

Tips For A Healthy Heart

Lose Weight, Stay Active and Follow a Heart Healthy Diet

Following a Heart Healthy Diet

1. **HYDRATE** with plenty of water
 - Limit sugary beverages and alcohol, and try to drink 7-10 8oz glasses of water daily
2. **EAT** fruits, vegetables, and whole grains
 - Fill ½ your plate with fresh or frozen fruits & vegetables and whole grains with a minimum of 3-5gms of fiber/serving.
3. **ADD** fish into your weekly routine
 - Set a goal to try to eat fish 2-3 times a week and limit red meat to 1-2x per month.
4. **REDUCE** sodium
 - Flavor your food with fresh or dried herbs and spices and rinse any canned vegetables. Aim for 2300mgs or less of sodium.
5. **TRADE** unhealthy fats for more healthy fats
 - Heart-Healthy Fats include: nuts, seeds, oils (olive, avocado, walnut), avocados, and nut butters.

Tips to Improve your Heart Health

- Move for 30min per day.
- Maintain a healthy weight. 7-10% weight loss has shown to improve health.
- Monitor your numbers (cholesterol, triglycerides, blood pressure and blood glucose) with your physician over time.

Top Heart-Healthy Lifestyle Changes

1. **DASH**: Recommends following a balanced diet low in sodium (2300mg or less) and saturated and trans fats.
2. **Mediterranean Diet**: Recommends eating more fruits, vegetables, whole grains and seafood while limiting saturated fat, trans fat, added sugars and alcohol.

Grilled Salmon with Avocado Greek Salsa and Quinoa

Adapted from: Cooking Classy

Ingredients:

- 1 cup dry quinoa
- 4 (6 oz.) skinless salmon fillets
- 3 Tbsp. olive oil, divided
- Freshly ground black pepper
- 2 small diced Roma tomatoes
- 1/2 cucumber, chopped
- 1/3 cup chopped red onions
- 1/3 cup chopped Kalamata olives
- 2 minced garlic cloves
- 1 medium avocado, diced
- 1/2 cup low fat crumbled feta
- 2 Tbsp. fresh lemon juice
- 3 Tbsp. finely minced fresh parsley
- 1 Tbsp. finely minced fresh oregano

Instructions:

1. Prepare quinoa according to directions on package, drain, then return to pot and toss with olive oil.
2. Preheat a grill to medium-high heat.
3. Coat both sides of the salmon fillets with 1 Tbsp. of the olive oil and season with pepper. Brush grill grates lightly with olive oil, then place salmon on grill. Grill until cooked through, ~ 3 minutes per side.
4. In a medium mixing bowl toss together tomatoes, cucumber, red onions, Kalamata olives, garlic, avocado, feta, lemon juice, 2 Tbsp. olive oil, parsley and oregano.
5. Divide quinoa among 4 plates then add a salmon fillet to each plate. Top each serving with plenty of the salsa and Enjoy!

