

# Heart-Healthy Eating

Preventing heart disease and stroke in people with diabetes is crucial. If you have diabetes or prediabetes, you are at much higher risk of having heart disease or stroke.

## Fats

Our bodies do need some fat and cholesterol, but too much can clog your arteries. To help control cholesterol levels, it is important to decrease the amount of total fat and saturated fat in the foods that you eat. Choose unsaturated fats as healthier choices. *See next page for types of healthy and unhealthy fats.*

### Tips to decrease fat in your daily diet:

- Bake, broil, grill or steam instead of frying foods.
- Choose fruits, vegetables, whole grains and fat-free or low-fat dairy products.
- Cook with olive oil and margarine instead of butter.
- Limit store-bought or ready-made baked goods.
- Remove skin from poultry.
- Purchase lean-cut meats and trim off visible fat.

## Salt

The body needs sodium (salt) to work right, but too much sodium can cause high blood pressure, fluid retention and weight gain.

### Tips to decrease salt in your daily diet:

- Eat plenty of fresh fruits and vegetables.
- Use salt-free herbs and spices instead of adding extra salt to your food.
- Avoid fast food.
- Eat fewer processed foods. *Examples: soups, lunch meats, frozen meals and instant mashed potatoes*

### Other ways to keep your heart healthy:

- Be more active.
- Move toward a healthy weight.
- Limit alcohol.

