

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Heart-Healthy Foods

A heart-healthy diet consists of well-balanced meals and includes the following foods:

- Leafy green vegetables and tomatoes
- Whole grains
- Fruits, especially berries
- Fatty fish (high in heart-healthy omega-3 fatty acids)
- Nuts, seeds, and beans
- Olive oil
- Avocado
- Dark chocolate
- Green tea



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Weekly Challenge

Try to eat at least 2 of these foods at least 3 times this week.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock 2-2021

Heart-Healthy Foods Combat Heart Disease



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Heart disease is one of the leading causes of death in US, but it can be prevented through proper healthy eating.

Regularly eating well-balanced heart-healthy meals helps regulate and control one's blood pressure, cholesterol, and triglycerides. All of these impact risks for heart disease.

Weekly Challenge

Focus on consuming a balanced diet from all the food groups this week.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock 2-2021

Heart-Healthy Omega-3 Fats

Omega-3 fats are made of polyunsaturated fats which are important to maintain health. Omega-3's help improve heart health and can swap into the diet in place of saturated or trans fats.

Omega-3 fats are found in oily fish such as salmon, tuna, trout, and sardines. Other sources include canola, flaxseed, and soy oils, as well as flaxseed, chia seeds, soybeans, and tofu.

The protective effect and health benefits are good for one's heart and blood vessels because they reduce triglycerides (fat) in one's blood. This helps slow plaque buildup in the arteries.



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Weekly Challenge

Consume an omega-3-rich food 3-4 times this week.

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Heart Healthy Eating:

Nuts and Seeds

Nuts and seeds are great sources of unsaturated healthy fats. Healthier fats help prevent heart disease.

Regular consumption of nuts is linked to lower levels of LDL (bad) cholesterol and total cholesterol in the blood.

Nuts and seeds also increase HDL (good) cholesterol.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 2-2021

Heart Healthy Eating:

Nuts and Seeds

Nuts and seeds are a great source of protein and fiber.

Fiber is an important part of a heart healthy diet as it helps lower blood pressure and total cholesterol.



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Weekly Challenge

Make a trail mix with a variety of nuts and seeds.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 2-2021

Heart Healthy Eating:

Nuts and Seeds

When shopping for nuts and seeds there are a few indicators to look for to maximize their health benefits.

Look for either unsalted or low sodium nuts. Another indicator is the ingredients list on the back. Many have added oils or are fried which can destroy the healthy fats. Raw or baked nuts are best.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 2-2021

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Heart Healthy Eating: Soy Foods

Soy beans have exceptional quality and quantity of protein. One-half cup has 15 grams! The quality is about the same as animal protein, meaning it contains essential and nonessential amino acids. These facts make soy a great plant protein!

Weekly Challenge

Try replacing meat with tofu for 1 meal this week.



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Heart Healthy Eating: Soy Foods

Research shows people who eat soy frequently are less likely to have a stroke and less likely to die of heart disease. Although there are conflicting studies, most show a relationship between the two for reduced blood pressure, increased arterial health, and lower LDL cholesterol.



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Weekly Challenge

Try using soymilk once this week!

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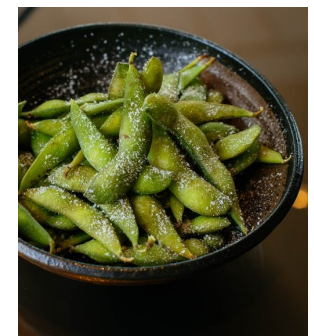
Heart Healthy Eating: Edamame

Edamame beans are whole, immature soybeans. They are green and differ in color from regular soybeans, which are typically light brown.

It comes dry roasted or you can buy it frozen with or without the pods.

Weekly Challenge

Try edamame in a dish or as a snack once this week!



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Heart Healthy Eating:

Fish

Eating fish in moderation provides a great source of Omega-3 fatty acids.

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Omega-3 fatty acids are nutrients that are needed from the diet.

They are important because they can help prevent heart disease. Omega-3 fatty acids are found in salmon, sardines, oysters, tuna and many other fish products!

Weekly Challenge:

Try adding tuna to salad with dark green leafy vegetables this week!



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Heart Healthy Eating:

Nuts

Adding unsalted nuts to your diet can provide many benefits!

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Nuts have unsaturated fats, which are good fat. This fat helps lower cholesterol levels.

Nuts can also reduce the risk of heart disease!

Weekly Challenge:

Instead of snacking on potato chips, try snacking on your favorite unsalted nut!



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Heart Healthy Eating:

Grains

Eating whole grains is beneficial to the heart!

Whole grains provide more nutrients than processed grains like fiber.

Whole grains can also improve blood cholesterol levels and reduce the risk of heart disease!

Weekly Challenge:

Use whole-wheat bread instead of white for sandwiches or toast!



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