



Go Red!

National Wear Red Day

Friday, February 3rd

Life's Simple 7: **EAT BETTER!**

A healthy diet is one of the best weapons you have for fighting cardiovascular disease. Your food choices can affect your cholesterol, triglyceride and glucose levels, blood pressure, weight and increase your risk for a variety of chronic illnesses. Make sure that you stock your kitchen with the best food choices. The American Heart Association recommends that if you want to improve your diet, keep a journal of your food choices for a few days and then identify where you can make some changes!

It's the overall pattern of the dietary choices you make that counts, so focus on these 7 simple steps for long term benefits for your health and your heart:

- Eat a diet low in saturated and trans fats
- Eat a diet rich in fruits and vegetables
- Choose whole grain, high fiber foods
- Select fat-free or 1% dairy products
- Cut back on beverages and food with added sugar
- If you drink alcohol, drink in moderation
- Choose and prepare foods with little or no salt
- Use up at least as many calories as you take in . . . so watch your portion sizes!



Go to www.choosemyplate.gov OR www.everydaychoices.org for more detailed information and assistance in changing your diet!



The Medical Center of Plano