



# HEART HEALTHY FOODS

Heart disease is the leading cause of death in the United States, but with proper nutrition, you can significantly decrease your risk of getting it. At least half of all Americans have at least one of the two top risk factors: high blood pressure and high cholesterol. Nutrient-poor foods, or rich in saturated fats, trans fats, red meats, sweets and sugar, increase your risk of developing or worsening high blood pressure or cholesterol.

Luckily, dietary adjustments to nutrient-rich foods, or those high in minerals, protein, whole grains, and more but lower in calories, can help you on the path to a heart healthy diet.

## Heart Healthy Foods:

- A variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils