

# Heart Healthy Eating

## Plants (75% or more of your diet)

- ✓ Fruits (3-4 daily)
- ✓ Vegetables (1/2 of your plate at lunch and dinner)
- ✓ Whole Grains (3 servings daily)
- ✓ Legumes (3/4 cup daily)
- ✓ Nuts and seeds (1/4 cup or 1 handful daily)

## Animals (25% or less of your diet)

- ✓ Meat: Avoid processed meat (bacon, deli meats, hot dogs, meats containing nitrates, nitrates, or meats preserved with celery powder/celery juice). Limit red meat (walks on land with 4 legs)
- ✓ Dairy: #1 source of saturated fat, choose fat free options, limit cheese-based dishes like pizza and lasagna. Try dairy free yogurts, ice cream, and almond milk
- ✓ Eggs: Limit to three yolks per week or less

## Facts

- ✓ Contain fiber (only plants have fiber)
- ✓ Higher in water
- ✓ Contain phytonutrients (protective plant compounds)
- ✓ Lower in calorie density
- ✓ Less total fat and saturated fat (bad fat)
- ✓ No cholesterol

- ✓ Higher in calorie density
- ✓ Typically higher in total fat and saturated fat (bad fat)
- ✓ Contains cholesterol (only animal foods have cholesterol)
- ✓ No fiber
- ✓ Less water