



Be Heart Smart *

'Move More' Tip of the Day

Use commercial breaks as a chance to walk in place, do some squats or calf raises.

Heart Healthy Foods



A heart healthy eating plan contains foods that can lower your risk of heart disease, heart attack and stroke. Healthy eating is a part of a heart-healthy lifestyle that includes regular activity and not smoking.



Eat a variety
of grain products
every day.



Eat at least **two**
servings of fish each week
that include heart healthy
omega-3 fatty acids.



Eat a rainbow of
fruits and vegetables
every day.

CHOOSE HEALTHY FATS



Unsaturated fats, such as olive, canola, corn,
and sunflower oils, are part of a healthy diet.

1g of fat = **9 CALORIES**

1g of protein or carbs = **4 CALORIES**
watch your serving sizes

COOKING TIPS

Use products low in saturated
fat instead of using butter or other
fats high in saturated fat.

Experiment with herbs, spices, or even
lemon to add flavor to low-fat foods.

LIMIT YOUR INTAKE OF



Sodium and
added sugar.



Saturated fat.
Choose lean meat,
beans or tofu.



Alcohol, if you drink.
2 drinks a day for men and
1 drink a day for women.

* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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