

what are you willing to do for heart health?



☐ I will avoid saturated fats.

Sources of saturated fat include:

- Fatty meat
- Lard
- Palm oil
- Cottonseed oil
- Poultry skin
- Coconut oil
- Butter
- Whole milk
- Palm kernel oil
- Cream

☐ I will read ingredient lists to make sure that the foods I choose do not contain partially hydrogenated oils.

These are trans fats.

☐ I will choose healthier sources of fat.

Choose:

- Olive oil
- Nuts
- Canola oil
- Seeds
- Walnut oil
- Avocados

☐ I will eat fatty fish at least two times each week.

The following are fatty fish:

- Salmon
- Bluefish
- Herring
- Tuna
- Mullet
- Lake trout
- Mackerel
- Anchovies
- Sardines

If you do not like fish, take a fish oil supplement that contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Your supplement should provide at least 1 gram (g) day.

☐ I will decrease the amount of sugar that I consume.

☐ I will eat several sources of soluble fiber each day.

Good sources include:

- Citrus fruits
- Prunes
- Barley
- Broccoli
- Apples
- Peaches
- Oats
- Brussels sprouts
- Pears
- Plums
- Legumes
- Carrots

☐ I will increase my intake of foods that contain calcium and vitamin D.

If you do not think that you can get enough calcium and vitamin D from your diet, take a daily supplement.

Good sources of calcium include:

- Milk
- Fortified orange juice
- Fortified cereals
- Dried figs
- Carnation® Instant Breakfast
- Dark-green leafy vegetables
- Broccoli
- Milk products
- Fortified breads
- Beans
- Calcium-fortified tofu
- Ovaltine®
- Canned salmon with bones
- Almonds

☐ I will eat plenty of potassium-rich foods.

These include:

- Potatoes
- Oranges
- Tuna
- Tomatoes
- Raisins
- Parsnips
- Brussels sprouts
- Salmon
- Milk
- Sweet potatoes
- Halibut
- Swiss chard
- Watermelon
- Pistachios
- Pinto beans
- Prunes
- Cantaloupe
- Milk products
- Bananas
- Lima beans
- Acorn squash
- Grapes
- Flounder
- Wheat germ
- Spinach
- Lentils

☐ I will commit to consuming more plant stanols/sterols.

I will eat the recommended amount every day.

☐ I will eat more fresh herbs.

☐ I will eat several servings of nuts each week.

The best kinds of nuts are:

- Walnuts
- Pecans
- Almonds
- Pistachios
- Brazil nuts

☐ I will use garlic, onions, and leeks often when preparing food.

☐ I will choose cereals that contain more than 5 g of fiber/serving.

Good choices include:

- Raisin bran
- Grape-Nuts
- Shredded wheat
- Fiber One®