

Heart-Healthy Tips

Use Healthy Cooking Techniques

- Bake, broil, roast, or microwave food.
- Avoid cooking at high temperatures or for long periods of time, which can reduce nutritional value.



Reduce Salt in Your Diet

- Replace salt with herbs, spices, or substitutes like Mrs. Dash
- Rinse canned vegetables and beans with fresh water.



Reduce Fat in Your Diet

- Trim fat from meat before cooking and drain off fat drippings after cooking.
- Use olive, peanut, or canola oil.
- Substitute applesauce, pureed prunes, mashed bananas, or yogurt for up to half the shortening in home-baked goods.
- Choose lower-in-fat substitutes such as low-fat cheese, sour cream, milk, and salad dressing.

Exercise

- Walk up the stairs instead of taking the elevator.
- Park further back in the parking lot.

Laugh!

A study by the University of Maryland Medical Center found that laughter and a sense of humor may protect against heart attacks.



See Your Healthcare Provider Regularly