

## What Do You Usually Eat?

6

How many times a WEEK do you eat chicken, fish, or beans (like pinto or black beans)?

5 or more

3-4

2 or less



### Eat chicken, fish, and beans often.

- ◆ Try to eat fish (including tuna) at least once a week.\*
- ◆ Use vegetable oil to fry fish or chicken. Eating chicken skin is OK.
- ◆ One serving a day of red meat or pork is fine.
- ◆ Limit processed meats like bacon, sausage, cold cuts (deli meats), and hot dogs to twice a week.

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What about milk and cheese?



### Consume low *or* full fat milk or dairy products such as yogurt or cheese.

- ◆ You may have heard that no-fat or low-fat dairy products are the best choices, but recent research suggests full fat dairy products do not increase risk for heart disease.
- ◆ Due to high sugar content, limit dairy desserts to a couple times a week.
- ◆ Butter is OK, but tub margarine made with vegetable oil is a better choice.

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What about eggs?



### Eating 1-2 eggs a day is fine.

- ◆ You may have heard that eating eggs can raise your cholesterol, but recent research suggests eating eggs does not increase the risk for heart disease.

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What about fast food?



### Make healthy choices when dining out.

- ◆ Limit sugar sweetened beverages, as noted above.
- ◆ Enjoy a burger or sandwich as your meal, on a whole wheat bun or bread, if available. Pizza with veggies is a reasonable choice, as are most entrées at sit-down restaurants.
- ◆ Consider a side other than fries or potatoes, such as salad, fruit, or vegetables.
- ◆ If you order fries or dessert, get a small portion or share a larger one.

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What about dessert?

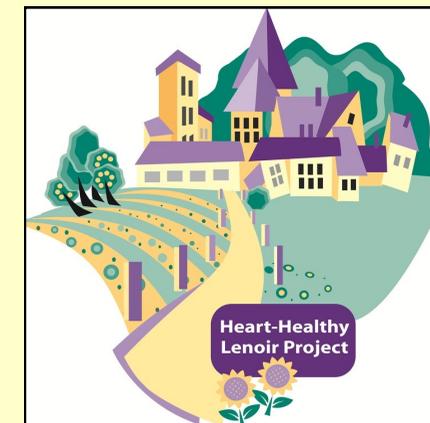


### Make good dessert choices.

- ◆ Fruit is a good choice for dessert.
- ◆ Chocolate may reduce the risk of heart disease and dark chocolate may do so more than regular chocolate. Small amounts of dark chocolate (more than 50% cocoa solids), such as half to one ounce, is a good choice for dessert.
- ◆ Limit cakes and cookies and dairy desserts like ice cream and frozen yogurt to a couple times a week.
- ◆ Be aware of portion sizes. Consider sharing desserts.

\* If pregnant or planning a pregnancy, do not eat fish with high mercury content: king mackerel, swordfish and albacore tuna.

## Are you ready to take the first steps towards healthy eating?



- It may be easier to make positive changes in your diet than you think.
- Answer the questions on the next page to see how you are doing.
- Then, follow the tips on how to improve your diet.

## Eat healthier now. Eat healthier for life.

The tips are based on recent advances in the science of diet and health. They may be easier to follow than some of the diet advice you have heard before.

For Questions 1-6, the answers to the left (**green**) indicate you are doing well, answers in the middle (**black**) indicate you could do better, and answers to the right (**red**) suggest you should make some changes. Follow the tips to the right of the questions to improve your diet.

## What Do You Usually Eat?

## Tips For Healthy Eating

**1** How many times a WEEK do you eat nuts (like peanuts, almonds, walnuts or cashews) or nut butters like peanut butter?

**3 or more**       **2**       **0-1**

**Choose nuts and nut butters often.** Eat a serving of nuts or nut butter 4-5 times each week.

- ◆ Peanuts and peanut butter are inexpensive and healthy.
- ◆ A peanut butter sandwich on whole wheat bread is a good choice for lunch or snack.
- ◆ Add nuts to fruit and vegetable dishes or salads.
- ◆ A serving of nuts is a small handful or 2 tablespoons of nut butter.

**2** How many times a DAY do you eat foods that contain vegetable oil, such as full fat salad dressing or mayonnaise, food fried or sautéed in vegetable oil, or tub margarine?

**3 or more**       **2**       **0-1**

**Eat foods made with vegetable oils daily.** Vegetable oils contain healthy fats. Aim for 2 to 6 servings per day. *A serving is 2 bottle caps.*

- ◆ Use regular salad dressing and mayonnaise (which have healthy fats) instead of the low-fat or no-fat options, which contain more sugar.
- ◆ For spreads, use tub margarine instead of stick margarine.
- ◆ Fry, sauté, or cook with vegetable oil, including olive, canola, corn, soybean, peanut, or other vegetable oils. Olive oil may have additional health benefits compared to other oils.
- ◆ Avoid solid shortening and stick margarine, which usually have unhealthy trans fats.

**3** How many regular sodas, sports drinks, or glasses of sweet tea do you drink each DAY?

**Less than 1**       **1-2**       **3 or more**

**Choose drinks with less sugar.** Sweet tea, sports drinks, regular sodas, and most fancy coffee drinks contain a lot of sugar (9 teaspoons per 12 ounces of soda).

- ◆ Water is always a good choice.
- ◆ Coffee and tea are good choices. A little milk or cream in coffee or tea is fine, but limit sugar to no more than 2-3 teaspoons per cup or glass. Half unsweetened and half sweetened tea is a good option.
- ◆ 100% fruit juice is another good choice, but limit to 1 glass (8 oz) a day.

**4** How often do you eat whole grain bread, rolls or tortillas?

**Usually**       **Sometimes**       **Rarely**

**Choose whole grain products often.**

- ◆ Eat whole grain bread instead of white bread whenever possible.
- ◆ Eat other whole grain products like whole wheat pasta, whole grain tortillas, whole grain breakfast cereal, and brown rice.

**5** How many servings of fruits and vegetables do you eat each DAY?

**5 or more**       **3-4**       **2 or less**

**Eat fruit and vegetables often.**

- ◆ Aim for 5 or more servings of fruits and vegetables each day.
- ◆ Eat a variety of fruits and vegetables. Try to eat a “rainbow” of colors, including dark green and orange vegetables.
- ◆ Eat fruit instead of drinking fruit juice.

Please Flip Over For More Information

## Heart Healthy online and on the go...

Want to learn more? Check us out!

### Heart Healthy Eating Tips



Curious about Healthy Fats?  
Go straight to **Session 1: Healthy Fats and Oils**



<http://hearthealthylenoir.com/healthy-lifestyle-tips>

The information in this pamphlet is consistent with most national guidelines on diet and health. Some of the information is based on recent studies that have not yet been included in the guidelines. **For more information**, please visit [www.hearthealthylenoir.com/healthylifestyletips](http://www.hearthealthylenoir.com/healthylifestyletips)