

Heart Healthy Eating

Eat Every Day

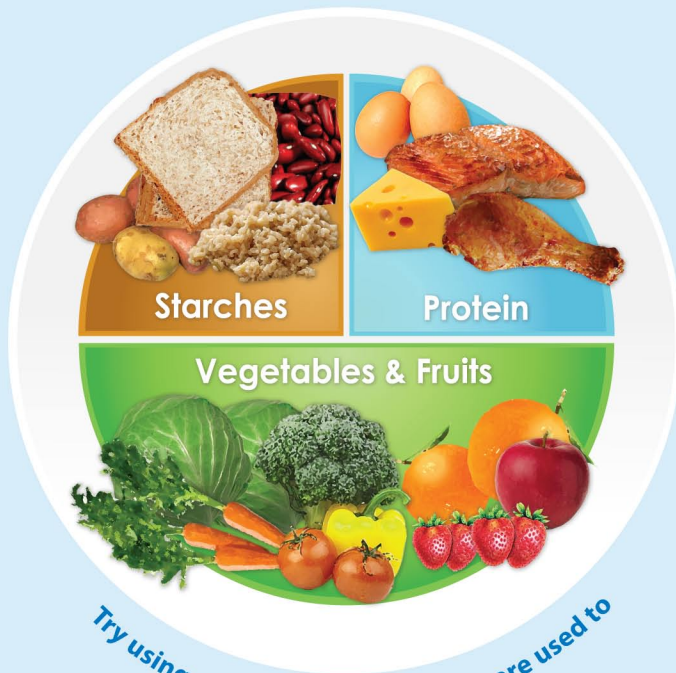
- ♥ Make your plate 1/2 vegetables and some fruits
- ♥ Whole grains, beans, brown rice

Limit Portions

- White rice, white bread and pasta

Avoid

- ✗ Salted foods, canned goods, adding salt at table
- ✗ Sugary drinks (soda, juice)
- ✗ Fried or fast food, junk food, butter and mayo



THE MORE YOU DRINK, THE FULLER YOU FEEL

Water
Sparkling Water
Low Fat Milk

Try using a smaller plate than you are used to

Healthy Heart Plan

Name: _____

Doctor: _____

Date: _____

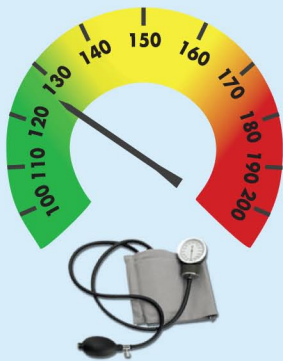
My Blood Pressure

Current BP

_____/_____

Goal BP

_____/_____



please
circle
one

My Body Mass Index (BMI)



Normal Weight

Overweight

Obese

..20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35..

My Weight

Current Weight

Goal for Next Visit

Long Term Goal

My Diet Prescription

Eat More _____

Eat Less _____

My Exercise Prescription

- Stairs
- Walking
- Other _____

_____ Minutes Per Day _____ Days Per Week