

## Heart Healthy Foods: Shopping list



**When it comes to your heart, what you eat matters.** Follow these tips for heart-healthy eating:

1. **Eat less saturated and *trans* fat.** Stay away from fatty meats, fried foods, cakes, and cookies.
2. **Cut down on sodium (salt).** Look for the low-sodium or “no salt added” types of canned soups, vegetables, snack foods, and lunch meats.
3. **Get more fiber.** Fiber is in vegetables, fruits, and whole grains.

Take this list with you the next time you go food shopping.

### Vegetables and Fruits

Eat a variety of vegetables and fruits. To save money, buy vegetables and fruits that are in season, frozen, or canned.

- Fresh vegetables such as tomatoes, cabbage, and broccoli
- Leafy greens for salads, like spinach and kale
- Canned vegetables low in sodium (salt)
- Frozen vegetables without added butter or sauces
- Fresh fruits such as apples, oranges, bananas, pears, and peaches
- Canned fruit in 100% juice, not syrup
- Frozen or dried fruit (unsweetened)

### Milk and Milk Products

Look for fat-free or low-fat milk products. Or choose soy products with added calcium.

- Fat-free or low-fat (1%) milk
- Fat-free or low-fat yogurt

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- Cheese (3 grams of fat or less per serving)
- Fat-free or low-fat soy milk with calcium

### **Breads, Cereals, and Grains**

For products with more than one ingredient, make sure whole wheat or another whole grain is listed first.

- 100% whole-wheat bread
- Whole-grain breakfast cereals like oatmeal
- Whole grains such as brown or wild rice, barley, and bulgur
- Whole-wheat or whole-grain pasta

### **Meat, Beans, Eggs, and Nuts**

Choose lean cuts of meat and other foods with protein.

- Seafood, including fish and shellfish
- Chicken and turkey breast without skin
- Pork: leg, shoulder, tenderloin
- Beef: round, sirloin, tenderloin, extra lean ground beef
- Beans, lentils, and peas
- Eggs and egg substitutes
- Nuts and seeds

### **Fats and Oils**

Cut back on saturated fat and look for products with no *trans* fats.

- Margarine and spreads (soft, tub, or liquid) with no *trans* fats

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- Vegetable oil (canola, olive, peanut, or sesame)
- Non-stick cooking spray
- Light or fat-free salad dressing and mayonnaise

**Source:** [healthfinder.gov](http://healthfinder.gov) presented by the U.S. Department of Health and Human Services