

HEART HEALTHY FOOD LIST

EAT SMART. LOVE YOUR HEART. LIVE WELL.



- Supports Heart Function
- Lowers Bad Cholesterol
- Helps Maintain Healthy Blood Pressure
- Boosts Circulation
- Promotes Long Term Wellness

EAT

Enjoy These Heart Healthy Foods



VEGETABLES

- Spinach, Kale, Arugula
- Broccoli, Cauliflower
- Brussels Sprouts, Cabbage
- Bell Peppers, Carrots
- Beets, Zucchini, Eggplant
- Tomatoes, Green Beans



FRUITS

- Berries (Blueberries, Strawberries)
- Apples, Oranges, Grapefruit
- Pears, Kiwi, Bananas
- Pomegranate, Grapes
- Cherries, Plums, Mango
- Watermelon, Papaya



WHOLE GRAINS

- Oats, Brown Rice, Quinoa
- Barley, Buckwheat, Millet
- Whole Grain Bread, Pasta
- Amaranth, Whole Wheat
- Bulgur, Farro



HEALTHY PROTEINS

- Salmon, Mackerel, Sardines
- Skinless Chicken, Turkey
- Tuna (in water), Tilapia
- Egg Whites, Tofu, Tempeh
- Lentils, Chickpeas, Beans



HEALTHY FATS

- Avocado, Extra Virgin Olive Oil
- Nuts (Almonds, Walnuts)
- Seeds (Chia, Flax, Hemp)
- Olives, Olive Oil
- Nut Butters (Natural)



NUTS & SEEDS

- Almonds, Walnuts, Pistachios
- Cashews, Pecans
- Chia Seeds, Flax Seeds
- Pumpkin Seeds, Sunflower Seeds
- Sesame Seeds

LIMIT

Enjoy in Moderation



PROTEIN & MEATS

- Lean Red Meat (small portions)
- Pork Tenderloin
- Lamb (small portions)
- Egg Yolks (use in moderation)



DAIRY

- Whole Milk
- Cheese
- Ice Cream
- Cream
- Yogurt (flavored/sweetened)



GRAINS & CARBS

- White Bread, Bagels
- White Pasta, White Rice
- Corn, Potatoes
- Couscous



NUTS & SEEDS

- Cashews, Pecans
- Hazelnuts, Macadamias
- Peanuts (unsalted)



OILS & DRESSINGS

- Canola Oil
- Vegetable Oil
- Mayonnaise
- Salad Dressings
- Butter (small amounts)

AVOID

Limit These Foods



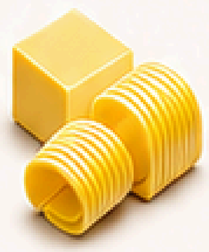
PROCESSED & FRIED FOODS

- Fried Chicken, Fried Fish
- French Fries, Onion Rings
- Fried Snacks, Fast Food
- Frozen Pizza, Fried Mozzarella



PROCESSED MEATS

- Bacon, Sausage, Hot Dogs
- Deli Meats
- Salami, Pepperoni
- Ham, Processed Chicken



UNHEALTHY FATS

- Butter, Lard
- Shortening
- Margarine, Palm Oil
- Hydrogenated Oils



HIGH SODIUM FOODS

- Canned Soups, Instant Noodles
- Canned Meats
- Pickles, Olives (in excess)
- Salted Snacks, Chips



SUGARY FOODS & DRINKS

- Soda, Energy Drinks
- Candy, Chocolate Bars
- Pastries, Cakes, Cookies
- Sweetened Coffee Drinks

HEART HEALTH TIPS

- **Stay Active** — Aim for 30 minutes of exercise daily.
- **Drink Water** — Stay hydrated throughout the day.
- **Maintain Weight** — Keep a healthy weight.
- **Avoid Smoking** — Say no to tobacco for a healthy heart.

Healthy Choices Today, Stronger Heart Tomorrow.