

5 Heart Healthy Diet Tips



Tips:

1. -Read food labels, try to have Zero trans fats in your diet. This will help with lowering cholesterol
2. - Make at least $\frac{1}{2}$ of grains, whole grains (wheat)
3. - Try to eat fish at least twice a week
4. -Fill half of your plate with fruits and vegetables
5. - Rise and drain canned vegetables off before cooking to reduce sodium.

DASH Diet – dietary approaches to stopping hypertension

This diet is designed to help lower blood pressure. Here are the basics

1. **Increase fruit and vegetable consumption**-4-5 servings a day of each
2. **Consume low-fat dairy products**- 2 -3 servings a day
3. **Consume nuts/seeds/ legumes**-4-5 servings a week
4. **Consume fish/ lean meat/ poultry**- 6 servings or fewer a day
5. **Consume whole grains**-6-8 servings a day
6. **Decrease consumption of sugar sweets and beverages**- less than 5 servings a week
7. **Alcohol can increase blood pressure**- men limit to no more than 2 drinks a day, women no more than 1 drink a day (Dietary Guidelines For Americans)
8. **Try not to consume more than 2,000 mg of sodium a day**



Create a healthy eating plan for diabetic diets

1. Try to eat your main meals at the same time every day for consistency. This helps the body to better use your medications
2. Healthy carbohydrates- fruits, whole grains, vegetables, legumes (beans, peas, lentils), and low- fat dairy
3. Pairing foods - when you eat a carbohydrate try to pair it with a protein. This includes snacks. For example. Apple (carb) with Peanut butter (protein) or Toast (carb) with an egg (protein)
4. Eat fibrous foods-fruits, vegetables, nuts, legumes, whole wheat and bran
5. Eat fish- try to eat fish twice a week
6. Fats “good ones”- avocados, almonds, walnuts, pecans, and olives. Just be aware these are also higher in calories. Eat in moderation
7. Drink water through out the day

Serving sizes of food

SIZE IT RIGHT
A guide (based on standards that most nutritionists follow) to what one serving should look like.

 =  steak iPod Classic	 =  cheese matchbox	 =  pancake DVD
 =  pasta ice cream scoop	 =  potato mouse	 =  fish checkbook
 =  butter postage stamp	 =  salad dressing 1-oz shot glass	 =  brown rice baseball
 =  peanut butter golf ball	 =  beans lightbulb	 =  dark chocolate dental floss

<http://la-perle.ru/dash-diet-serving-sizes/>