

**Mohammad Djafari, MD
15-17 Kennedy Pkwy
Cortland, NY 13045-1409**

Phone: 607-753-3051

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

Eat less saturated fats. Cut back on fatty meats and high-fat dairy products. Limit food 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 the low-sodium or "no salt added" types of canned soups, vegetables, packaged meals, snack foods, and lunch meats.

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. Buy vegetables and fruits that are fresh, frozen, canned, or dried.

Fresh vegetables like tomatoes, cabbage, and carrots

Leafy greens for salads, like Romaine lettuce, spinach, and kale

Canned vegetables that are low in sodium

Frozen vegetables without added butter or sauces, like broccoli or cauliflower

Fresh fruits such as apples, oranges, bananas, pears, and peaches

Canned, frozen, or dried fruit without added sugars

Farmers markets are great places to buy vegetables and fruits that are in season. Search for a market near you.

Dairy

Look for fat-free or low-fat options.

Fat-free or low-fat (1%) milk

Fat-free or low-fat plain yogurt

Fat-free or low-fat cheese

Fat-free or low-fat cottage cheese

Soy milk with added calcium, vitamin A, and vitamin D

Breads, Cereals, and Other 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.

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

Protein Foods

Choose a variety of foods with protein.

Seafood: fish and shellfish

Poultry: chicken or turkey breast without skin, lean ground chicken or turkey (at least 93% lean)

Pork: leg, shoulder, or tenderloin

Beef: round, sirloin, tenderloin, or lean ground beef (at least 93% lean)

Beans and peas, like kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas, and lentils

Eggs

Unsalted nuts and seeds

Nut butters, like almond or peanut butter

Tofu