

Health Conditions

Heart-Healthy Foods: Shopping List



When it comes to your heart, what you eat matters. Follow these tips for heart-healthy eating:


- **Eat less saturated fat.** Cut back on fatty meats and high-fat dairy products. Limit foods like pizza, burgers, and creamy sauces or gravy.
- **Cut down on sodium (salt).** Read the Nutrition Facts label and choose foods that are lower in sodium. Look for foods labeled “low sodium” or “no salt added” — like some canned soups, canned vegetables, packaged meals, and snack foods.
- **Get more fiber.** Eat vegetables, fruits, beans, and whole grains to add fiber to your diet.

Take this list with you the next time you go food shopping.

Vegetables and Fruits

Eat a variety of vegetables and fruits — including options that are fresh, frozen, canned, or dried. Try:

- Fresh vegetables like tomatoes, cabbage, okra, edamame, and carrots
- Leafy greens like Romaine lettuce, spinach, bok choy, and kale
- Canned vegetables that are low in sodium
- Frozen vegetables without added butter or sauces, like broccoli or cauliflower
- Fresh fruits like apples, oranges, bananas, mangoes, guava, and papaya
- Canned, frozen, or dried fruit without added sugars

Farmers markets are great places to buy vegetables and fruits that are in season. [Find a farmers market near you](#) .

Dairy

Look for fat-free or low-fat options like:

- Fat-free or low-fat (1%) milk
- Fat-free or low-fat plain yogurt
- Fat-free or low-fat cheese or cottage cheese
- Fortified soy beverages (soy milk) or soy yogurt

Whole Grains

For products with more than 1 ingredient, make sure whole wheat or another whole grain is listed first in the ingredient list. Look for products that say 100% whole grain. You might try:

- Whole-grain bread, bagels, English muffins, and tortillas
- Whole-grain hot or cold breakfast cereals with no added sugar, like oatmeal or shredded wheat
- Whole grains like brown or wild rice, quinoa, or oats
- Whole-wheat or whole-grain pasta and couscous

Proteins

Choose a variety of foods with protein. Options include:

- Seafood — fish and shellfish
- Poultry — chicken or turkey breast without skin or lean ground chicken or turkey (at least 93% lean)
- Lean meats — like pork shoulder, beef sirloin, or lean ground beef (at least 93% lean)
- Beans, peas, and lentils — like black beans and garbanzo beans (chickpeas)
- Eggs
- Unsalted nuts, seeds, and nut butters — like almond or peanut butter
- Tofu

Healthy Fats and Oils

Replace saturated fat with foods that have healthier unsaturated fats — like seafood, nuts, seeds, avocados, and oils. Try these healthy swaps:

- Vegetable oil (canola, corn, olive, peanut, safflower, soybean, or sunflower) instead of butter for cooking
- Low-fat or light mayonnaise instead of full-fat mayo
- Oil-based salad dressings like balsamic vinaigrette or Italian instead of creamy dressings like ranch

Vegetable oils are usually healthy choices — just avoid coconut and palm oils, which are high in saturated fat. Some margarines and other soft spreads may have less saturated fat than butter — [check the Nutrition Facts label](#) and look for options with less saturated fat.