



# Eat with purpose. Be heart healthy!

Show yourself some love and follow these tips  
for living heart healthy

You may be eating plenty of food. But are you getting the nutrients your body needs to be healthy? Foods with vitamins, minerals, protein, whole grains and other nutrients that are lower in calories may help you control your weight, cholesterol and blood pressure.

- Opt for whole grains
- Select low-fat dairy products
- Choose skinless poultry and fish
- Avoid trans-fats
- Lower salt intake
- Try nuts and legumes
- Eat a variety of fruits and vegetables
- Cut back on items with added sugars

For more tips, contact your Everside Health provider today or visit [eversidehealth.com/signin](https://eversidehealth.com/signin)

