

Heart Healthy Foods

This handout can help you find foods that are healthy for your heart.

GO

Eat more of the foods on this page.

Choose foods with **no added salt or sugar.**

Vegetables and Fruit



Vegetables and fruit: fresh, frozen, or canned

Grain Products – Whole grains



Breads

Pasta

Brown rice

Hot or cold cereals

Crackers

Grains

Milk and Alternatives



Skim or 1% milk
or fortified soy beverage

Yogurt or kefir with
0–1% milk fat (M.F.)

Cheese with less
than 20% M.F.

Cottage cheese

Meat and Alternatives



Fish

Lean meat, poultry,
and eggs

Tofu, beans, peas, lentils
(rinse canned foods before eating)

Oils and Fats



Olive and canola oil,
non-hydrogenated tub margarine

Nuts, nut butters, and seeds

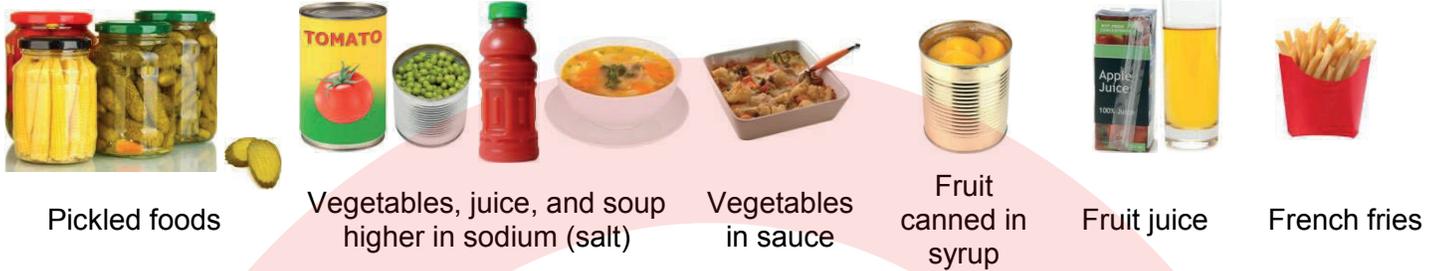
Avocado



Eat less of the foods on this page.

Foods on this page are less healthy for your heart, and have more unhealthy fat, salt (sodium), or sugar.

Vegetables and Fruit



Pickled foods

Vegetables, juice, and soup higher in sodium (salt)

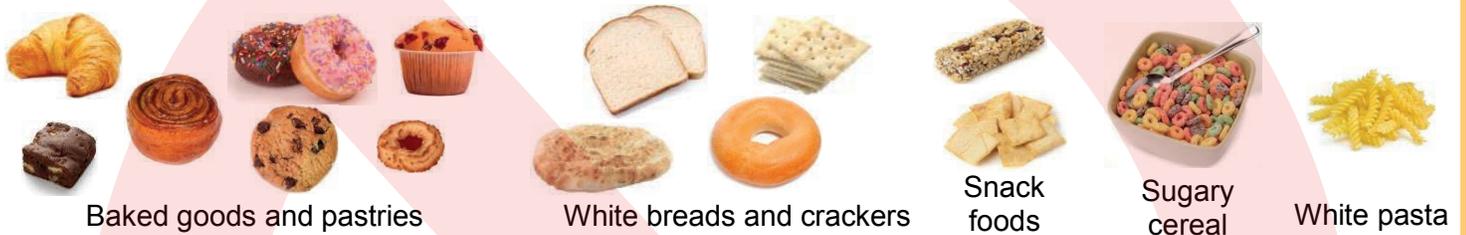
Vegetables in sauce

Fruit canned in syrup

Fruit juice

French fries

Grain Products



Baked goods and pastries

White breads and crackers

Snack foods

Sugary cereal

White pasta

Milk and Alternatives



2% and 3.25% (homogenized) milk

Cheese with more than 20% M.F. and higher in salt (cottage, feta, processed)

Cream and coffee whitener

Ice cream

Meat and Alternatives



Processed meat

Fried, breaded food

Fatty and marbled meat

Oils and Fats



Butter, hard fat (hard margarine, lard, shortening)

Coconut, coconut oil

Creamy salad dressing

Other Foods



Jam, jelly, honey, syrup, candy, chocolate

Chips, pretzels

Sugary drinks