



# AMERICAN HEART MONTH: HEART-HEALTHY EATING

Mayor Bert Steinman and the Ewing Township Health Department would like to share with you this heart-healthy eating aid in observance of American Heart Month. Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. One of the first steps toward a heart healthy lifestyle is a heart-healthy diet. Here are some foods that work toward a heart-healthy diet:

## Foods to eat

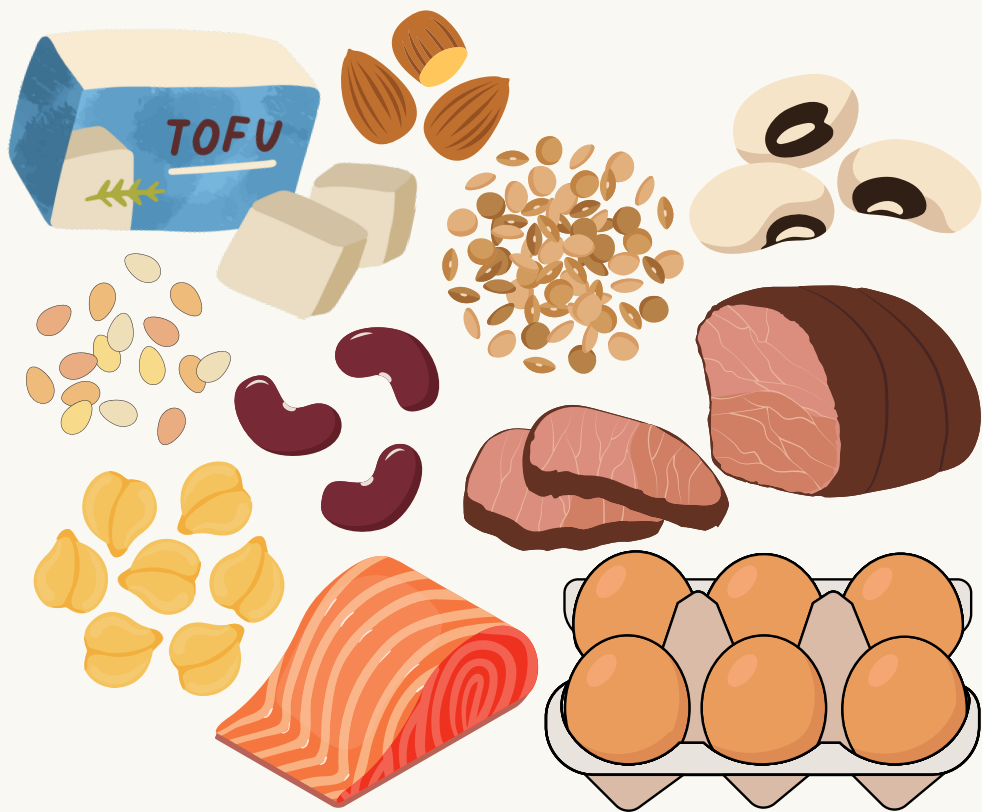
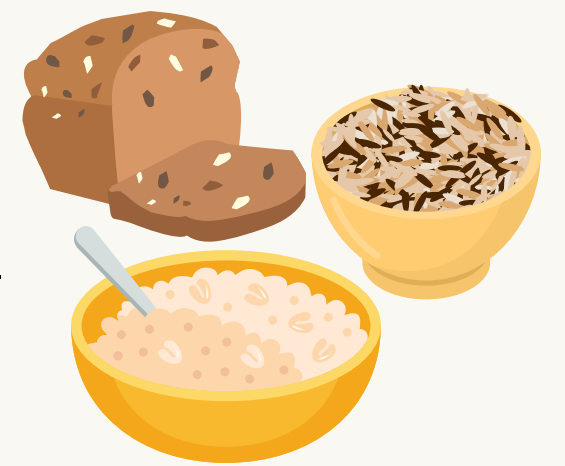
**Vegetables** such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots



**Fruits** such as apples, bananas, oranges, pears, grapes, and prunes



**Whole grains** such as plain oatmeal, brown rice, and whole-grain bread or tortillas



**Protein-rich foods:**

- Fish high in omega-3 fatty acids (salmon, tuna, and trout)
- Lean meats such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey
- Eggs
- Nuts, seeds, and soy products (tofu)
- Legumes such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans



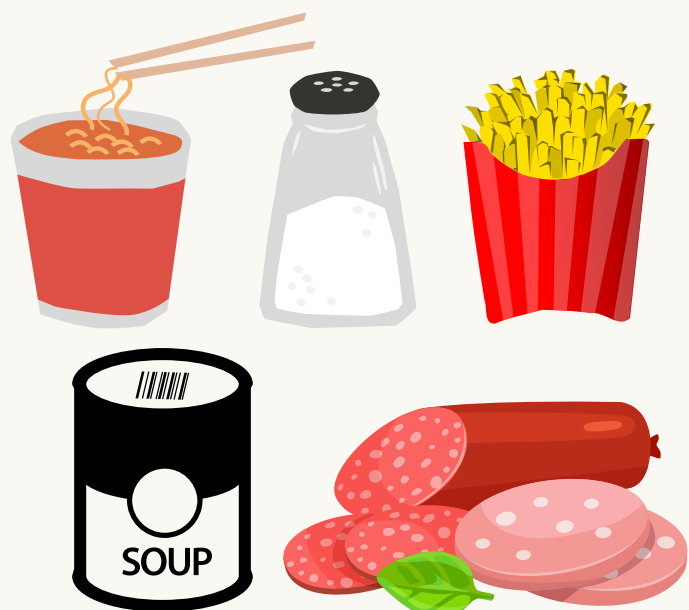
**Oils** and foods high in monounsaturated and polyunsaturated fats:

- Canola, corn, olive, safflower, sesame, sunflower, and soybean oils (not coconut or palm oil)
- Nuts such as walnuts, almonds, and pine nuts
- Nut and seed butters
- Salmon and trout
- Seeds (sesame, sunflower, pumpkin, or flax)
- Avocados
- Tofu



**Fat-free or low-fat dairy** foods such as milk, cheese, or yogurt

## Foods to limit



**Saturated fats** such as butter, lard, coconut oil, palm oil, full fat milk and cheese, and fatty cuts of meat and chicken with skin.



**Added sugars**, such as in chocolate, soda, cake, syrup, cereal and more



Foods high in **Sodium** like salt, fries, cured meats, canned soup, instant noodles and sauces and seasoning mixes with high sodium content

Mayor Bert H. Steinmann  
Ewing Township Health Department  
Health Officer Kristin Reed

