

Smart Choices

A Community Nutrition
Education Program



Healthy Heart



The key to keeping a healthy heart
Eat Right and Exercise



Eat right:

Less saturated fat and trans fat
Less sodium
Fewer calories if needed to achieve
and maintain a healthy weight
More whole grains
More fish
More fresh fruits and vegetables

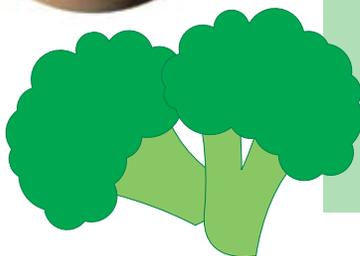
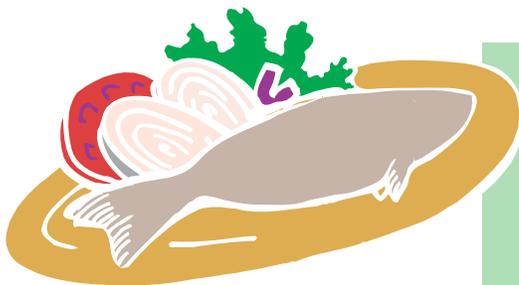
Berries:

Add them to your meals.
They're good for your
heart.



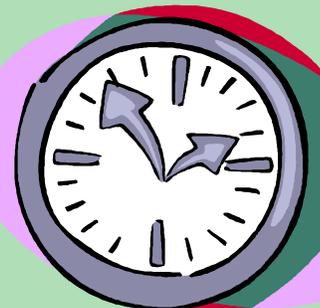
Exercise:

More walking
More dancing
More singing
Less watching TV
Less sitting
Less driving



Some heart-y hints:

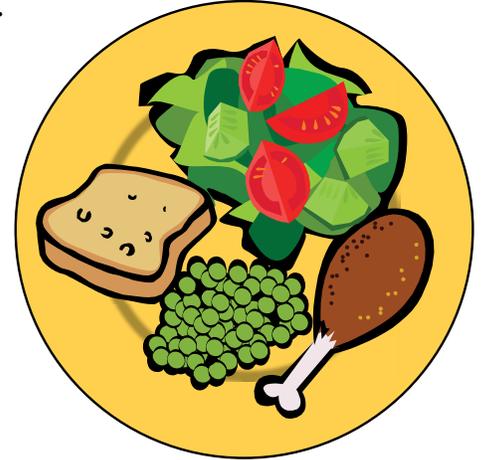
- Eat a heart-y meal of beans and rice. Eat one-half cup of cooked white beans and you'll get 3 grams of heart-healthy fiber.
- Choose fresh or frozen lean cuts of meat, fish and poultry.
- Eat from a small plate.
- Remove the salt shaker from the table. Keep the pepper shaker.
- Eat less canned and pre-packed food. They are higher in sodium than fresh foods.
- Start your meal with salad, a vegetable or soup.
- How much you eat is as important as what you eat. Enjoy your food. Eat slowly. Wait 20 minutes before getting seconds. Give your brain a chance to tell you that you are full.





Home is where the heart is:

Keep it real, and keep it healthy with good home cooking. Cook at home so you can control how much salt, sugar and fat you add to food. You and your family can eat more fruits and vegetables and whole grains.



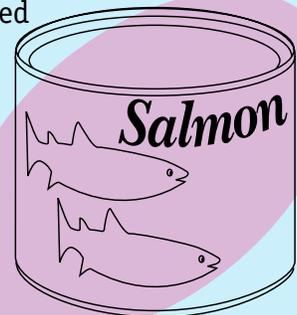
From Louisiana mothers:

Pay attention to your own diet and activity level to keep your heart healthy. Regular exercise such as walking, swimming or gardening can help you keep your heart healthy.

Try this thrifty recipe:

Salmon Salad

- 1 large (15 1/2 oz) can salmon, drained and flaked
- 2 tomatoes, coarsely chopped
- 1 cucumber, peeled, seeded and diced
- 2 green onions, chopped
- 1/4 cup soy sauce
- 3 tbsp vegetable oil
- 1 tbsp garlic, minced
- 1 tbsp (not kidding) black pepper



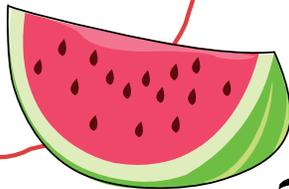
PREPARATION:

Fold salmon, tomatoes, cucumber and green onions together. Sprinkle the pepper over the mixture and fold it in. Combine the soy sauce, oil and garlic. Combine and chill. Makes 8 servings.

Nutrition analysis per serving: calories, 151; protein, 12.5 grams; carbohydrate, 4.5 grams; fat, 9.3 grams; sodium, 814 milligrams; cholesterol, 24 milligrams; iron, 1.2 milligrams; fiber, 1 milligram.

In the pantry and refrigerator:

If you see 'em, you'll eat 'em: Put fruits and vegetables where you can see them. Make it harder to get to the less wholesome foods. Put them to the back or high on the shelf.



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