



TIPS FOR SUPPORTING HEART HEALTH



February is American Heart Month, a time to focus on cardiovascular wellness and take steps to protect your heart. Heart disease remains the leading cause of death in the U.S., but many risk factors are preventable through lifestyle changes. Check out these practical ways to support heart health this month and beyond.

Sources:

1 [UHC.org/Health-Topics/10-Foods-Improve-Your-Heart-Health](https://www.heart.org/health-topics/10-Foods-Improve-Your-Heart-Health)

2 [MayoClinic.org/Diseases-Conditions/Heart-Disease/In-Depth/Heart-Healthy-Diet/art-20047702](https://www.mayoclinic.org/Diseases-Conditions/Heart-Disease/In-Depth/Heart-Healthy-Diet/art-20047702)

→ EAT HEART-HEALTHY FOODS

Nutrition plays a key role in maintaining a healthy heart.

- Choose foods rich in fiber, such as oats, beans and whole grains.
- Include omega-3 fatty acids from sources like salmon, walnuts and flaxseeds.
- Opt for low-fat dairy, which provides calcium and protein without excess fat.
- Add colorful fruits and vegetables to your meals for antioxidants and essential nutrients.
- Limit sodium, added sugars and processed foods to reduce blood pressure.^{1,2}

→ MAKE SMART SWAPS

Small changes can lead to big improvements in heart health.

- Use olive oil instead of butter or margarine.
- Choose whole grain bread over white bread.
- Snack on nuts or fruit instead of chips or sweets.
- Drink water or unsweetened tea instead of sugary beverages.¹

→ PLAN AHEAD FOR SUCCESS

Heart-healthy eating is easier when you're prepared.

- Create a grocery list with nutritious staples.
- Prep meals and snacks in advance to avoid impulse choices.
- Read nutrition labels to make informed decisions.²