

Heart-Healthy Diet



If a food product has this mark, you can be sure it has:

- ♥ Less than 6.5g total fat
- ♥ 1g or less saturated fat (and 15 percent or less from saturated fat)
- ♥ Less than 0.5g trans fat and no partially hydrogenated oils.
- ♥ 20mg or less cholesterol
- ♥ A sodium restriction depending on the type of food
- ♥ Beneficial nutrients

These foods are considered heart-healthy and can be part of a healthy diet and exercise plan. For more information on this mark and what it means for specific food products, go to www.heart.org.



Source: American Heart Association

(www.heart.org)

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American
Heart Month



Keep your heart
healthy and happy.



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Heart-Healthy Lifestyle

Living a heart-healthy life can be simple. Just follow these steps:

- ♥ Eat a variety of nutritious foods from all of the food groups. This includes a variety of fruits and vegetables, whole grains, low-fat dairy products, poultry and fish, nuts and legumes, and healthy fats. Limit saturated fat, trans fat, and sodium, along with sugar-sweetened beverages.
- ♥ Get plenty of exercise. Aim for at least 150 minutes of moderate physical activity or 75 minutes vigorous physical activity each week. Regular physical activity can help you maintain your weight.
- ♥ Don't use tobacco products. This includes smoking, smokeless tobacco, and vaping. All of these can be detrimental to your health. Call the SD QuitLine if you would like help with quitting at 1-866-SD-QUITS (1-866-737-8487)

Be sure to ask your health provider for more information on these topics.

Limit Salt

Eating too much salt/sodium can increase your blood pressure. Follow these tips to decrease your salt intake while still enjoying healthy and delicious foods.

- ♥ While at the grocery store, be sure to read the label. Packaged foods usually contain salt. Be sure to compare brands to find the one that contains the least sodium.
- ♥ Choose "no salt added" or lower sodium varieties of canned vegetables, broths, and condiments.
- ♥ When cooking, use herbs and spices along with garlic and onion to flavor your foods so that salt is unnecessary.
- ♥ Drain canned goods and rinse off any extra sodium.
- ♥ Combine foods that are higher in salt with foods that are lower to keep the sodium levels lower.

Be sure to watch out for the "salty six":

- 6**
1. Bread and rolls
 2. Cold cuts and cured meat
 3. Pizza
 4. Poultry
 5. Soup
 6. Sandwiches

Know Your Numbers

Cholesterol and blood pressure are important numbers to know for heart health. Know these numbers and what you can do to change them. Ask your provider for more information.

Normal blood pressure is less than 120mm/Hg over less than 80mm/Hg

Total cholesterol is less than 200 mg/dL.

HDL (good) cholesterol should be greater than 40mg/dL for men and greater than 50 mg/dL for women

LDL (bad) cholesterol is less than 100mg/dL

Triglycerides are less than 100mg/dL

Library Resources

BOOKS	
Title	Call Number
AHA's Complete Guide to Women's Heart Health	616.12 American
AHA Healthy Family Meals	641.5631 American
AHA Low-Salt Cookbook	641.5632 American

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