



**SEAFOOD
NUTRITION
PARTNERSHIP**



10 TIPS TO COOK HEART HEALTHY

With heart disease on the rise it is important for Americans to find ways to adopt heart healthy eating habits. **Eating heart healthy is not complicated.** You can be on your way to cooking and living healthier with just a few simple tips!



1

Select fish as your lean protein option. Fill up the rest of your plate with healthy fruits, vegetables and whole grains.



2

Making a **shift from white rice to brown rice** provides more fiber, B vitamins, magnesium, zinc and other key nutrients.



3

Include a variety of fruits and vegetables (5 to 13 servings a day) to get a range of antioxidants and vitamins. A standard serving size is 1/2 to 1 cup depending on the fruit or vegetable.



4

Choose at least three ounces of nuts and seeds per week, while keeping within your calorie budget. Avoid candied, honey-roasted and heavily salted nuts and seeds.



5

Consider cooking with healthy fats. Opt for unsaturated fats such as olive oil in moderation during meal preparation.



6

Keep portions reasonable. One of the easiest ways to manage calorie intake is by eating healthy portions.



7

Limit your sugar intake. Sugars can add significant calories without any nutritive value.



8

Keep an eye on sodium. The [2015-2020 Dietary Guidelines for Americans](#) recommends reducing daily sodium to less than 2,300 milligrams (mg).



9

Use fresh herbs, spices, and citrus to enhance food with bold flavors.



10

Consider your food decisions. Eating heart healthy can still be delicious and savory.