

Love your heart

Eating for a healthy heart

Small steps count

To take good care of your heart, one of the most important things you can do is eat a heart-healthy diet. It may seem obvious. But doing so can help stop or even reverse heart disease.

At first, it may feel like there is a lot to learn. But you don't have to make these changes all at once. Start with small steps. Over time, a number of small changes can add up to a big difference in your heart health.

Make healthy a habit. It's easy to fit in fruits and vegetables at every meal. Fresh, frozen, canned and dried all count.

aetna®

aetna.com

91.03.193.1 (2/19)

Tips for a healthy heart

Focus on these lifestyle changes to keep your heart strong and healthy.

Fill your plate with color.
Eat a variety of fruits and vegetables in colors like dark green, deep orange and yellow.

Try a variety of grains.
Include whole-grain foods filled with fiber and nutrients, like oats, whole wheat bread and brown rice.

Eat fish at least two times a week.
Oily fish containing omega-3 fatty acids, like salmon, mackerel and lake trout, are best for your heart.

Limit salt to lower blood pressure.
Aim to eat less than 2,300 mg of sodium daily, or as low as 1,500 mg if you already have high blood pressure.

Choose healthy fats.
Unsaturated fats, like olive, canola, corn and sunflower oils, are part of a heart-healthy diet.

If you drink alcohol, drink only a little.
Even if you drink in moderation, consider cutting back to one drink a day (women) or two (men).

Cut back on sugar.
Limit drinks and foods with added sugars, as they're high in calories and low in nutrients.

Limit saturated fat.
Choose foods like lean meats, fish, vegetables, beans, nuts and nonfat or low-fat dairy.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).
Copyrighted material adapted with permission from Healthwise, Incorporated. This information is not intended to replace the advice of a doctor. Aetna and Healthwise are not responsible for the decisions you make based on this information. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. ©2019 Aetna Inc. For more information about Aetna® plans, refer to **aetna.com**.

aetna®

©2019 Aetna Inc.
91.03.193.1 (2/19)

aetna.com