Poor food choices are all around us. We make food choices many times each day. We tend to eat foods that are fast and easy. Having good food around you will help you to make healthy choices.

Eating whole plant foods are best for heart health. Eating too much junk food and animal foods is not good for the heart.¹²

“Let food be thy medicine”
-Hippocrates-

Sources:
1. Ornish, 1998
2. CDC, 2018
3. USDA, 2018

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10 Ideas for Heart Healthy Habits

1. Buy Groceries
   More food is eaten outside of the home than ever before. Buying groceries allows you to choose foods that are healthier.

2. Pack Your Food
   Don’t rely on others for food. Carry your own lunch and snacks with you daily. Having healthy food with you means you will make better choices.

3. Buy Gas at Gas Stations
   Healthy foods are hard to find in convenient stores. Choose grocery stores for food when possible.

4. Fruit Bowls
   Having fresh fruit within reach helps you choose fruit more often. One of the healthiest decisions you can make is to eat more fruit.

5. Frozen and Canned Food
   Healthy, frozen, canned, and steamable vegetables will make good choices fast and easy.

6. Purge Your Pantry
   Replace the bad food in your pantry for more canned vegetables, rice, grains, potatoes, and beans.

7. Meal Prep
   Plan your meals for the week. Cook more food than you need and store the extra for more meals during the week.

8. Walk
   Walk to the store. Walk to work. Walk the dog. Walk everywhere and all the time.

9. Educate Yourself
   Read a book about heart health. Listen to an audiobook. Ask your doctor questions. Learn how to eat better. It is a skill.

10. Find a Support Group
    Having good support will help you make better choices. Find groups in your community or on social media that can support you in your journey to better health, and join up.