



**Indiana Chronic Disease
Management Program**

Make Eating Well a Habit

- Add two vegetables to lunch and dinner.
- Choose fruit with breakfast and for dessert.
- Eat at least two fish meals each week.
- Eat bean dishes at least twice a week.

For further information contact the Indiana Chronic Disease Management Program at www.indianacdmprogram.com or call your doctor.

Healthy Heart

THE HEALTHY HEART GUIDELINES

Heart disease is the single largest killer of men and women in this country. Fortunately, everyone can safely follow diet and other lifestyle practices to have a healthy heart and good health in general. Follow these steps from the American Heart Association for a healthy heart.

Eat well for your heart

Choose an overall balanced diet with foods from all major food groups, especially fruits, vegetables and grains.

- Eat a variety of fruits, vegetables and whole grain foods.
- Eat at least 5 daily servings of fruits and vegetables.
- Eat at least 6 daily servings of breads, pastas, cereal and other grain foods, including whole grains.
- Use fat-free and low-fat dairy products, fish, beans, poultry and lean meats.

Stay at, or close to, a healthy body weight

- Eat less calories.
- Go easy on foods such as desserts, that are high in calories and/or low in nutritional value and watch portion sizes.
 - fewer high sugar foods like soft drinks
 - fewer added fats
- Exercise, or be active, most days of the week.
- Aim for at least 30 minutes of activity.
- Spend less time watching TV and sitting.

Keep blood cholesterol at a desirable level

- Bake, broil, boil or grill food instead of frying.

- Trim fat from meat and remove the skin from chicken, turkey and other poultry.
- Eat fish twice a week.
- Season with fat-free broth and herbs and spices instead of fatty meat, fat back, bacon or butter.
- Use reduced fat soft or liquid margarine as a spread.
- Replace shortening, lard, butter and other solid fats with small amounts of liquid vegetable oils.
- Eat fewer foods made with hydrogenated or partially hydrogenated oil.
- Replace a whole egg with 2 egg whites or use 1/4 cup egg substitute.
- Choose “light” or “heart healthy” menu items when you eat out.



Keep blood pressure at a desirable level

- Eat less salt (less than 1 teaspoon of salt or 2400 mg sodium each day).
- Count both hidden salt in prepared foods and salt added to foods at the table.