

My Heart-Healthy Plate

Drink mostly water or other calorie-free beverages, such as coffee or tea. Avoid sugary drinks.



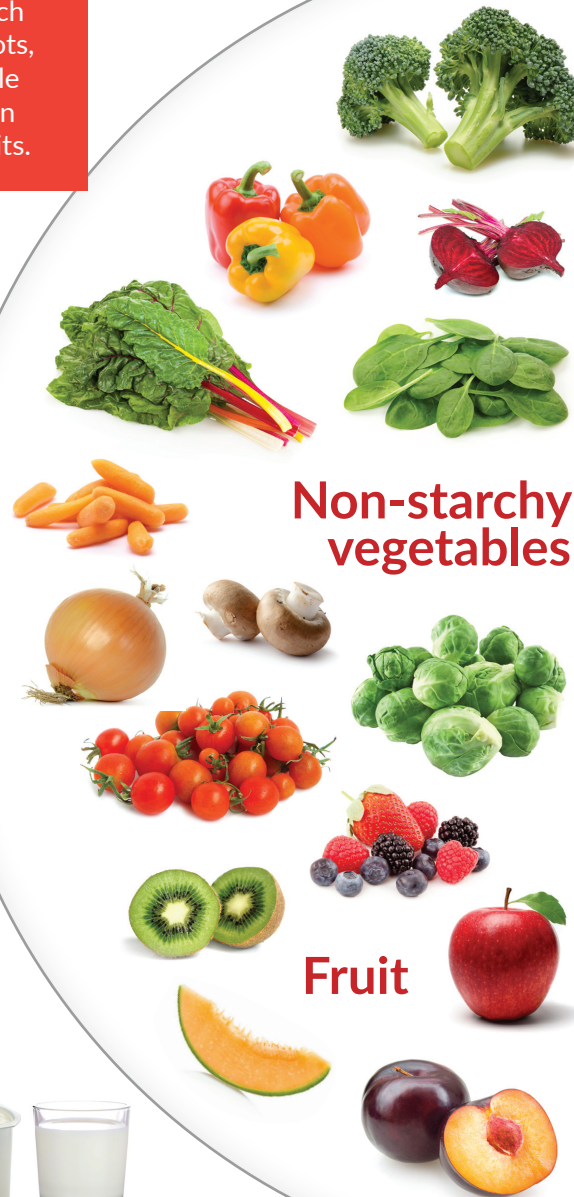
Fill half your plate with a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit. Eat more vegetables than fruit. Limit juice and dried fruits.

Choose small amounts of healthy oils (such as olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados also contain healthy fats. Limit or avoid butter, lard, tropical oils (coconut, palm), and stick margarine.



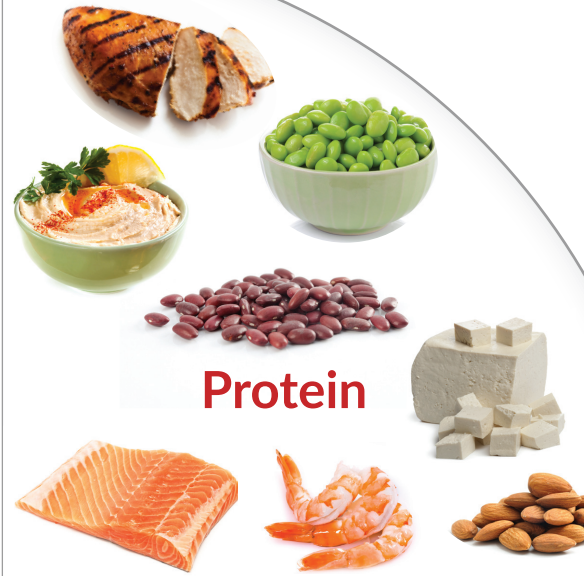
Choose one to three servings of non-fat (skim) milk or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz.

Choose yogurt with less than 15 grams of sugar per serving.

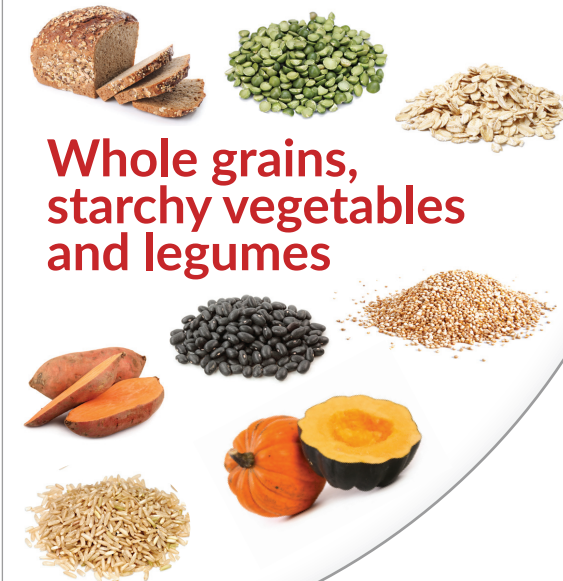


Non-starchy vegetables

Fruit



Protein



Whole grains, starchy vegetables and legumes

Fill a quarter of your plate with protein sources such as fish, skinless poultry, beans, lentils, nuts and tofu. Limit red meat and cheese; avoid processed meats such as cold cuts and bacon.

Fill a quarter of your plate with whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread, or other healthy starches including sweet potatoes, acorn squash, beans or lentils. Limit white bread, white rice, and fried potatoes.