

Tips for a Healthy Heart



Follow the tips below for a healthy heart



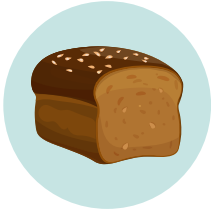
Eat plenty of vegetables and fruit

Vegetables and fruit have nutrients and fiber that keep your heart healthy. Aim to include them with every meal and snack.



Choose heart-healthy fats

The fat found in foods like olive and canola oil, nuts, avocado and fish can help to improve your cholesterol levels.



Get more fibre with whole grains

Oatmeal, barley, brown rice, whole wheat bread pasta and crackers, and other whole grains are high in fibre and nutrients that can benefit your heart.



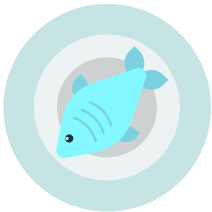
Try plant-based proteins

Plant proteins found in soy, beans, chickpeas and lentils are very nutritious and are heart-healthy alternatives to meat. Try choosing at least one meatless meal with plant proteins each week.



Eat fresh foods often

Highly processed packaged foods can be high in salt and trans fats, which are hard on the heart. Opt for fresh foods (like fruits, vegetables, whole grains, nuts, and legumes) and meals prepared at home whenever possible.



Include fish twice per week

Choose meals with fish twice each week, fatty fish like salmon, trout, and sardines are the most heart healthy. Baked, sauteed and canned fish is healthier for the heart than deep-fried fish and fish-sticks.



Get moving

Find ways to stay active that you enjoy. Try to find enjoyable movement in your day, every day!