

HEART HEALTHY DIET

- ❖ Include foods high in fiber, omega 3 fat, potassium, magnesium and calcium, but low in saturated fat, hydrogenated fat, trans fat, sodium and sugar.
- ❖ Watch portion sizes – consuming too many calories can lead to weight gain!

Choose more often:

- Vegetables and fruits- especially colorful ones
- Whole grains – brown rice, whole wheat products, quinoa, barley, oats, buckwheat
- Legumes- dried beans and peas
- Nuts and seeds
- Lean meats, tofu, skinless poultry, fish and seafood- eat fish at least 2 times a week
- Fat-free or 1% low-fat milk, yogurt and cheese
- Vegetable oils- olive, canola, sunflower, safflower

Choose less often:

- Refined starches- white bread, white rice, white flour, pasta
- Red meats- beef, pork, lamb
- Whole milk, full-fat cheese, cream
- Processed meats- ham, sausage, bacon, luncheon meats
- Preserved or pickled foods
- Tropical oils- coconut, palm, palm kernel
- Hydrogenated or partially hydrogenated vegetable oil, trans fat - found mostly in fast foods, fried foods, pastries, cookies, processed or packaged foods
- Saturated fat – butter, lard, chicken fat, skins
- Sugary drinks and desserts
- Salt and high sodium seasonings- contained in most Asian sauces and condiments

For more information about healthy eating, visit the Chinese Community Health Resource Center's website:

<http://www.cchrhealth.org/food-and-nutrition/> (English)

<http://www.cchrhealth.org/taiwan/%e9%a3%9f%e7%89%a9%e5%8f%8a%e7%87%9f%e9%a4%8a/> (Chinese)