

Heart-Healthy Grocery List

Follow this advice and fill your cart with foods that are good for your ticker

When you go grocery shopping are you thinking about your heart or what you're going to make for dinner tonight? Chances are dinner prevails, but with a little planning, you can do both. Making a list—and sticking to it—is the best way to avoid nutritional land mines at the supermarket.

Use this heart-healthy shopping list to get you started. Another tip? Look for products with the red and white heart check, which means they're certified by the American Heart Association.



Products with this mark meet criteria for **Saturated Fat & Cholesterol**
American Heart Association
 heartcheckmark.org

Produce Section

This is the one area of the store where you don't need to hold back. Choose a variety to keep your taste buds satisfied. And opt for those rich in color on the inside and out; they tend to have more nutrients.

- Berries
- Broccoli
- Peaches
- Spinach
- _____
- _____
- _____
- _____

Dairy Case

Select nonfat or 1 percent milk, and cheese and yogurt made from the same. Instead of butter, buy soft margarine with 0 grams trans fat.

- Nonfat milk
- Soft margarine
- Low-fat yogurt
- _____
- _____
- _____
- _____



Bakery

Fiber is good for the heart, so choose products with the most of it to get you to the recommended 25 grams per day. The quickest way to do that is to look for a whole grain as the first ingredient on the list. Whole wheat, oats, whole rye and buckwheat are a few to look for.

- Whole rye bread
- Whole wheat buns
- _____
- _____
- _____
- _____

Meat Counter

Stock up on fish, and aim to eat at least two servings a week. When buying poultry, opt for white meat. And look for the words "loin" or "round" on red meat and pork products. Trim excess fat from all meat before cooking.

- Salmon
- Chicken breasts
- _____
- _____
- _____
- _____

Dry, Canned and Frozen Foods

The biggest culprits here are sodium and saturated and trans fats. Check every label—even on "healthy" products. Aim to eat less than 1,500 mg of sodium a day. But don't shy away from canned or frozen fruits and vegetables. They're great to have in case you run out of fresh, and they're just as nutritious.

- Canned fruit (in water or natural juices)
- Frozen vegetables
- Low-sodium soup
- _____
- _____
- _____
- _____

Source: American Heart Association. Bread ©Photoshot. Cart ©Getty Images/Brand X.



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