

EATING HEART HEALTHY ON A BUDGET



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.
- » **Eat less sodium (salt).** Read the Nutrition Facts label and choose foods that are <140mg of sodium per serving or less. Look for “low sodium” or “no salt added” canned foods and packaged snacks. Add flavor to foods with spices and herbs, instead of using salt when cooking.
- » **Eat more fiber.** Eat vegetables, fruits, beans, and whole grains to add fiber to your diet.

Below are some examples to keep in mind when making heart healthy choices:



Vegetables

Fresh, frozen, or no-salt-added canned vegetables (such as green beans, carrots, cabbage, tomatoes, squash, broccoli, and cucumbers)



Fruit

Fresh, frozen, canned (packed in water), or dried fruits without added sugar (such as oranges, papaya, bananas, apples, mangoes, pineapples, watermelons, peaches, fruit cocktail, and raisins)



Grains

Whole grain breads (look for whole wheat or whole grain), bagels, buns, dinner rolls, unsalted, low-fat crackers (such as graham crackers), unsalted pretzels, plain popcorn, oatmeal, whole grain cereals whole grain cold cereals, whole wheat noodles, brown rice



Proteins

Chicken or turkey without the skin, fish, lean cuts of meat (Beef: round, sirloin, chuck, loin, and extra lean ground beef. Pork: leg, shoulder, tenderloin, and lean ham), eggs, tofu, beans and peas (black beans, pinto beans, kidney beans, navy beans, chickpeas, lentils), nuts and seeds



Dairy

Fat-free or low-fat (1%) milk, fat-free or low-fat yogurt, reduced-fat and low sodium cheeses



FOOD RESOURCES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

www.fns.usda.gov/snap/supplemental-nutrition-assistance-program

For eligible low-income people and their families
Call: 1-800-221-5689

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

www.fns.usda.gov/wic

For low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, infants and children

SUMMER FOOD SERVICE PROGRAM

www.fns.usda.gov/meals4kids

Meals for kids when schools are closed over the summer.
Site finder has data for 45 states

MEALS ON WHEELS AMERICA

www.mealsonwheelsamerica.org/find-meals

Nutritious meals for seniors age 60 and older

FOOD FINDER

foodfinder.us

Map of food pantries nationwide based on zip code

SHOP SIMPLE APP

www.myplate.gov/shopsimple

Find savings in your area and discover new ways to prepare budget-friendly foods

FEEDING AMERICA

www.feedingamerica.org/find-your-local-foodbank

Public assistance programs available to help those in need secure food, housing, healthcare, childcare and more