

<b>Heart Healthy Diet Guidelines</b>			
<b>Recommended Daily Values based on 2000 calorie/day diet</b>	<b>Grams (per day)</b>	<b>Milligrams (per day)</b>	<b>%DV (per serving)</b>
<b>Sodium</b>	<b>&lt; 2 g</b>	<b>&lt; 2000 mL</b>	<b>&lt; 5%</b>
<b>Fiber</b>	<b>&gt; 25 g</b>	<b>-</b>	<b>&gt; 20%</b>
<b>Total Fat</b> <b>Sat. Fat</b>	<b>&lt; 65 g</b> <b>&lt; 20 g</b>	<b>-</b>	<b>&lt; 5%</b>
<b>Total Cholesterol</b>	<b>-</b>	<b>&lt; 300 mL</b>	<b>&lt; 5%</b>

<b>Tips for Heart Healthy Eating</b>	
<b>↓ Sodium</b>	Buy fresh foods. Make homemade soups. Use herbs and spices instead of salt
<b>↑ Fiber</b>	Buy 100% whole grain bread, pasta and mixes. Add beans to chilies and casseroles. Leave the skin on fresh fruit.
<b>↓ Unhealthy Fats/↑ Healthy Fats</b>	Mayonnaise subs: mashed avocado on sandwiches and Greek yogurt in pasta and potato salads. Use virgin olive oil as dip instead of butter. Bake, broil, grill or roast instead of frying foods.
<b>↓ Total Cholesterol</b>	Keep meat portions the size of your palm. Sub ground turkey for ground beef. Pick vegetarian options.