A HEART-HEALTHY DIET is about choosing more of the healthy foods and less of the unhealthy ones.

EAT LESS

- saturated fats
- cholesterol & plaque build-up
- sodium - we typically eat 2x our needed sodium
- blood pressure

WHAT CAN I DO?

Eating healthily is one of the most important things you can do to prevent cardiovascular disease and improve your overall health. The six most important things to remember:

- 5-10 grams fibre
- more consumed
- lower cholesterol

- each serving of fruit + veggies
- more consumed
- less overall sodium, fat, calories

- fish 2x per week
- more consumed
- less LDL "bad" cholesterol

- omega-3 fatty acids
- more consumed
- less risk of heart disease

Try the Heart Institute’s Free Heart Delicious Nutrition Workshops

Take the mystery out of eating right. These simple workshops are designed for anyone who is interested in learning about heart-healthy eating.

www.ottawaheart.ca/patients_family/cardiac-rehabilitation.htm