

# Checklist for a Heart-Healthy Diet



Eat 4-5 servings a day of fruits and 4-5 servings a day of vegetables. These contain potassium, which has been shown to lower blood pressure.



Check your food labels! Pay attention to the milligrams of sodium per serving, not the DV percent.



Limit saturated fat from animal sources (butter, meat, poultry).



Choose low-fat dairy. High-fat dairy contains saturated fat.



Focus on whole grains.



Be physically active. Aim for 30-60 minutes of aerobic activity per day.



EASTERN MICHIGAN UNIVERSITY  
Center for Health Disparities  
Innovations and Studies

Adapted from: <https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/dash-diet-reducing-hypertension-through-diet-and-lifestyle>

Creating Healthy  
Asian American Communities  
in Michigan



Eastern Michigan University

Made possible from funding by the Centers for Disease Prevention and Control

# 1

Eat 4-5 servings a day of fruits and 4-5 servings a day of vegetables. These contain potassium, which has been shown to lower blood pressure.

A serving of fruit is 1/2 cup of fresh fruit, 4 oz. fruit juice, or 1/4 cup dried fruit.



A serving of vegetables is 1/2 cup of raw or cooked vegetables (or vegetable juice), or 1 cup of raw leafy greens.



# 2

Check your food labels! Pay attention to the milligrams of sodium per serving, not the DV percent.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 serving (230g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 700mg	<b>30%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 169mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Source: <https://extension.umaine.edu/publications/4059e/>

# 3

Limit saturated fat from animal sources (butter, meat, poultry). A heart-healthy diet is low in saturated fat and total fat.



Use safflower, soybean, or olive oil for cooking as they are lower in saturated fats.

Choose lean cuts of beef and chicken and cut the fat off before preparation.



Include additional sources of protein such as nuts, seeds, beans, eggs, fish and low-fat dairy.



Substitute water or vegetable stock to cook vegetables rather than oil.

Source: <https://www.health.harvard.edu/heart-health/choosing-oils-for-cooking-a-host-of-heart-healthy-options>

# 4

Choose low-fat dairy. High-fat dairy contains saturated fat.



Eat 2-3 servings daily.



Examples of one serving include 1 cup skim or 1 percent milk, 1 cup low-fat yogurt, or 1 1/2 ounces part-skim cheese.

# 5

Focus on whole grains because they have more fiber and nutrients than refined grains.



Use brown rice instead of white rice; whole-wheat pasta instead of regular pasta; and whole-grain bread instead of white bread.

Look for products labeled "100% whole grain" or "100% whole wheat."



# 6

Be physically active. Aim for 30-60 minutes of aerobic activity per day.



Aerobic activities includes running, walking, cycling, playing soccer, jump-roping, and swimming.

