



HEART HEALTHY

Consider choosing these foods most often:

Milk (fat free 1%), **Yogurt** (low-fat), **Cheese** (low fat, low-sodium)



Beef/Pork (lean cuts), **Poultry** (skinless), **Fish**, **Plant-based proteins** (beans, unsalted nuts, seeds, tofu), **Eggs/egg whites**



ALL fresh or frozen vegetables; Canned vegetables (low sodium or no salt added)



ALL fresh or plain frozen fruit; canned fruit (no sugar added) **Jam/Preserves** (no sugar added)

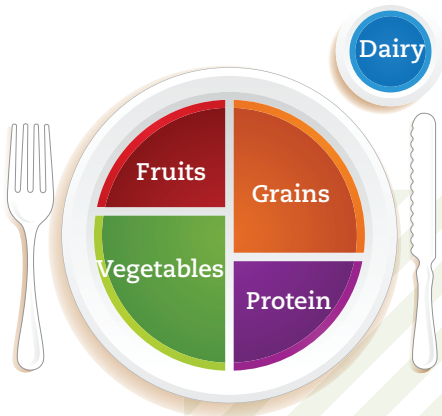


Whole-wheat Bread, Pasta, Cereal, Brown Rice, Oats, Quinoa, Barley, Crackers/ Pretzels, Popcorn (plain air-popped)



Hartford HealthCare

- Visit www.HHCHealth.org for more information.
- Check your **MyChart** account (www.mychart.com) to review your medical information, and ask your provider any questions you have about your care.
 - Visit www.MyPlate.gov for more nutrition information.
 - Try to make half your plate fruit/vegetables,
 - Vary your veggies (*eat the rainbow!*)
 - Make half your grains whole grains
 - Choose low-fat dairy most often; try alternative milks (*i.e. soy, oat*)



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