



# Love your heart

## Eating for a healthy heart

### Small steps count

**To take good care of your heart, one of the most important things you can do is eat a heart-healthy diet. It may seem obvious. But doing so can help stop or even reverse heart disease.**

At first, it may feel like there is a lot to learn. But you don't have to make these changes all at once. Start with small steps. Over time, a number of small changes can add up to a big difference in your heart health.

### Make healthy a habit.

It's easy to fit in fruits and vegetables at every meal. Fresh, frozen, canned and dried all count.

# Tips for a healthy heart

Focus on these lifestyle changes to keep your heart strong and healthy. For more information, visit [AetnaInternational.com/apac](https://www.AetnaInternational.com/apac)

- 1. Fill your plate with color.**  
Eat a variety of fruits and vegetables in colors like dark green, deep orange and yellow.
- 2. Eat fish at least two times a week.**  
Oily fish containing omega-3 fatty acids, like salmon, mackerel and lake trout, are best for your heart.
- 3. Choose healthy fats.**  
Unsaturated fats, like olive, canola, corn and sunflower oils, are part of a heart-healthy diet.
- 4. Cut back on sugar.**  
Limit drinks and foods with added sugars, as they're high in calories and low in nutrients.
- 5. Try a variety of grains.**  
Include whole-grain foods filled with fiber and nutrients, like oats, whole wheat bread and brown rice.
- 6. Limit salt to lower blood pressure.**  
Aim to eat less than 2,300 mg of sodium daily, or as low as 1,500 mg if you already have high blood pressure.
- 7. If you drink alcohol, drink only a little.**  
Even if you drink in moderation, consider cutting back to one drink a day (women) or two (men).
- 8. Limit saturated fat.**  
Choose foods like lean meats, fish, vegetables, beans, nuts and non-fat or low-fat dairy.

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