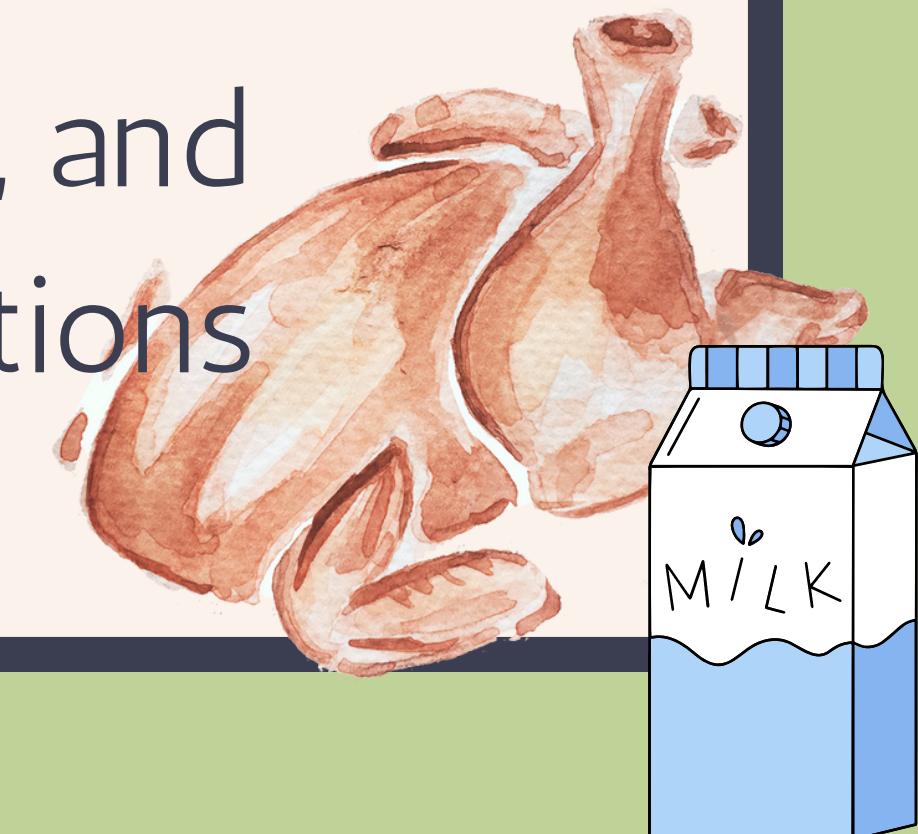
They contain natural vitamins, minerals, fiber, that are essential to your well-being.



LIMIT SATURATED FATS

Red meats like beef, and full and reduced fat dairy products, contain high levels of saturated fats. These are harmful to your health.

Choose lean meats like chicken and turkey, and non-fat milk and yogurt instead. These options are healthier sources of protein!



OTHER PROTEIN SOURCES

Protein sources like moderate amounts of lean meats, and eggs can be part of a heart healthy diet.

It is advised to consume fish like salmon twice a week for a healthy protein/fat source.

You also get small amounts of protein from nuts, nut butters and beans!



FATS

Fat is a necessary nutrient. Limit saturated fats and replace them with these healthy fats.

Choose extra virgin olive oil, avocados, and fatty fish as healthy fat sources.



LIMIT SUGAR SWEETENED DRINKS

Sugar sweetened beverages like soda, juice, and sports drinks are advised against by the National Heart, Lung, and Blood Institute.

Water should be your first choice drink!

Other healthy drinks include non-fat, unflavored milk, and unsweetened tea.

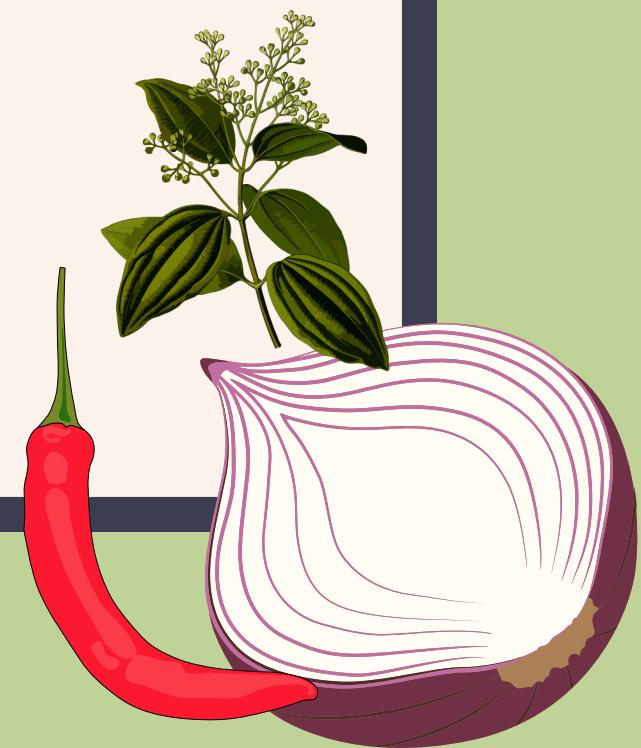


REDUCE YOUR SODIUM INTAKE

Limit the amount of salt you use while cooking, and the salt you add to your food while eating.

Instead, use herbs, spices, lemon juice and more to flavor your food in a more heart healthy way!

Fast food, and highly processed foods also have a high salt content. Choose fresh, home prepared foods instead.



**It's more than
just food!**



EXERCISE AND PHYSICAL ACTIVITY

Adults should get at least 150 minutes of moderate intensity exercise per week. Add resistance training/weights about twice per week.

Spend less time sitting! Take your opportunities to move!

Kids 3-5 should have plenty of opportunities to move each day. Kids 6 to 17 years old should get at least 60 minutes per day of moderate- to vigorous physical activity. High intensity exercise and resistance exercise should be done 3 times per week.



GET PROPER SLEEP

Adequate sleep is crucial for heart health.

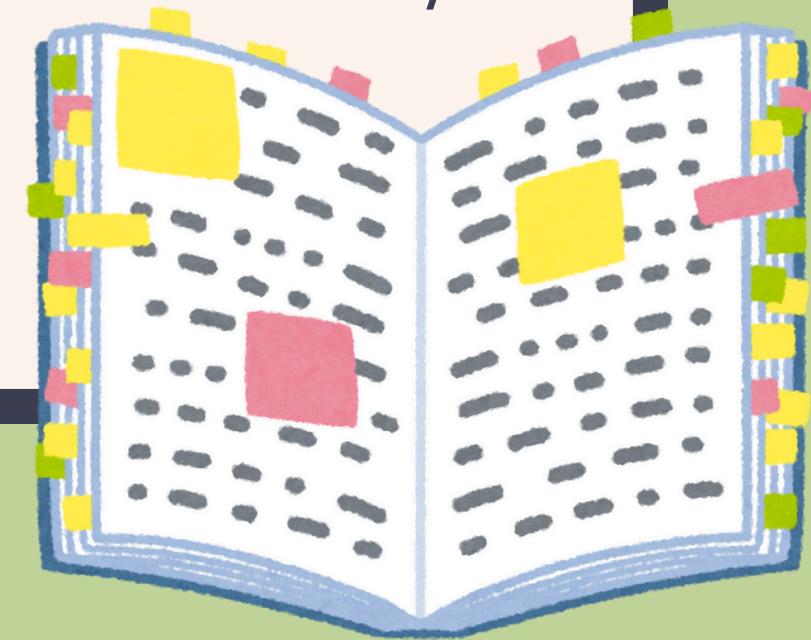
The American Heart Association Recommends adults aim for 7-9 hours per night.

Children 6-12 should aim for 9-12 hours, and kids 12-18 should get 8-10 hours per night.



REFERENCES

- Krause and Mahan's Food & the Nutrition Care Process 19th Edition by Janice L. Raymond and Kelly Morrow
- <https://www.heart.org/> (The American Heart Association)
- <https://www.massgeneralbrigham.org/en/about/newsroom/articles/sleep-and-heart-health>



THANK YOU!

