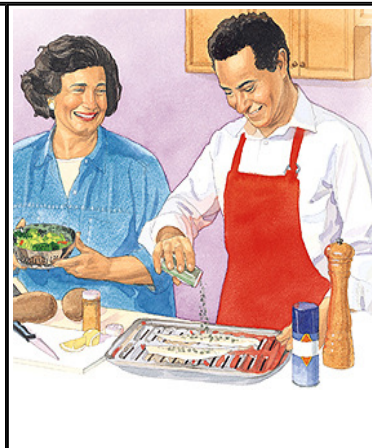


Eating Healthy

Changing the way you eat can reduce many of your risk factors. It can lower your cholesterol, blood pressure, and weight. Your diet doesn't have to be bland and boring to be healthy. Just follow these 3 steps: eat less fat and salt, and eat more fiber. Your whole family can benefit from healthy eating habits.

1. Eat Less Fat

- Eat fewer fatty cuts of meat and more fish.
- Avoid butter and lard, and use less margarine.
- Avoid foods containing palm, coconut, or hydrogenated oils.
- Eat fewer high-fat dairy products like cheese, ice cream, and whole milk.
- Get a heart-healthy cookbook and try some low-fat recipes.



2. Eat Less Salt

- Don't add salt to food when cooking, and keep the saltshaker off the table.
- Don't use high-salt ingredients such as MSG, soy sauce, baking soda, and baking powder.
- Instead of salt, season your food with herbs and flavorings such as lemon, garlic, and onion.



3. Eat More Fiber

- Eat fresh fruits and vegetables.
- Add oats, whole-grain rice, and bran to your diet.
- Beans and potatoes are excellent sources of fiber.
- When you eat more fiber, be sure to drink more water to prevent constipation.

