



## ***Nutrition Facts***

# **Heart Healthy Eating**

### **Choose Low Fat Versions of Foods**

- Choose low fat or nonfat dairy products.
- Choose lean cuts of meat; Look for the words “round” or “loin” for beef, and “loin” or “leg” when buying pork or lamb.



### **Use Low Fat Cooking Methods**

- Bake, broil, barbeque and steam foods.
- Remove the skin and trim fat off meats and poultry before cooking.
- Use small amounts of oil to cook foods and use a spray oil on cookware.

### **Use and Choose Foods with Healthier Fats**

- Use oils which contain monounsaturated fat such as olive, canola, or avocado oil.
- Choose foods high in omega-3 fatty acids such as fish (salmon, cod, anchovies, tuna, mackerel, halibut, herring). Fish are also low in saturated fats.
- Plant sources of omega-3-fatty acids include walnuts, soybeans, and flaxseed.
- Avoid foods containing trans fats or hydrogenated oils.
- Remember: These are healthier fat choices, but they are not lower in calories than other types of fats.

### **Increase Your Fiber Intake**

- Aim for 2 cups of fruits and 2 1/2 cups of vegetables daily.
- Whole grain foods include 100% whole wheat breads and cereals, oats, bran, brown rice, and bulgur.
- Nuts and beans also contain fiber.

### **Lower Your Sodium Intake**

- Add flavor to foods by using salt-free and low-salt products such as black pepper, garlic, ginger, herbs (fresh or salt-free blends), lemon juice, low-sodium broths, flavored vinegars, etc.
- Use fresh and frozen vegetables in place of canned vegetables. You can also use canned vegetables labeled “no salt added.”
- Choose fresh roasted meats in place of cured and processed meats.

### **Be Physically Active**

- To reduce risk of chronic disease: 30 minutes on most days.
- To manage body weight and prevent weight gain: 60 minutes or more on most days.
- To sustain weight loss: 60-90 minutes daily.



Ask the Dietitian  
County of Los Angeles, Public Health  
Nutrition Program

[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

