

Heart-Healthy Eating Plan

What you eat makes a difference to your heart. A heart-healthy eating plan emphasizes vegetables, fruits, and whole grains, includes fat-free or low-fat dairy products, and limits foods high in saturated fat and sugar-sweetened beverages and sweets. Use the guide below to determine how much you should eat from each food group.*

Food Group	Heart-Healthy Options
 <p>Whole Grains Bread, cereal, starchy vegetables, rice, and pasta (6 ounces for women and 8 ounces for men)</p>	<ul style="list-style-type: none"> ♥ Whole grain versions of sliced bread, sandwich buns, dinner rolls, pita, English muffins, bagels ♥ Unsalted, low-fat crackers (such as graham crackers), pretzels, and popcorn ♥ Cooked hot cereals (not instant) and whole grain cold cereals ♥ Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)
 <p>Vegetables (without added fat) (2½ cups)</p>	<ul style="list-style-type: none"> ♥ Fresh, frozen, or no-salt-added canned vegetables (such as green beans, string beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)
 <p>Fruits (2 cups)</p>	<ul style="list-style-type: none"> ♥ Fresh, frozen, canned (in fruit juice rather than syrup), or dried fruits
 <p>Fat-free or low-fat milk and milk products Milk, yogurt, and cheese (3 cups)</p>	<ul style="list-style-type: none"> ♥ Fat-free or low-fat (1 percent) milk ♥ Fat-free or low-fat yogurt ♥ Cheeses lower in fat and sodium
 <p>Protein Meat, poultry, fish, eggs, nuts, seeds, and legumes (5½ ounces)</p>	<ul style="list-style-type: none"> ♥ Chicken or turkey without the skin ♥ Fish ♥ Lean cuts of beef, such as round, sirloin, chuck, loin, and extra-lean ground beef ♥ Lean cuts of pork, such as the leg, shoulder, tenderloin, and lean ham ♥ Eggs ♥ Cooked dry beans and peas (such as field peas, crowder peas, black-eyed peas) ♥ Frozen butter beans and lima beans ♥ Nuts and seeds
 <p>Fats and oils (less than 22 grams of saturated fat)</p>	<ul style="list-style-type: none"> ♥ Soft tub margarine ♥ Oils (canola, corn, safflower, olive, peanut, or sesame)
 <p>Sweets and added sugars Limit sugar and other sweeteners. Ask your healthcare provider about how much sugar or other sweetener is okay for you.</p>	<ul style="list-style-type: none"> ♥ Frozen desserts (such as frozen juice pops, low-fat frozen yogurt, or low-fat ice cream) ♥ Low-fat cake and cookies (such as angel food cake, fig bar cookies, ginger snaps, animal crackers, vanilla wafers, and graham crackers)

*Serving sizes depend on how many calories you need, which is based on your age, gender, and physical activity.



National Heart, Lung, and Blood Institute



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The Heart Factor Food Plan

Peipei Pang



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Table of Contents The Heart Factor Food Plan

1. Understanding the eBook The Heart Factor Food Plan
 - The Rise of Digital Reading The Heart Factor Food Plan
 - Advantages of eBooks Over Traditional Books
2. Identifying The Heart Factor Food Plan
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Heart Factor Food Plan
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Heart Factor Food Plan
 - Personalized Recommendations
 - The Heart Factor Food Plan User Reviews and Ratings
 - The Heart Factor Food Plan and Bestseller Lists
5. Accessing The Heart Factor Food Plan Free and Paid eBooks
 - The Heart Factor Food Plan Public Domain eBooks
 - The Heart Factor Food Plan eBook Subscription Services
 - The Heart Factor Food Plan Budget-Friendly Options

6. Navigating The Heart Factor Food Plan eBook Formats
 - ePub, PDF, MOBI, and More
 - The Heart Factor Food Plan Compatibility with Devices
 - The Heart Factor Food Plan Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Heart Factor Food Plan
 - Highlighting and Note-Taking The Heart Factor Food Plan
 - Interactive Elements The Heart Factor Food Plan
8. Staying Engaged with The Heart Factor Food Plan
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Heart Factor Food Plan
9. Balancing eBooks and Physical Books The Heart Factor Food Plan
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Heart Factor Food Plan
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Heart Factor Food Plan
 - Setting Reading Goals The Heart Factor Food Plan
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Heart Factor Food Plan
 - Fact-Checking eBook Content of The Heart Factor Food Plan
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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