

Mission In Motion

Health & Wellness Weekly Bulletin

February 2012—Healthy Heart



February 20, 2012—Week 3

Eat smart and help your heart

You can dramatically help reduce your chance for getting heart disease by watching what you eat. Use these tips to get started:

- Eat more whole grains and vegetables.
- Choose a piece of fruit to munch on instead of a packaged snack.
- Select low-fat cuts of meat, chicken and fish.
- Cut down on butter and other fats, and use liquid vegetable oils for cooking.
- Include beans and nuts in your diet.
- Buy low-fat or non-fat dairy products, including 1% or skim milk, yogurt and cottage cheese.

Source: American Dietetic Association

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