



Hidden Ways to Help Your Heart

**Brought to you by:
Froedtert and Community Memorial Hospital Dietitians**

Heart health is within everyone's reach.

You already know some rules:

- ♥ Consume less fat ♥
- ♥ Eat fruits and vegetables ♥
- ♥ Keep blood pressure and cholesterol levels in check ♥

Here are 5 more ways to boost your heart health

1. **Is something fishy?** Fish has been linked with a reduced risk of heart disease, stroke, and sudden cardiac arrest. Aim for 2 servings of (preferably fatty) fish each week. Try baking fish with lemon- this adds flavor, without added fat.
2. **Fabulous Fiber.** Diets rich in whole grain foods that are low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease. Want to try something new? Give Kashi cereal a try! Look for it in the cereal aisle at your local grocery store.
3. **Watch your sweet tooth.** Sugar is not directly related to heart disease. But cutting back limits empty calories in your diet and helps leave room for heart- friendly fiber and nutrients.
4. **Quit smoking.** Smoking doesn't just affect your lungs. Fact is you'll cut your risk of a heart attack significantly.
5. **Get off the couch.** Sedentary living is a one of the biggest risk factors in heart disease. Remember you don't have to run marathons. Shoot for at least 30 minutes of physical activity to strengthen your heart.

Taken from: Top Health