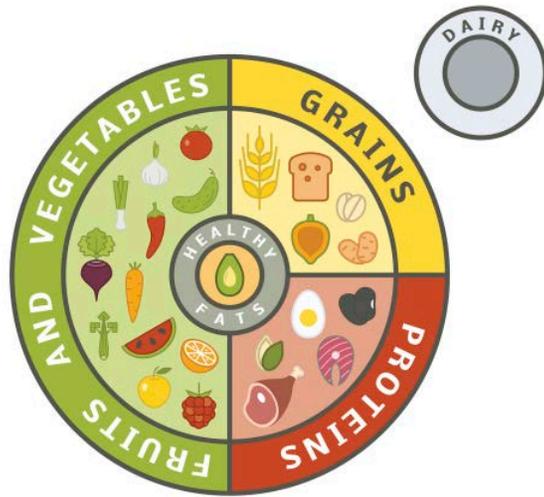


## Quick Tips:

- ♥ Eat smaller meals more often (3 meals, with 3 snacks in between), waiting too long between meals can lead to eating too much and making unhealthy choices.
- ♥ Keep a reusable water bottle with you, so you can fill up wherever you go.
- ♥ Choose recipes with plenty of vegetables and fruit.
- ♥ Make a meal plan and grocery list each week, this is key to fast, easy meal prep.



HEALTHY PLATE

## What about Alcohol?

- ♥ Drinking too much alcohol can increase your blood pressure and contribute to the development of heart disease.  
Try to have alcohol free days in the week.  
If you do drink alcohol, limit yourself to:
  - ♥ **no more than** two drinks a day, to a maximum of 10 per week for women
  - ♥ **no more than** three drinks a day to a maximum of 15 per week for men

“A drink” equals:

- ♥ 12 oz bottle of beer (5% alcohol)
- ♥ 5 oz wine (12% alcohol)
- ♥ 1½ oz spirits (40% alcohol)



## For More Info:

- ♥ Health Link BC at 8-1-1 to speak to a Registered Dietitian for free (Mon-Fri) or online at [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating)
- ♥ Heart & Stroke Foundation [www.heartandstroke.ca](http://www.heartandstroke.ca)
- ♥ Dietitians of Canada: [www.dietitians.ca/Your-Health/Nutrition-A-Z/Heart-Health.aspx](http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Heart-Health.aspx)



## Nutrition Tips for Heart Healthy Eating



## 1. Eat more vegetables and fruit

- ♥ Aim for 7 to 10 servings per day
- ♥ Fill half of your plate with vegetables
- ♥ Choose brightly coloured fruit and vegetables, especially orange and dark green
- ♥ Frozen or canned unsweetened fruits and vegetables are a perfect alternative to fresh produce.



## 2. Choose whole grain foods more often

- ♥ Choose whole grains as opposed to processed or refined grains like white bread and pasta.
- ♥ These include whole grain crackers, brown or wild rice, quinoa, oatmeal and hulled barley.



## 3. Eat a variety of foods that provide protein

- ♥ These include lean meat, fish, beans and lentils, tofu, dairy products.
- ♥ Try to eat 2 servings of fish/week.
- ♥ Choose lower fat (0 to 1% Milk Fat or MF), unflavoured dairy products.



## 4. Use a small amount of the right kind of fat

- ♥ Use unsaturated fats, such as olive oil, canola oil, grapeseed oil, avocado, non-hydrogenated margarine, and some nuts such as almonds, pistachios, cashews, pecans and hazelnuts.
- ♥ Limit saturated fats. These are found in all animal products (butter and lard) and most dairy products, as well as palm and coconut oils.
- ♥ Avoid trans-fat. These are found in shortening, commercial baked goods and deep fried foods.



## 5. Avoid processed foods

- ♥ These include fast food, hot dogs, chips, cookies, frozen pizzas, deli meats.

## 6. Reduce salt

- ♥ Limit sodium intake to 2,300 mg or less per day = 1 teaspoon of salt.
- ♥ Read food labels. Choose foods with less than 400 mg/serving or less than 15% daily value.
- ♥ Choose less canned and processed food. These contribute the most salt to our diet.
- ♥ Limit adding salt to foods.
- ♥ Watch the serving size.

| <b>Nutrition Facts</b>       |                     |
|------------------------------|---------------------|
| Serving Size 1/2 cup (78 g)  |                     |
| Amount per serving           |                     |
| <b>Calories</b> 27           | Calories from Fat 3 |
| % Daily Value*               |                     |
| <b>Total Fat</b> 0g          | 0%                  |
| Saturated Fat 0g             | 0%                  |
| Trans fat 0g                 |                     |
| <b>Cholesterol</b> 0mg       | 0%                  |
| <b>Sodium</b> 32mg           | 1%                  |
| <b>Total Carbohydrate</b> 6g | 2%                  |
| Dietary Fiber 3g             |                     |
| Sugars 1g                    |                     |
| <b>Protein</b> 2g            |                     |
| Vitamin A 24%                | Vitamin C 84%       |
| Calcium 3%                   | Iron 3%             |

## 7. Limit sugar and avoid sugary drinks (including fruit juice). Drink water!

