

Heart Healthy Foods

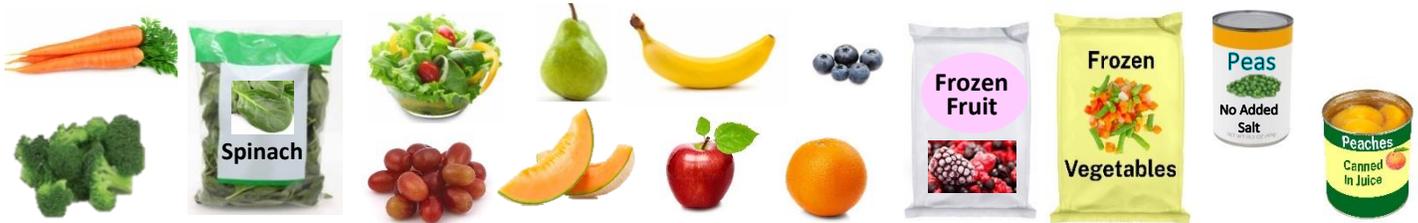
This handout can help you find foods that are healthy for your heart.



Choose these foods more often

They are lower in saturated fat, salt (sodium), and sugar, and are higher in fibre.

Vegetables and fruits (fresh, frozen, or canned)



Whole grain foods (breads, pastas, cereals, and grains)



Protein foods



Milk or fortified soy beverage



Yogurt or kefir with less than 4% milk fat (M.F.)



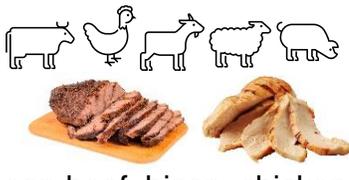
Cheese with reduced fat



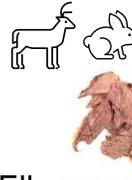
Eggs



Fish



Lean beef, bison, chicken, goat, lamb, pork, and turkey



Elk, moose, rabbit, and venison



Tofu, beans, peas, and lentils

Oils and fats



Canola, olive, peanut, avocado, and sunflower oils, and soft margarine



Nuts, nut butters, and seeds



Avocado



Choose these foods less often

They have more saturated fat, salt (sodium), or sugar.



Pickled foods



Vegetables and juice higher in sodium (salt)



Fruit juice



French fries



Baked goods and pastries



White breads



White pasta



Sugary cereals



Processed cheese



Processed meat



Fried food



Fatty and marbled meat



Candy, chocolate, honey, and syrup



Chips and pretzels



Ice cream



Sugary drinks



Butter, lard, and shortening



Palm and coconut oil



Cream

