

# Diet for a Healthy Heart

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## Diet

The food you eat will affect your weight, hormones, and the health of your organs, including your heart. A healthy diet can help reduce your risk of heart disease and stroke. Choose healthy fats – some fats are really good for you. When using fats for cooking, choose monounsaturated fats like olive oil or canola oil. Avocados are also a good source of monounsaturated fats. Polyunsaturated fats and omega-3-fatty acids are also healthy options. Polyunsaturated fats are found in nuts and seeds. Omega-3-fats are found in fish, such as tuna and salmon. In general, you should try to avoid trans fats. Trans fats are usually found in processed foods and snacks, such as biscuits or snack cakes. To see if a food contains trans fats, look for the words "partially hydrogenated" on the ingredient label. Go for whole grains. Whole wheat bread or pasta is higher in fiber and complex carbohydrates. Choose them instead of white bread or regular pasta to make sandwiches and meals. Eat more fruits and vegetables, they contain fiber, vitamins and minerals that are good for the body. They also add flavor and variety to your diet. Prepare the meat in a healthy way. Roasting, grilling and grilling are the healthiest ways to prepare meat and poultry. Trim the fat or skin from the outside before cooking. Lean meat can be grilled or fried. Don't forget the beans. Dried beans, peas and lentils provide protein and fiber. Occasionally, try to substitute beans for meat in your favorite recipes, such as lasagna or chili. Choose low-fat dairy products; choose fat-free or low-fat dairy products, yogurt, and cheese. Protein packaging, Eat protein-rich foods such as fish, lean meat, peeled poultry, eggs, nuts, seeds, and beans. Try a diet. The DASH (Diet to Stop High Blood Pressure) diet plan is a heart-healthy way to lower blood pressure and bad cholesterol in the blood. Or try the Mediterranean diet as another healthy way to eat.

A heart-healthy diet restricts certain nutrients. These include: 1) Sodium: Season foods with spices or nasal seasonings instead of

salt. Pay attention to prepackaged foods, sauces, canned foods, and processed foods. They can all contain a lot of sodium. 2) Saturated fat and trans fat: Saturated fats are found in fatty meats, poultry skins, whole dairy products, butter, lard, coconut oil, and palm oil. Trans fats are found in some desserts, microwave popcorn, frozen pizzas, margarine bars, and coffee creamers. Look for the words partially hydrogenated oil on food labels. 3) Add sugar: Sugary drinks, snacks, and candy are the top sources of added sugar in the United States. These include sodas, sweetened coffee and tea, energy drinks, cakes, pies, ice cream, candy, syrups, and jellies. Limit these types of foods and drinks. 4) Alcohol: Limit your alcohol intake. Men should not drink more than 2 drinks a day. Women should not drink more than 1 drink a day. Excessive drinking can increase blood pressure and cause weight gain. It may also cause or aggravate heart failure in some people.

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