

## February is American Heart Month

February 2012

Heart disease is the number one cause of death among Americans. You can take simple steps all year-long to protect your heart.

### **Limit cholesterol and saturated fats**

Choose olive oil, canola oil and trans-fat free margarine to promote good blood flow.

### **Choose lean protein**

Opt for a lower-fat intake by choosing lean sirloin, poultry, low-fat dairy, legumes and soy.

### **Eat more fruits and vegetables**

Fruits and vegetables are packed with nutrients. Choose a variety of colors and types.

### **Choose whole grains**

Grains are a great source of dietary fiber and can help regulate blood pressure and cholesterol.

### **Reduce sodium intake**

Low sodium diets promote healthy blood pressure. Choose “no salt added” when possible.

### **Control portion sizes**

Eating the proper amount can help control weight and keep your heart healthy. Use small plates, order appetizers and split a meal with a friend.

### **Dine out smart**

Do your homework ahead of time to know what heart-healthy options are available and ask for your meal to be customized. Look for words like boiled, baked, steamed and roasted.

### **Stay active**

An active lifestyle promotes a healthy weight, low blood pressure and low cholesterol. Small changes add up. **LiveWell.**