



Heart Smart

Heart-Healthy Shopping List

Snack Foods & Treats

✓ **Emerald Nuts**

- Emerald 100-Calorie Packs Natural Walnuts & Almonds
- Emerald 100-Calorie Packs Roast Almonds
- Emerald 100-Calorie Packs Natural Almonds
- Emerald 100-Calorie Packs Cashews Halves & Pieces
- Emerald 100-Calorie Packs Dry Roasted Almonds

✓ **Meta Health Bars**

- Meta Health Bar - Cranberry Lemon Drizzle
- Meta Health Bar - Cinnamon Oatmeal Raisin

Medicines, Nutritional & Dietary Supplements

✓ **Bayer Aspirin***

- Bayer Low Dose Enteric Tablets
- Bayer Low Dose Aspirin Tablets
- Bayer Genuine Aspirin Tablets
- Bayer Chewable Aspirin Tablets

✓ **Metamucil Fiber Supplements**

- Metamucil Original Sugar Free Smooth Texture powder
- Metamucil Capsules + Calcium
- Metamucil Sugar Free Orange Singles

✓ **Bayer® Pro Ultra Omega-3 Softgels[†]**

- Bayer® Pro Ultra Omega-3 Softgels - 100 Count
- Bayer® Pro Ultra Omega-3 Mini Softgels - 50 Count

Cereals

✓ **Kellogg's Cereals****

- Kellogg's Raisin Bran
- Kellogg's Smart Start

✓ **Quaker Hot Cereals**

- Instant Quaker Oats Organic Oatmeal
- Instant Quaker Oats Low Sugar Oatmeal
- Instant Quaker Oats Weight Control Oatmeal
- Instant Quaker Oats High Fiber Oatmeal
- Instant Quaker Oats Steel Cut Oatmeal

*Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

[†]Not a replacement for heart medications. If taking any medication, including aspirin, ask a health professional before use of Bayer Pro Ultra Omega-3.

**While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.





Heart-Healthy Eating

Heart-healthy eating is an important way to lower your risk for heart disease and stroke. Heart disease is the number one cause of death for American women.

Stroke is the number three cause of death. To get the most benefit for your heart, you should choose more fruits, vegetables and foods with whole grains and healthy proteins. You also should eat less food with added sugar, calories, and unhealthy fats.

Q: What foods should I eat to help lower my risk for heart disease and stroke?

A: You should choose these foods most of the time:

- **Fruits and vegetables.** At least half of your plate should be fruits and vegetables.
- **Grains.** At least half of your grains should be whole grains.
- **Fat-free or low-fat dairy products.** These include milk, calcium-fortified soy drinks (soy milk), cheese, yogurt, and other milk products.
- **Seafood, skinless poultry, lean meats, beans, eggs, and unsalted nuts.**

Q: What foods should I limit to lower my risk of heart disease and stroke?

A: You should limit:

- **Saturated fats.** These fats are found in foods such as pizza, ice cream, fried chicken, many cakes and cookies, bacon, and hamburgers. Check the Nutrition Facts label for saturated fat. Less than 10% of your daily calories should be from saturated fats.
- **Trans fats.** These fats are found mainly in commercially prepared baked goods, snack foods, fried foods, and margarine. The Food and Drug Administration is taking action to remove artificial trans fats from our food supply because of their risk to heart health. Check the Nutrition Facts label and choose foods with no trans fats as much as possible.
- **Cholesterol.** Cholesterol is found in foods made from animals, such as bacon, whole milk, cheese made from whole milk, ice cream, full-fat frozen yogurt, and eggs. Fruits and vegetables do not contain cholesterol. You should eat less than 300 milligrams of cholesterol per day. Check the Nutrition Facts label for cholesterol. Foods with 20% or more of the “Daily Value” of cholesterol are high in cholesterol.
- **Sodium.** Sodium is found in salt, but most of the sodium we eat is not from salt that we add while cooking or at the table. Most of our sodium comes from breads and rolls, cold cuts, pizza, hot dogs, cheese, pasta dishes, and condiments (like ketchup and mustard). Limit your daily sodium to less than 2,300 milligrams (equal to a teaspoon), unless your doctor says something else. Check the Nutrition Facts label for sodium. Foods with 20% or more of the “Daily Value” of sodium are high in sodium.
- **Added sugars.** Foods like fruit and dairy products naturally contain sugar. But you should limit foods that contain added sugars. These foods include sodas, sports drinks, cakes, candy, and ice cream. Check the Nutrition Facts label for added sugars and limit how much food you eat with added sugars.

Q: How can I tell what is in the foods I eat?

A: The Nutrition Facts label on most packaged foods has information about how many calories and how much saturated fat, trans fat, cholesterol, sodium, and added sugars are in each serving. By comparing different foods, you can get an idea whether a food is high or low in cholesterol, saturated fat, or sodium.

The information above is courtesy of the Office on Women’s Health in the Department of Health and Human Services. More information can be found at: www.facebook.com/HHSOWH | www.twitter.com/WomensHealth | www.youtube.com/WomensHealthgov | www.womenshealth.gov | 800-994-9662