

Did you know heart disease is the leading cause of death in the United States?

Contributing factors include smoking, obesity, diabetes, high blood pressure, high cholesterol and a family history of heart disease.



# HERE'S TO YOUR HEART

WHAT HEART HEALTHY CHOICES WILL YOU MAKE TODAY?

Following a healthy diet is one of the **best methods** for preventing heart disease. A diet high in fat, salt and cholesterol can contribute to the development of heart disease. **The American Heart Association (AHA)** recommends eating a diet that includes:

- Vegetables, fruits, whole grains, high-fiber foods, lean meats, poultry, fish and fat-free or one percent fat dairy products.
- A diet should also be low in saturated fat, trans fat and cholesterol.

## Example of heart healthy choices you can make today:



**6:00 AM**  
**Wake up**



**7:30 AM**  
**Breakfast:**

Whole grain cereal,  
1 medium orange and  
1 cup fat-free milk.



**10:00 AM**  
**Mid-morning snack:**

8 oz. fat-free vanilla yogurt, 1 banana  
and a glass of water.



**12:00 PM**  
**Lunch:**

Grilled chicken  
sandwich on a whole  
grain bun, baby  
carrots, salad with  
light dressing and  
unsweetened iced tea.

**12:45 PM**  
**15 minute walk!**

**TIP** Walk around  
the building or  
parking lot.



**3:30 PM**  
**Mid-afternoon snack:**

23 almonds, 8 grape tomatoes,  
7 whole grain crackers and a glass  
of water.



**6:00 PM**  
**Exercise for 30 minutes:**

**EX** Brisk walking, dancing, biking  
or gardening.

Be sure to rehydrate with plenty  
of water!



**7:00 PM**  
**Dinner:**

2 turkey sliders on  
whole grain buns, 1 cup  
of broccoli, 1 cup of fruit  
salad, unsweetened ice  
tea and ½ cup of vanilla  
ice cream.

**10:00 PM**  
**Bedtime:**

Get 8 hours of sleep!





## Benefits of following a heart healthy lifestyle:

- ✓ Lowered blood pressure and cholesterol will reduce the risk of stroke or heart attack.
- ✓ Weight loss will improve heart health and heart function.
- ✓ Reduced insulin resistance will lower the risk of developing diabetes.

READY TO MAKE A HEART HEALTHY PLAN?

VISIT [GO.OSU.EDU/COACHINGYP4H](https://go.osu.edu/coachingyp4h) TO CONTACT A HEALTH COACH

Reminder: Before changing your diet and exercise regimen, please consult with your healthcare provider.

Resources: Visit [go.osu.edu/HeartHealth](https://go.osu.edu/HeartHealth)



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