

Basics of a Heart Healthy Diet

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The Mediterranean Diet is a heart healthy way of eating that focuses on fruits, vegetables, whole grains, plant proteins, nuts, and seeds.

By choosing more nutrient-dense foods, you can improve your health and reduce your risk for heart disease, high blood, pressure, type 2 diabetes, and other chronic diseases.

Start Simple

Choose lean sources of protein.

- Eat seafood (salmon, tuna, herring, etc) at least twice per week since these are a good source of heart healthy fats.
- Choose more vegetarian sources of protein such as beans or lentils. These are high in fiber!
- Flavor your food with herbs and spices instead of salt to lower your sodium intake.

Increase your intake of fruits and vegetables!

- Fill half of your plate with vegetables for lunch and dinner. Choose fresh, frozen, or canned (no salt added or low-sodium) versions.
- Serve fruit as a snack or for dessert as a sweet treat! Limit your intake of fruit juice to 1/2 cup.

Choose more whole grains.

- Choose whole grains for at least half of your grain options since these are a good source of fiber. These include whole grain bread or cereal, brown or wild rice, oatmeal, rye, and bulgar.

Choose healthy fats.

- Good sources of healthy fats include olive oil, avocados, nuts, and seeds.

It is important to limit your intake of highly processed foods, high sodium foods, fatty meats, and sugary beverages.