

Follow a Healthy Eating Pattern

Week 2

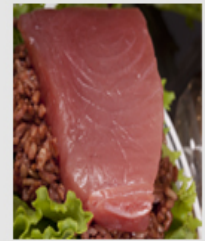
Tips on how to make Healthier Meals

- *Choose food low in saturated fats, sodium and calories.
- *Try fat free (skim) or low fat (1%) milk. Even going from whole to 2% is an improvement.
- *Buy low fat or fat free cheese.
- *Eat fruits and vegetables *without* sauce or butter. Even reducing the amount goes a long way.
- *Choose lean cuts of meat, fish and skinless turkey and chicken.
- *Buy low or reduced sodium or no– salt– added foods.
- *Use low fat plain yogurt instead of sour cream.
- *Keep in mind processed sandwich meat can have as much as 500mg of sodium for just 4 thin slices.

Top 5 Foods for Healthy Arteries

Fatty fish and fish oils.

Fatty fish, like albacore tuna, salmon, halibut, mackerel, lake trout, and sardines, are rich in omega-3 fatty acids. Omega-3 fatty acids reduce inflammation in your body and may lower your risk of atherosclerosis.



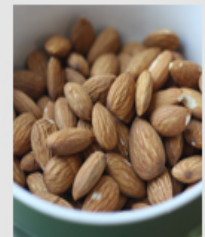
Oatmeal and oat bran.

Oats are whole grains and are chock full of soluble fiber that can help lower your LDL-cholesterol levels by transporting it out of your body.



Almonds, walnuts, and other nuts.

Low in saturated fat and high in lots of other nutrients (like calcium and magnesium), almonds and other nuts are phytochemical powerhouses.



Extra-virgin olive oil.

A mainstay of “the world’s healthiest diet,” the Mediterranean diet, olive oil is high in monounsaturated fats and boosts HDL-cholesterol levels while lowering LDL-cholesterol.



Fruits and vegetables, especially cabbage and cousins:

broccoli, kale, cauliflower, Brussels sprouts, and bok choy. All fruits and vegetables contain health-boosting phytochemicals, but the cruciferous vegetables are particularly good for your cardiovascular health.

