

5 Easy Heart-Healthy Eating Tips



Establishing heart-healthy eating habits early can lower your risk for heart disease. Eating well and moving your body helps to support your heart, give you energy, and feel your best every day.

1

EAT FISH TWICE A WEEK

Salmon and tuna are good sources of omega-3 fatty acids that reduce inflammation and improve heart health.

2

SWAP WHITE BREAD FOR WHOLE WHEAT

Whole grains contain more fiber, which helps to lower cholesterol and improve digestion.

3

ADD A VEGGIE TO EVERY MEAL

Veggies are full of essential nutrients like potassium and antioxidants that protect your heart and maintain healthy blood vessels.

4

CHOOSE BAKED, GRILLED, OR STEAMED FOODS

Fried foods can cause inflammation and raise cholesterol. Opt for cooking methods that preserve nutrients like baking, grilling, or steaming.

5

TRY A PLANT-BASED MEAL ONCE A WEEK

Choosing a vegetarian or vegan meal can reduce saturated fat intake and increase fiber.

Sources:

Fish and Omega-3 Fatty Acids – American Heart Association. heart.org

How a Fiber-Rich Diet Promotes Heart Health – Harvard Health, August 1, 2022. health.harvard.edu