



## Heart Healthy Buying Guide

Choose Whole Grains	<p>Whole Wheat Pasta          Whole Wheat Bread          Whole Wheat Couscous          Brown Rice          Quinoa          Oats</p>
Choose Fruits and Vegetables	<p>Choose a wide variety of colors</p> <p>Green – spinach, broccoli, romaine lettuce, asparagus          Red – red apples, pomegranates, red peppers, tomatoes          Orange – carrots, orange peppers, oranges          Blue/Purple – grapes, blueberries, eggplant, red onions          White – bananas, white onions, garlic, mushrooms          Yellow – corn, yellow peppers, summer squash</p>
Choose Healthy Unsaturated Fats	<p>Nuts: almonds, cashews, walnuts          Oils: olive oil, canola oil          Fatty Fish: salmon, albacore tuna, mackerel</p>
Choose Seafood	<p>All seafood including tilapia, cod, flounder, salmon, shrimp, lobster, crab, haddock</p>
Choose Low Fat/Fat Free Dairy	<p>Milk, yogurt, cheese</p>
Choose Lean Meats and Poultry	<p>Red meat: eye round roast, top round roast, top sirloin steak          Poultry: skinless chicken or turkey breast          Pork: tenderloin</p>
Choose Reduced Sodium Products	<p>Look for products that are reduced in sodium. Always read labels to make an informed decision.</p>
Choose Reduced Saturated/Trans Fats	<p>Saturated fat is found in products such as: butter, lard, whole milk, bacon, cream          Trans fat is found in products such as: some margarines, donuts, pastries, and some crackers</p>
Choose Fiber	<p>Most fruits and vegetables          Whole grain starches          Beans and legumes</p>

