

HEART HEALTHY EATING.

You can reduce your chances of heart disease and heart attack by introducing more **heart-healthy foods** into your diet. Here are five easy tips to help you on your way!

A message from your local community hospital.

1 LIMIT UNHEALTHY FATS. Replace “fatty” meats like sausage and bacon with leaner ones like poultry and fish; use low-fat dairy products; and choose food made of healthier fats like olive and canola oils, instead of shortening or partially-hydrogenated vegetable oil.

2 CHOOSE FOODS WITH OMEGA-3 FATTY ACIDS. Eat fish, such as salmon, tuna, sardines, mackerel,

trout, and herring, at least twice a week in order to incorporate omega-3 fatty acids into your diet.

3 EAT MORE FRUITS AND VEGETABLES. Look for colourful fruits and vegetables like mangos, carrots, spinach, broccoli and sweet potatoes. Aim for two to three fruit servings a day, and at least four servings of vegetables each day.

4 REDUCE SALT. You should eat less than one tablespoon of salt a day—and even less for those with high blood pressure. Also, a lot of salt comes from processed foods. So start going for fresh foods.

5 GO FOR SOLUBLE FIBERS. Good sources of this fiber include oats, psyllium-enriched breakfast cereals, ground flax seeds, and citrus fruit.

DID YOU KNOW? As the designated cardiac centre for the Scarborough/Durham area, Rouge Valley Health System is committed to good heart health in the community. Everyday, we help patients get the cardiac care they need. This includes: cardiac diagnosis; life-saving procedures such as coronary angioplasty; ongoing arrhythmia management; and cardiac rehabilitation. Learn more about our cardiac care program at www.rougevalley.ca/cardiaccare.



Rouge Valley
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The best at what we do.