

Choosing Heart Healthy Foods at the Grocery Store

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

Eat Less Saturated Fats

Reduce or avoid fatty cuts of meat, processed meats, and high-fat/whole milk dairy products. Limit foods like pizza, burgers, and creamy sauces or gravies.

Cut Down on Sodium (Salt)

Compare the Nutrition Facts and choose foods that are lower in sodium. Look for the low-sodium (140mg or less) or 'no salt added' types of canned soups, vegetables, packaged meals, snack foods, etc.

Get More Fiber

Consume an abundance of non-starchy vegetables, beans, fruits, and whole grains or starchy vegetables to add more fiber to your diet.



Heart Healthy Shopping Tips

When adding fruits and vegetables to your diet, consider buying them pre-cut and pre-washed for convenience.

Avoid coconut oil and palm oils. They are high in saturated fat.

Choose proteins that are fresh, organic, pasture-raised or local when possible,

When choosing beef, look for at least 93% lean. Consider round, sirloin, tenderloin, or lean ground beef.

Add heart healthy beverages to your day, like green, matcha, hibiscus, white, or oolong tea.

Now there are more non-dairy milk options than ever before. Try almond, soy, or oat milk and check to make sure it's unsweetened. (If you strongly prefer dairy milk, even fat-free or low-fat milk is better for your heart than whole milk.)

For breads, pastas, and other grains with more than one ingredient, make sure whole wheat or another whole grain is listed as the first ingredient. Look for products that say 100% whole grain.

The Heart Healthy Grocery Run Shopping List



Use this helpful shopping list to save time and spare yourself from unhealthy distractions in those supermarket middle aisles. Feel free to adapt this list based on your favorite heart healthy recipes.

Produce

- Fresh herbs and spices
- Fresh fruits
- Leafy greens
- Roots and tubers
- All fresh vegetables

Pantry

- Chickpeas
- Black beans
- Barley
- Quinoa
- Oats
- Edamame
- Brown or wild rice
- Whole grain pasta

Proteins

- Chicken (without skin)
- Turkey (without skin)
- Omega-3 eggs
- Lean meats
- Low-fat cheeses
- Organic tempeh
- Organic tofu
- Fish

Oils

- Olive oil
- Extra-virgin olive oil
- Grapeseed oil
- Sunflowerseed oil
- Sesame oil

Nuts & Seeds

- Peanuts
- Walnuts
- Cashews
- Almonds
- Macadamia
- Chia seeds
- Flaxseed

Condiments, etc

- Salsa
- Sweet chili sauce
- Green chili sauce
- Low-sodium marinara
- Dijon mustard
- Balsamic vinegar