

# Tips that Count

Wellness information for your journey to a healthier you!

## Your Heart-Smart Diet

Did you know that the right diet can help prevent or even reverse some forms of heart disease? Your heart will thank you for adopting a low-fat, high-fiber diet.

**Eat a wide assortment** of fruits, vegetables, legumes, grains, and other whole (complete and unprocessed) foods. Whole foods are low in calories and high in fiber, and many are naturally rich in antioxidant compounds that may help protect against heart disease and cancer.

**Limit fat.\*** Make sure that most of your fat calories come from monounsaturated fats (e.g., olive and canola oils) and polyunsaturated fats (in vegetable and fish oils). Shun saturated fats, which are found in animal products. Choose leaner cuts of meats, opt for low-fat dairy products rather than full-fat versions, and cut down on commercially prepared and processed foods. Avoid the trans fats found in many snack foods.

**Eat more fiber.\*** Fiber-rich foods can help with weight control (they make you feel fuller), and soluble fiber lowers cholesterol. Good sources of soluble fiber are oat products, dried beans and peas, lentils, and apples.

\*Visit [MyPlate.gov](https://www.MyPlate.gov) for more details on each food group.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.