



# Outreach of the Month: Eating for a Healthy Heart

Information for Your Patients

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Gaps in care Outreach  
topic: Tips to eating for  
a healthy heart

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Healthy eating is very important for a person with heart disease as it can partially reverse the narrowing of the hearts arteries and help prevent further complications.

Here are a few healthy tips to follow:

- Serve more vegetables, fruits, whole grains and legumes
- Choose fat calories wisely by limiting saturated fats (found in animal products) and avoiding artificial trans fats
- Serve protein-rich foods such as lean meat, fish, and vegetable sources of protein
- Limit cholesterol (found in red meat and high-fat dairy)
- Serve the right kind of carbs – brown rice, oatmeal, sweet potatoes – to add fiber and help control blood sugar. Avoid sugary foods.
- Eat regularly to control blood sugar, burn fat and regulate cholesterol levels.
- Limit your salt intake
- Stay hydrated – drink 32-64 ounces of water daily, unless your doctor has told you to limit fluids.
- Don't overdo serving size of meals
- Always stay in contact with your Primary Care Provider.

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