

Look what you can do for your heart at www.sistertosister.org

- Learn the facts about heart disease
- Locate a nearby screening center
- Assess your personal level of risk
- Build a customized action plan
- Track your heart health progress
- Ask experts for advice
- Give and get community support
- Discover daily heart health tips...and more!



Sister to Sister: The Women's Heart Health Foundation, a national 501(c)(3) non-profit organization, is dedicated to preventing heart disease in women by:

- Offering women free cardiac screenings to promote early detection and treatment of heart disease and its risk factors.
- Increasing awareness that heart disease is the number one killer of women in the United States.
- Helping women make healthy lifestyle changes to reduce their risk of heart disease.

SISTER TO SISTER

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Eating For Your Heart



YOU HAVE THE POWER TO HAVE A HEALTHY HEART



SISTER TO SISTER
The Women's Heart Health Foundation

The Healthy Diet/Heart Health Connection

Eating a healthy diet is one of the most important steps you can take to address key risk factors for heart disease, such as weight and cholesterol and blood pressure levels. It's not easy to change established eating habits – but it is doable.

Make small, incremental changes so that new habits have a chance to form.

Fruit (2 cups daily)

Fresh fruits are always the best option. If you go with canned fruits, make sure they are packed in juice or water, not heavy syrup. Choose frozen fruits without added sugar.

Vegetables (2 cups daily)

Choose dark green vegetables such as broccoli and spinach, and orange vegetables such as carrots and sweet potatoes. If you go with frozen vegetables, make sure they do not contain added butter or sauces.

Dairy (3 cups daily)

Choose low-fat or fat-free milk, cheese, or yogurt.

Grains (6 servings daily; 1 ounce = 1 serving)

Choose whole grains when possible, such as brown rice, whole wheat breads and pastas, and popcorn without salt or butter. Nutrition labels should list whole grains as the first ingredient.

Meats and beans (5 ounces daily)

Lean meats, skinless chicken or turkey, and unbreaded fish are just some of the options. Vegetarian options include kidney beans, lentils, chickpeas, sunflower seeds, and unsalted or low-salt nuts.

Fats and oils (use sparingly)

Limit solid fats such as butter, stick margarine, shortening, and lard. Fish, nuts, avocado, and vegetable oils like olive oil are among the healthier options.

Just Between Us...



It's Okay To Eat Out

- At fast food restaurants, order the grilled chicken (remove skin). Skip the french fries and ask for low-fat mayo and dressings on the side.
- At sit-down restaurants, ask for changes that can make a dish healthier, such as leaving off butter or high-fat cheese.
- Watch portion sizes. Before you start eating, ask for a to-go container and pack away any excess.

YES YOU CAN EAT HEART HEALTHY

10 Heart Healthy Changes

1. Set one small, realistic goal at a time and write it down. Examples are adding one vegetable and one fruit serving to a meal each day this week or buying low-fat (1 percent) or fat-free (skim) milk and yogurt instead of the higher fat choices the next time you go grocery shopping.
2. Write down everything that you eat. Use this food record to see if you tend to overeat or eat foods high in fat and calories.
3. Plan tomorrow's meals and snacks today. When you pre-plan what you're going to eat for the day, you are less likely to rely on fast foods and other less healthy options.
4. Make a list before you go grocery shopping and stick to it. Also, eat before you shop so you're not influenced by hunger.
5. Stick to fresh foods, which are naturally lower in sodium and fat. If you do buy convenience foods, read the nutrition labels on food packages and choose the reduced fat or sodium options.
6. Always keep a healthy snack with you, such as fresh fruit, handful of nuts, or whole grain crackers.
7. Slow down at snack time. A bag of low-fat popcorn takes longer to eat than a slice of cake. Peel and eat an orange instead of drinking orange juice.
8. Cut back on sodium. Take the salt shaker off the table, rinse canned foods before cooking or eating to wash off excess salt, or cook with a mix of spices instead of salt.
9. Try different recipes for baking or broiling meat, chicken, and fish.
10. Avoid skipping meals. You're more likely to overeat later in the day.

GET MORE TIPS AT SISTERTOSISTER.ORG