

# Heart Healthy Tips



## Eat More Fruits and Vegetables

Fruits and veggies keep your heart strong. They have vitamins, minerals, and fiber that protect your body. Try to eat many colors—like red apples, green broccoli, and purple grapes. Fresh, frozen, or canned all count. Fill half your plate to help your heart stay healthy.

## Focus on Healthy Fats

Healthy fats keep your heart strong. Look for foods with unsaturated fats, like nuts, seeds, avocados, and olive oil. Limit unhealthy fats, like butter, fried foods, and fatty meats, because too much can hurt your heart. Choosing healthy fats instead helps protect your body and gives you lasting energy.

## Choose Whole Grains

Whole grains are good for your heart. Look for “whole” as the first word on the ingredient list. Whole grains have fiber and nutrients that give you energy and help keep your heart healthy. Choose whole grains over refined grains at least half of the time.

## Skip the Salt Shaker

Too much salt can hurt your heart. Skip the salt shaker and flavor food with herbs and spices like garlic, basil, or cinnamon. Fresh or dried, they add taste without extra sodium. Choosing herbs and spices helps keep blood pressure healthy and your heart strong every day.

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# Pasta with Greens & Beans

**Servings: 7**

**Serving size: 1 cup**

## Ingredients

- 2 cups uncooked whole wheat pasta
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 (10 ounce) package frozen spinach OR 1 (14 ounce) can spinach
- 1 (15 ounce) can diced tomatoes with liquid, no salt added
- 1 (15 ounce) can cannellini beans, drained and rinsed
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup grated parmesan cheese

## Directions

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large pan. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with liquid, beans, salt, and pepper. When the mixture bubbles, cook on low heat (uncovered) for 5 minutes.
4. Add pasta and parmesan to spinach mixture. Toss well and serve.



## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 128mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 418mg	<b>8%</b>
Vitamin A 221mcg	<b>25%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.*

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