

Eat with purpose. Be heart healthy!

SHOW YOURSELF SOME LOVE AND FOLLOW THESE TIPS FOR LIVING HEART HEALTHY!

You may be eating plenty of food. But are you getting the nutrients your body needs to be healthy? Foods with vitamins, minerals, protein, whole grains and other nutrients that are lower in calories may help you control your weight, cholesterol and blood pressure.



OPT FOR WHOLE GRAINS

LOWER SALT INTAKE

SELECT LOW-FAT DAIRY PRODUCTS

TRY NUTS & LEGUMES

CHOOSE SKINLESS POULTRY AND FISH

EAT A VARIETY OF FRUITS & VEGETABLES

AVOID TRANS-FATS

CUT BACK ON ITEMS WITH ADDED SUGARS

For heart health and nutrition tips, visit your Activate Health & Wellness Center or other health care provider today!