

# Healthy Plates for Healthy Hearts

Fill your plate like this one each time you eat.

## 1/2 Fruits & Vegetables

- Have a fruit or vegetable at every meal and with snacks.
- Eat a variety of colors of fruits and vegetables.
- Add veggies to pastas, soups, casseroles, burritos, etc.
- Use fresh, frozen, dried, or low sodium canned fruits and veggies.
- Puree veggies and mix into spaghetti sauce, soup broth, etc.
- Blend frozen fruits and drink up! Add vanilla soy milk!
- Make baggies of cut up veggies for quick snacks.
- Add salsa to everything!

## Oils & Extras

- Eat small amounts of healthy fats:
  - fatty fish (salmon, mackerel, trout, albacore tuna, sardines, halibut)
  - olive/canola oils, avocados, nuts flax seed/oil, chia seeds
  - Add flax or chia seeds to spaghetti sauce, smoothies, oatmeal, etc.
- Limit high sodium, high fat, and high sugar foods and drinks.
- Limit fat, saturated fat, cholesterol and sodium: 10% Daily Value or less.
- Avoid trans fat and hydrogenated ingredients.
- Limit or avoid alcohol.
- **Maintain a healthy weight and exercise 30 minutes daily!**

## 1/4 Grains

- Make at least half of your grains whole grains: whole wheat, oats, brown rice, quinoa, barley, etc. Aim for 16+ grams whole grain per serving.
- Choose 3+ grams fiber in breads, crackers, cereals, etc.
- Limit portions of grains to avoid excess calories.

- Have 2-3 servings of dairy daily.
- Use low-fat (1%) or nonfat dairy products, like milk, yogurt, and cheese.
- Try calcium fortified soy, rice, or nut milk/cheese.

## 1/4 Protein

- Eat beans 3+ times weekly as main/side dish, or in salads.
- Fill bags with 1/4 cup nuts & seeds = snack, salad topping...
- Try edamame or roasted soybeans for a tasty snack.
- Add tofu or soy milk to smoothies or other meals.
- Eat fatty fish 2 times weekly (salmon, mackerel, trout, etc.)
- Egg whites are a great protein. Limit yolks to 4 a week.
- Limit beef, pork, lamb to 3 or fewer servings per week.
- Chicken/turkey breasts/drumsticks are leaner than thighs.
- Choose 1% extra lean ground turkey or 4% ground beef.

