**Eat for your heart health**

Heart-healthy eating is a good habit to start, even if you’re not worried about heart disease. Not only does heart-healthy eating reduce your risk for developing heart disease in the future, but it has been shown to improve cholesterol, blood pressure and obesity.

**Do you love your heart?**

Prove it by stocking your kitchen with these foods:

* Whole, raw and frozen fruits without added sugar
* Whole, raw or frozen vegetables without sauces
* Beans, peas, lentils (if using canned, choose low- or no-sodium)
* Fatty fish like salmon, tuna and trout
* Avocado
* Low-salt or no-salt nuts, nut butter and seeds
* Whole-grain breads and cereals including oatmeal
* Brown and wild rice, barley and other grains
* Canola, olive and soybean oils

Phase out solid fats like butter, shortening and lard and reduce animal fats like meat, poultry with skin and full-fat dairy products. Reduce processed foods that are high in saturated and total fat, including tropical oils, packaged foods such as frozen meals, cookies, sweets, potato chips and fast food.

Your heart will thank you.