

Heart Healthy Eating Plan

Before you eat, think about what goes on your plate, cup, or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need to maintain a heart healthy eating plan.

Keep these recommendations and tips in mind as you build your heart healthy plate each day.

Fruits

1.5 to 2 cups a day*



Make half your plate fruits and vegetables



Vegetables

2.5 to 3 cups a day*



Make at least half of your grains whole grains

Grains

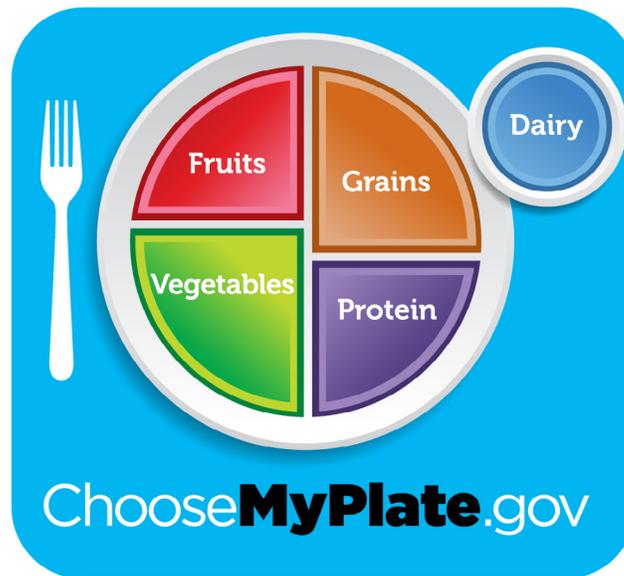
6 to 8 ounce equivalents a day*



Dairy

3 cups a day*

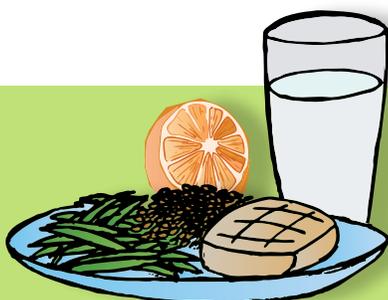
Switch to fat-free or low-fat (1%) milk



Protein Foods

5.5 to 6 ounce equivalents a day*

Vary your protein food choices



*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov Web site.

Vegetables



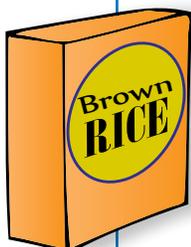
- Fresh, frozen, or no-salt-added canned vegetables (such as green beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)

Fruits



- Fresh, frozen, canned (packed in fruit juice), or dried fruits without added sugar (such as oranges, papaya, bananas, apples, mangoes, pineapples, watermelons, peaches, fruit cocktail, and raisins)

Grains



- Sliced whole grain bread (such as whole wheat or rye), sandwich buns, dinner rolls, pita bread, *pan de sal* (salt bread), and bagels
- Unsalted, low-fat crackers (such as graham crackers), unsalted pretzels, and plain popcorn
- Cooked hot cereals (not instant) and whole grain cold cereals
- Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)
- Noodles and steamed brown rice

Protein Foods



- Chicken or turkey without the skin
- Fish
- Lean cuts of meat
 - » Beef: round, sirloin, chuck, loin, and extra lean ground beef
 - » Pork: leg, shoulder, tenderloin, and lean ham
- Eggs (no more than four yolks a week)
- Tofu
- Beans and peas (black beans, pinto beans, kidney beans, navy beans, chickpeas, lentils)
- Nuts and seeds

Dairy



- Fat-free or low-fat (1%) milk
- Fat-free or low-fat yogurt
- Cheeses lower in fat and sodium



National Heart, Lung,
and Blood Institute



COMMUNITY HEALTH WORKER
HEALTH DISPARITIES INITIATIVE

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