

Heart-Healthy Tips for Eating and Exercise

- Choose a healthy eating plan. The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, trans fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.
- Be physically active. You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week.
- Additionally, on 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, and arms). Children should get at least 60 minutes of activity every day.