

# How to Eat “Heart Healthy”

## Chapter 6

# 5 Steps to Better Heart Health

- Reduce total fat in the diet.
  - ✓ Choose low-fat or nonfat dairy products.
  - ✓ Choose low-fat protein sources.
- Limit intake of unhealthy fats (saturated fat and *trans* fat) and cholesterol.
- Eat more fruits and vegetables.
- Choose whole grains.
- Avoid fried, breaded, and cream/cheese sauces -- replace with broiled, baked, steamed, grilled, and no-oil stir-fried.

# Sources of Saturated Fat (Do not eat often)

- Red meat
- Whole-milk dairy products
  - ✓ Cheese
  - ✓ Sour cream
  - ✓ Ice cream
  - ✓ Butter
- Baked goods/pastries
  - ✓ Palm kernel oil
  - ✓ Cocoa butter
  - ✓ Palm oil
  - ✓ Coconut oil
- Coconut milk

