

A Healthy Heart / 3 Foods to Watch

Low Salt

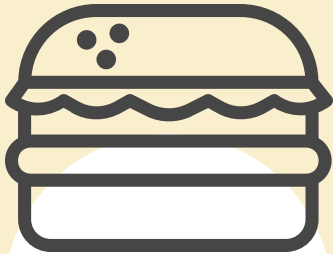


No Added
Salt



Salt (the common word for sodium) is an important nutrient that also makes us retain water. When we eat too much salt, we can hold so much water that it increases our blood volume and puts extra strain on our heart. **Aim to eat no more than 2000 mg sodium each day by limiting fast food, canned foods and processed foods.**

Low Cholesterol



Moderate
Animal Fat



Cholesterol is a key nutrient that is only found in animal foods like meat, dairy and eggs. Most people get most of their dietary cholesterol from processed foods, junk foods and fatty cuts of meat. **Aim to limit these foods by using lean cuts of meat, low fat dairy and avoiding processed foods.**

High Fiber



Lots of
Plants



Dietary fiber works in the gut and does a lot to keep your heart healthy. In your gut, soluble fiber binds toxins and fats like cholesterol from foods you eat to help your body eliminate them when you poop. **Aim to eat whole fruit, vegetables, beans and whole grains at every meal to benefit from fiber.**