

Heart-Healthy Living —

☐ HEART-HEALTHY LIVING: YOUR GUIDE TO A STRONGER HEART

☐ EAT FOR YOUR HEART	☐ LIMIT OR AVOID
✓ 5+ servings fruits & vegetables daily	✗ Processed meats (bacon, hot dogs, deli)
✓ Whole grains (oatmeal, brown rice, quinoa)	✗ Fried foods & trans fats
✓ Fish 2x/week (salmon, tuna, sardines)	✗ Sugary drinks (soda, sweet tea)
✓ Nuts, seeds & beans daily	✗ Packaged snacks & ultra-processed foods
✓ Healthy oils (olive oil, avocado oil)	✗ Excess alcohol

☐ **SODIUM** — Less than 2,300 mg/day (1 tsp salt!) → Use herbs, spices, lemon & garlic instead

☐ KNOW YOUR NUMBERS	Goal
Total Cholesterol	Under 200 mg/dL
LDL ("Bad")	Under 100 mg/dL
HDL ("Good")	Over 40 (men) / 50 (women) mg/dL
Triglycerides	Under 150 mg/dL
Blood Pressure	Under 120/80 mm Hg (normal)

☐ EXERCISE	☐ STRESS & SLEEP
150 min/week moderate activity (30 min × 5 days)	Deep breathing & meditation
Brisk walking, swimming, cycling, dancing	7–9 hours of sleep per night
Strength training 2–3 days/week	Yoga, tai chi, time with loved ones
Break up sitting every 30 minutes	Talk to a counselor if overwhelmed

✓**ACTION CHECKLIST:** Eat more fruits, veggies & whole grains → Limit sodium → Exercise 150 min/week → Know your numbers → Take meds as prescribed → Don't smoke → Manage stress → Schedule regular check-ups

☐ *Join our FREE Heart-Healthy Eating Class! Covers cholesterol, blood pressure, sodium, fiber, exercise & stress. Led by a Certified Diabetes Educator.* ☐ **CALL US TODAY!**