

# Heart Smart Food Choices

A heart-healthy diet can help lower cholesterol levels and reduce your risk of heart disease. Choose a variety of foods recommended in the Dietary Guidelines for Americans. Aim to include more of these heart-healthy foods in your diet.

## Vegetables and Fruits

Try to get 4-5 servings each of vegetables and fruit every day. A serving is equal to 1 cup fresh or ½ cup cooked vegetable and 1 medium or ½ cup fresh, frozen or canned fruit.



## Unsaturated Fats

Limit total fat. Look for foods with more monounsaturated and polyunsaturated fats and less saturated and trans fats. Choose foods with omega-3 fats, such as fish, flax and non-hydrogenated soft spreads.



## Fiber

Choose more high-fiber foods like vegetables, fruits, lentils, beans and whole grains like oats, whole wheat, brown rice and barley.



## Soy

Include a “soy night” in your weekly meal rotation. Try veggie burgers and veggie dogs, or use crumbled tofu in your favorite chili, lasagna or sloppy joe recipe.



For more information, go to [mypyramid.gov](http://mypyramid.gov)