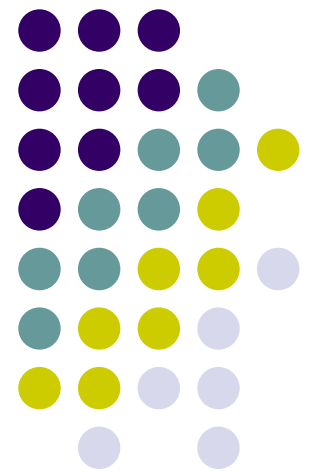
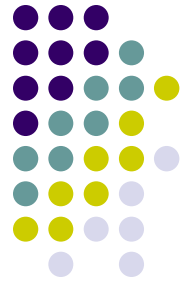


Heart-Healthy Eating

Making Choices to Prevent or Control Heart Disease





A healthy diet means eating:

- Whole grains

- Fruits



- Vegetables

- Fish



- Low- or non-fat milk, yogurt or ice cream

- Lean pieces of meat

- Chicken without the skin

Eating a healthy diet means staying away from:



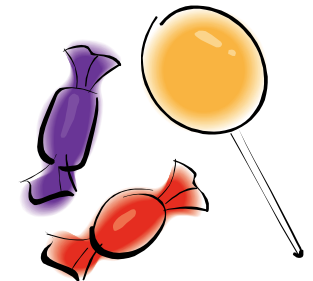
- Fatty meat and fried foods
- Chicken with the skin still on it
- Whole-fat milk, yogurt or ice cream

- Salty foods



- Soda

- Sugar



- Sweets

This information is from: <http://www.webmd.com>

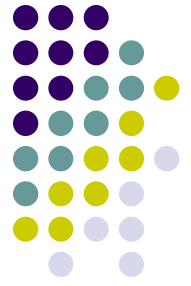
People are at risk of heart disease if they:



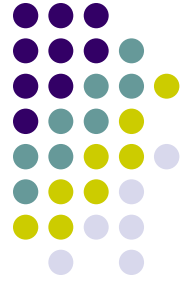
- Smoke
- Have high cholesterol in their blood
- Have high blood pressure
- Do not exercise
- Are very overweight
- Have diabetes that is not under control
- Have a lot of stress in their lives



If you have a disability, you may be at risk of heart disease.



- Some disabilities can make it hard for you to exercise regularly.
- You may not be able to plan your own diet.
- If you have diabetes, you may find it hard to follow your diet, or to take your insulin when you should.
- A disability can also cause stress in your life.

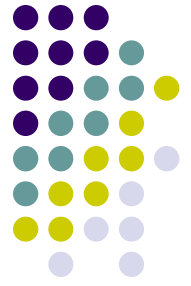


By eating a healthy diet, you can:

- Lower the cholesterol in your blood
- Lower your blood pressure
- Maintain a healthy weight
- Keep your diabetes under control



If you have heart disease, eating a healthy diet can help.



- A healthy diet can stop your illness from getting worse
- A healthy diet can prevent you from having a heart attack.



You can make healthy choices!



A heart-healthy diet will keep you and your heart healthy.

