

Following a heart-healthy eating pattern can help you reach your cholesterol and triglyceride goals and help prevent heart disease.

### What You Can Put on a Heart-Healthy Plate

#### Non-Starchy Vegetables

Fill ½ your plate with colorful, non-starchy vegetables, like asparagus, broccoli, Brussels sprouts, carrots, collard greens, eggplant, green beans, spinach, and kale.

#### Lean Protein-Rich Foods

Fill ¼ of your plate with lean meat (3 oz. cooked), like fish (especially oily fish); skinless poultry; lean cuts of red meat, like “round” and “loin”; or plant protein foods, like soy (tofu, edamame), dried beans, and lentils.

#### Heart-Healthy Fats

Add small amounts of foods with healthy fats at meals and snacks, like ¼ of an avocado or 1 oz. unsalted nuts or seeds. Cook with liquid vegetable oils, like canola, corn, olive, soybean, safflower oils. Limit unhealthy fats, like butter, lard, coconut oil, and stick margarine.

#### Beverages

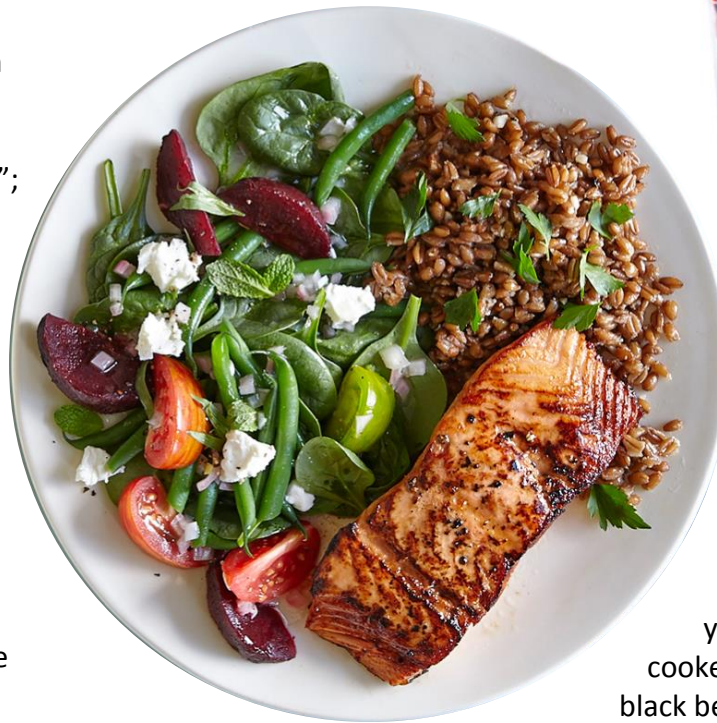
Choose water as your main beverage. Up to 3–4 cups of coffee or tea with no sugar is okay. Avoid sugar-sweetened drinks, such as soda, lemonade, and sports drinks. If you drink alcohol, do so in moderation: 1 drink a day for women; 2 a day for men. One drink = a 12 oz. beer, 5 oz. wine, or 1.5 oz. distilled spirit.

#### Dairy or Dairy Alternatives

Choose fat-free or low-fat dairy foods, like skim or 1% milk or calcium-fortified milk alternatives, like soy milk with no added sugar.

#### Fruits

Choose whole fruit instead of juice.



#### Whole Grains and Starchy Vegetables

Fill ¼ of your plate with whole grains (oats, quinoa, fiber-rich whole-wheat bread), starchy vegetables (sweet potatoes, yams, corn, winter squash), or cooked dried beans (kidney, pinto, black beans), green peas, and lentils. Eat at least 3 servings of whole grains each day.

#### Limit Sodium and Salt

Flavor your food with herbs, spices, lemon, and lime juice, and vinegars instead of salt. Read the food label and choose lower-sodium foods.

A registered dietitian nutritionist (RDN) can help you make a heart-healthy meal plan that works best for your lifestyle and support you in your nutrition journey. Talk with an RDN for the answers to your nutrition questions.