**Heart Healthy Foods**

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

**Eat more of the foods on this page.**
Choose foods with **no added salt or sugar**.

### Vegetables and Fruit

- [Image of vegetables and fruit: fresh, frozen, or canned]

### Grain Products – Whole grains

- [Image of whole grain breads, pasta, brown rice, hot or cold cereals, crackers, and grains]

### Milk and Alternatives

- [Image of 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. (rinse canned foods before eating), and cottage cheese]

### Meat and Alternatives

- [Image of meat and alternatives: fish, lean meat, poultry, and eggs, tofu, beans, peas, lentils (rinse canned foods before eating), and avocado]

### Oils and Fats

- [Image of oils and fats: olive and canola oil, non-hydrogenated tub margarine, nuts, nut butters, and seeds, and avocado]

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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