

Module 1, Lesson 1 Tool: **Cardioprotective Diet**

When it comes to your heart, the good news is that you can be proactive in protecting it and intentional about improving your health. Simple shifts can make a big difference. Eating a diet high in cardioprotective foods can improve overall health and decrease risk of cardiovascular disease by improving risk factors such as high triglycerides, a poor cholesterol profile and high blood glucose levels. Be proactive and think to yourself, “what can I do to help my heart?”, not about what you *can't* eat or should stay away from. Remember, what is good for the heart will also generally be good for your mind and whole body too.

Foods to Focus On

Fruit

- Apples, bananas, grapes, oranges
- Berries (strawberries, blueberries, raspberries, blackberries)
- Stone fruits (apricots, peaches, nectarines)

Vegetables

- Asparagus
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale)
- Eggplant
- Leafy greens (collard greens, spinach, kale, arugula)
- Mushrooms
- Root vegetables (garlic, onions, beets, carrots)
- Red and yellow peppers
- Squash
- Tomatoes

Whole Grains & High Fiber Starchy Foods

- Ancient grains (kamut, spelt, farro, amaranth)
- Brown rice
- Oats
- Popcorn
- Sweet potato

-
- 100% whole wheat bread or sprouted grain bread

High Quality Protein

- Eggs
- Fatty fish (Albacore tuna, herring, mackerel, sardines, salmon)
- Legumes (beans and peas)
- Poultry, skinless
- Round/Loin cuts of beef and pork (grass fed when available)
- Shellfish (clams, mussels, oysters)
- Tofu

Nuts & Seeds & Other Healthy Fats

- Avocado and avocado oil
- Nuts (almonds, pecans, peanuts, walnuts)
- Seeds (chia, flax, sunflower, pumpkin)
- Olives and olive oil

Milk/Yogurt & Alternatives

- Greek yogurt
- Low-fat milk or whole milk (rather than skim milk)
- Unsweetened almond, rice or hemp milk

Herbs & Spices

- Fresh and dried (basil, cinnamon, nutmeg, oregano, rosemary, thyme etc.)

Foods to Steer Clear Of

- **High sodium** foods such as canned soups, deli meats, packaged snack foods such as chips
Foods that may contain **trans fats** such as commercially baked goods, fast food, fried foods
- Any packaged food with **partially hydrogenated oils** and highly refined oils such as palm, palm kernel oil
- **Added sugar** as much as possible - limit foods such as candy, cookies, most fruit juices, white bread, pasta, baked goods