

Heart-healthy eating made easy

Simple, small changes in what you eat can make it easier to follow a heart-healthy diet.

Experts in the Harvard Heart Letter made these suggestions to lower the amount of saturated fat, *trans* fat, sugar, sodium, and calories, and boost the amount of fiber and nutrients in a daily diet:

Breakfast

If you eat: Eggs

Try: Scrambling eggs with vegetables from last night's dinner or chopped fresh tomatoes and avocado

Why: Adds nutrients and fiber; tomatoes add antioxidants, which help prevent fatty plaques; avocados add monounsaturated fat, which helps the body absorb nutrients



Lunch

If you eat: Salad with ranch or blue cheese dressing

Try: A vinaigrette dressing made with garlic, Dijon mustard, fresh herbs, 1/3 cup vinegar, 2/3 cup extra-virgin olive oil, pepper, and a dash of salt shaken together in a jar

Why: Reduces sodium and unhealthy fats



Dinner

If you eat: Pasta with meat and cheese

Try: Whole-wheat spaghetti topped with fresh tomatoes and herbs or extra-virgin olive oil, grilled shrimp, and a small amount of freshly grated Parmesan cheese

Why: Reduces saturated fat; adds fiber and health-protecting phytonutrients; shrimp adds omega-3 fatty acids, which may lower the risk of heart attack, stroke, and irregular heart beats

