

Eat a Heart-Healthy Diet

You always hear the bad news: heart disease is the leading cause of death in America. But the good news is many of these deaths and risk factors are preventable.

Symptoms like high cholesterol, high blood pressure, excess weight and obesity can be improved with lifestyle changes and healthful eating. The Academy of Nutrition and Dietetics recommends these small changes in diet for a big impact on your health:

- Eat more fruits and vegetables. One good goal is to fill half your plate with colorful fruits and vegetables every meal.
- Eat less salt by preparing foods at home so you can control the amount of salt in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- Eat whole grains.
- Regularly eat fatty fish like salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Eat fewer foods with saturated fats, trans fats, cholesterol, added sugars, and refined grains.

If you have questions about eating a heart-healthy diet, contact Merit Health Wellness Center at 601-268-5010 and ask about our nutrition services.

