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**Live Heart Smart and jump-start your health.**  
A 30-day quick-start guide.

At UnitedHealthcare Community Plan, our mission is helping people live healthier lives. As one of the country's largest Medicaid insurers, we serve over 3 million members in 25 states and the District of Columbia. We're working to make it easier for expectant moms and children to get the health care they deserve. We're trying to make health care simpler for our elderly members and to give members with long-term illnesses more control over their lives.

For more information about Live Heart Smart or UnitedHealthcare Community Plan, call us at <1-XXX-XXX-XXXX>

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100-CST11664 11/16



Round	Team	Project Details	Dimensions
 UHC_CS	Design: Mike Production: Lisa Ast Mgr: Tracy Mkt Mgr: Job: 11664 NT16	Color(s): CMYK File Name: CST11664_NT16_HeartHealth_QRGuide.indd	Flat: 8.5x11" @100% Fold: 8.5x5.5" Software: InDesign CC



### Live Heart Smart starts here.

Live Heart Smart is a program that will help you start to get healthy. Deciding to do it is the most important part. This quick-start guide will help you understand what you need to do for the first 30 days. It will give you a step-by-step plan. And it will start you on your way to better fitness and good health.

## Welcome. We're glad you're here.

Our goal is to help people live healthier lives. This guide will help you get started. Here's what's in it.

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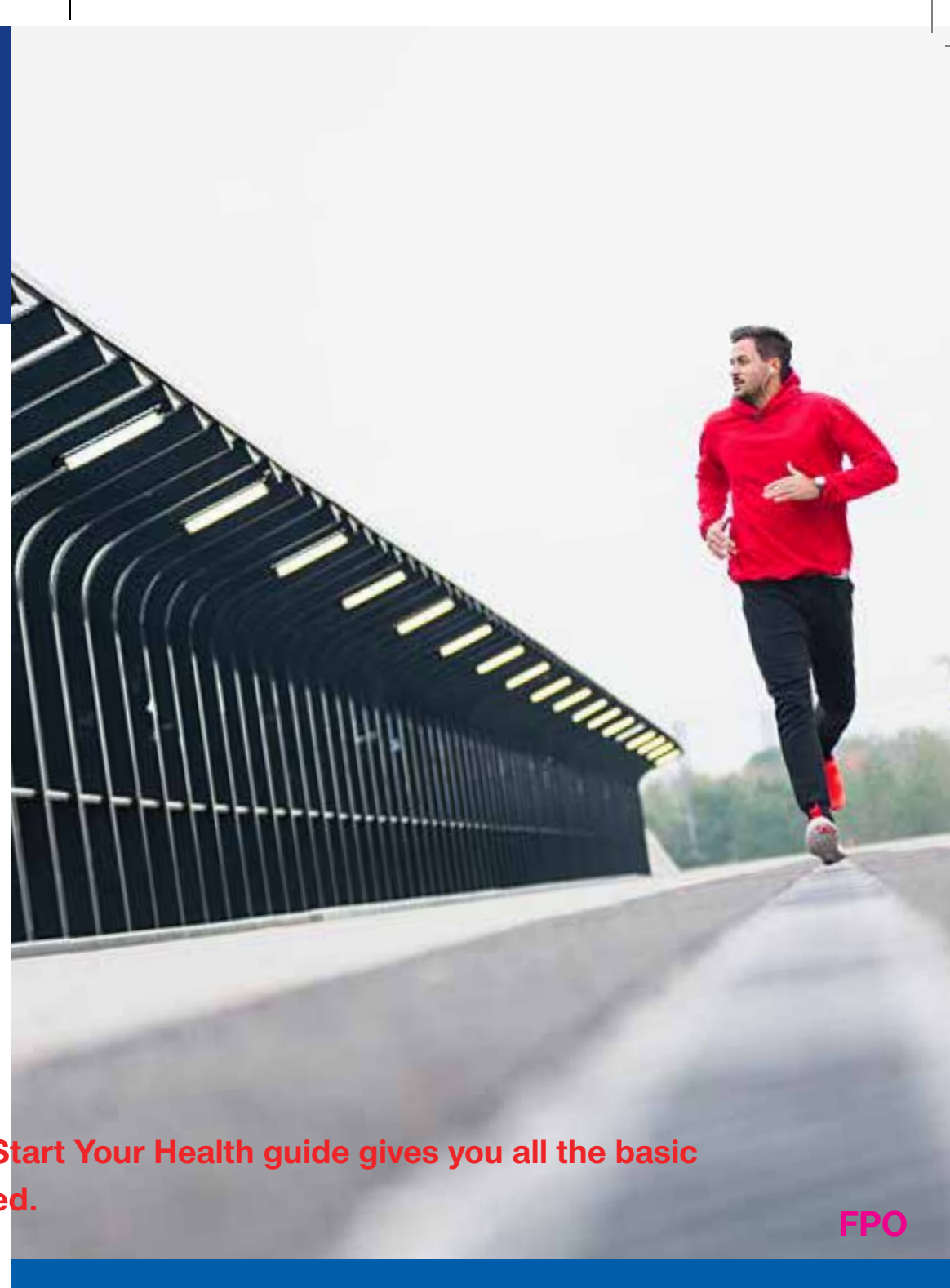
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- Protein.
- Fat.
- Saturated fat.
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- Fiber.
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- Look at what you eat now.
- Start with small changes.
- Control the amount you eat.
- Check the nutrition facts on the label.
- Control calories and get the most nutrients.
- Choose foods that are lean, low-fat or fat-free.
- Know your fats.
- Focus on fruit.
- Make half of your grains whole grains.
- Eat your veggies.
- Eat less sodium (salt).
- Limit the amount of added sugars you eat.

→ This 30-day Jump-Start Your Health guide gives you all the basic information you need.



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## On your mark. Get set. **GO!**

Planning and preparation are important when you start to exercise for the first time.

You need energy too. That's why eating healthy is so important. The more energy you have, the easier it is to stay on track.

It's great to think about good health. But you need to act too. Don't overthink it. Go for it!

Let everyone know you're ready to get started working on your promise to be healthier.



## Know your numbers.

### Blood Pressure.

Blood pressure is the amount of force your blood creates inside your arteries. It's written as two numbers — one on top, one on the bottom.

120

← **Systolic pressure:** This is the top number. It measures how hard your blood vessels are working when your heart beats.

80

← **Diastolic pressure:** This is the bottom number. It measures how hard your blood vessels are working when your heart is resting between beats.

→ If you have diabetes or kidney disease, you need to keep your top number lower than 130. The bottom number should be lower than 90.



Blood pressure readings fall into three groups:

- 1. Normal blood pressure:** The top number is lower than 120. The bottom number is lower than 80.
- 2. Near to high blood pressure:** The top number is between 120 and 139. The bottom number is between 80 and 89.
- 3. High blood pressure:** The top number is 140 or higher. The bottom number is 90 or higher.

**HERE ARE THINGS YOU CAN DO TO LOWER YOUR HIGH BLOOD PRESSURE. THEY ALSO HELP YOU KEEP YOUR BLOOD PRESSURE UNDER CONTROL.**

- ♥ LOSE WEIGHT.
- ♥ EXERCISE REGULARLY.
- ♥ LIMIT YOUR DRINKING OF ALCOHOL.
- ♥ STOP EATING SALT, OR LIMIT THE AMOUNT YOU EAT.
- ♥ EAT FOODS THAT ARE HIGH IN POTASSIUM.
- ♥ STOP SMOKING.
- ♥ WORRY LESS. TRY TO FIND TIME TO RELAX.



**HDL**



**LDL**

### Cholesterol.

Your body has two kinds of cholesterol. LDL (or “bad”) and HDL (or “good”).

- Eating foods with “bad” cholesterol can cause buildup in the arteries that bring blood to your heart and brain. That can cause a heart attack or stroke.
- Eating foods with “good” cholesterol helps avoid heart attacks. These foods carry bad cholesterol to your liver. Your liver removes it from your body.

#### To control your cholesterol levels:

- Eat less food that has “saturated fat” or “trans fat” or “dietary cholesterol.”
- Be physically active. That raises “good” cholesterol.
- Do not smoke.
- Lose weight.

→ What if you have done these things and it did not help? You may need medicine to help control your cholesterol levels.

### Resting Heart Rate (RHR).

Your heart rate tells you how hard your heart is working. You measure your RHR when you are resting. Your RHR is usually between 50 and 100 beats in a minute.

Athletes and other people who exercise a lot have a lower rate. People who don’t exercise have a higher rate. If you keep track of your RHR, it can show how fit you are getting.

#### Do your best to lower your RHR.

Measure your RHR first thing in the morning. Do it before you get busy with other things. Your heart rate will go up as you start doing things. Count how many times your heart beats in 1 minute.

If you can’t measure it first thing in the morning, make sure you measure it after you’ve been resting for at least 4 hours. Then do it about 2 to 3 hours after you eat. It helps if you lie down 30 minutes before you measure your heart rate. Take your RHR for 5 days to get an average.



BMI	Weight Group
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

Adult BMI levels and their weight groups.

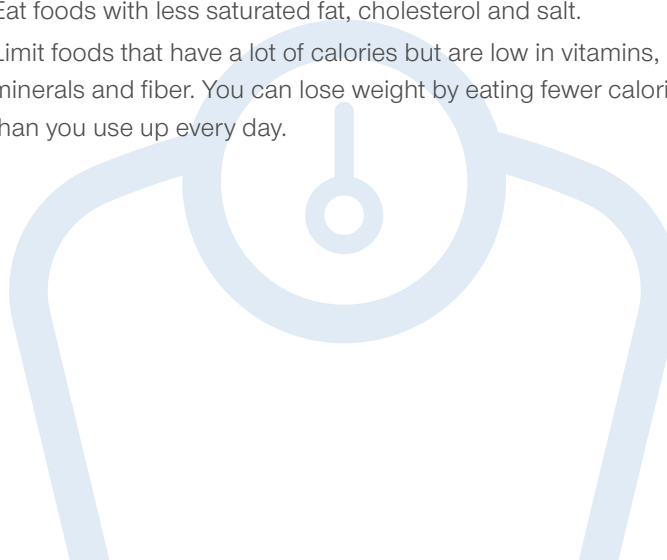
### Body Mass Index (BMI).

Body mass index (BMI) is a number created from a person's weight and height. For most people, BMI shows your body fat. It's used to show if your weight may cause problems.

### Body Weight.

Your heart has to work harder if you have too much weight. That makes your blood pressure higher. Your cholesterol goes up. And that can cause you to get diabetes.

- You can reduce your chance of getting heart disease by losing as little as 10 to 20 pounds.
- Eat a variety of fruits and vegetables each day. Eat whole-grain foods that have fiber.
- Eat foods with less saturated fat, cholesterol and salt.
- Limit foods that have a lot of calories but are low in vitamins, minerals and fiber. You can lose weight by eating fewer calories than you use up every day.



→ Eat healthy food and exercise regularly. That fights weight gain. And it lowers your chances of getting heart disease or a stroke.

### How to measure your body.

**Your waist:** Don't hold the measuring tape too tight or too loose. Measure it about 1 inch above your belly button.

**Your hips:** Put the heels of your feet together. Measure around the fullest part of your buttocks.

**Your thighs:** Measure the top of your thigh, just below where the buttock meets the back of your thigh.

**Your chest:** Measure around the fullest part of your chest.

Measure every 2 to 4 weeks. Don't do it every day. Small changes don't show up on a scale or measuring tape.

**JUST REMEMBER, YOUR BODY IS CHANGING. EVEN IF YOU CAN'T SEE IT YET!**

### ♥ Checklist

#### Know your numbers

- Weight.....
- Blood pressure .....
- Cholesterol .....
- Body fat .....
- Resting heart rate ...

#### Body measurements

- Waist .....
- Hips .....
- Thigh .....
- Chest.....



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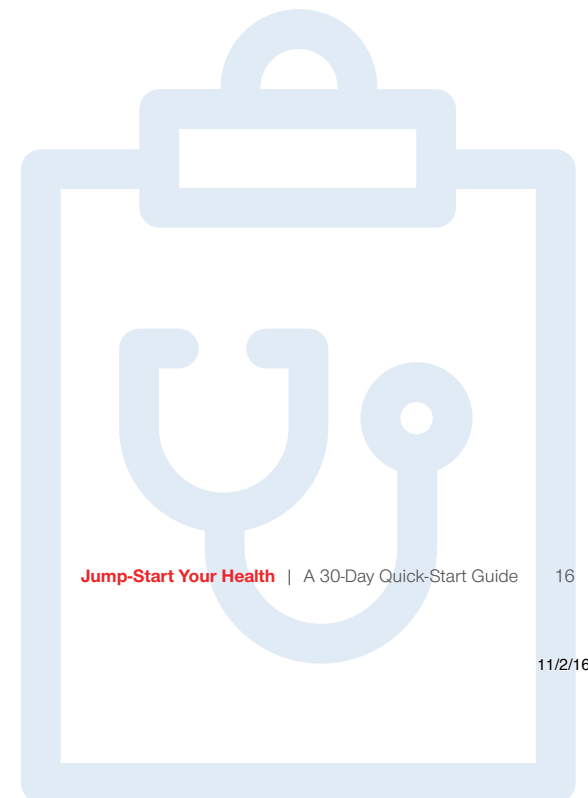
## Check with your doctor.

If you have any medical conditions, like diabetes, heart disease or high blood pressure, talk to your doctor to make sure exercise is OK. If you have an injury or have been sick, ask about that too. You should also check if you're taking any drugs.

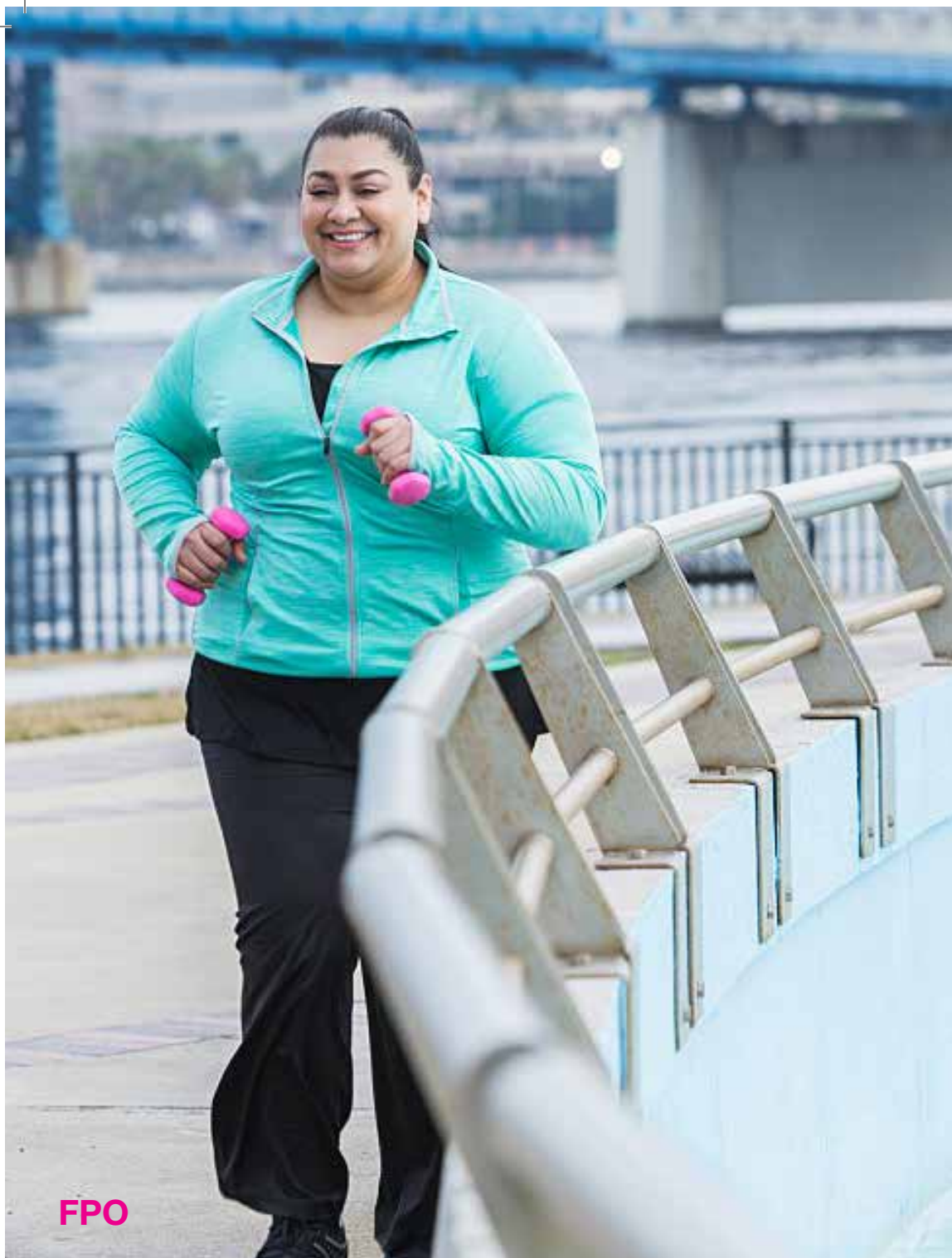
You'll also need a checkup from your doctor if:

- You've not been physically active in over a year.
- You're over 65 years old and don't exercise.
- You're pregnant (going to have a baby).
- You have chest pains, dizziness, or fainting.

Ask your doctor any questions you have about what you should be doing. Even if you don't have health problems, you may want to get a full checkup. Especially if it's been a while since you've been active.







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## Make **walking** a complete workout.

Exercise is an important part of living a healthy life. Start with something simple, like walking. Walk in your neighborhood or at a local mall. Walk on a treadmill at a gym. Or use other machines, like a stationary bike or a stair climber.

Make every walk a complete workout by including these important activities, in this order:

- Warm up.
- Walk.
- Cool down.
- Stretch again.



## Plan your first workout.

### Take it slow to meet your goals.

If you're walking to get healthier, try to walk 30 minutes a day 4 to 5 days a week. Walk at "talking" speed. That means you can still talk without losing your breath.

Walking to make your heart healthier is different. You need to walk very fast, 3 to 4 days a week, for 20 to 30 minutes each time. At this speed, you're breathing hard, but you're not having a hard time breathing.

If you're walking to lose weight, you should walk at least 5 days a week for 45 to 60 minutes at a medium speed.

### Measuring your heart rate.

Feel your heartbeat through the artery in your neck. Put your finger under your ear on the side of your neck. Or between your collarbone and your jaw. You can also feel your heartbeat under your wrist.

- Count the beats for 6 seconds and add a zero at the end. If your heart beats 14 times in 6 seconds, it would beat 140 for 60 seconds.
- The longer you count, the better your reading.

### Find your target heart rate.

You need to know your target heart rate so you can train at the right speed.

#### For men:

Subtract your age from 220. The answer is your target heart rate.

**FOR EXAMPLE, IF YOU ARE 35 YEARS OLD, THEN YOUR TARGET HEART RATE WOULD BE  $220 - 35 = 185$ .**

#### For women:

Subtract your age from 226.

**FOR EXAMPLE, IF YOU ARE 35 YEARS OLD, THEN YOUR TARGET HEART RATE WOULD BE  $226 - 35 = 191$ .**

### ♥ My target heart rate

#### Men

220

Your age

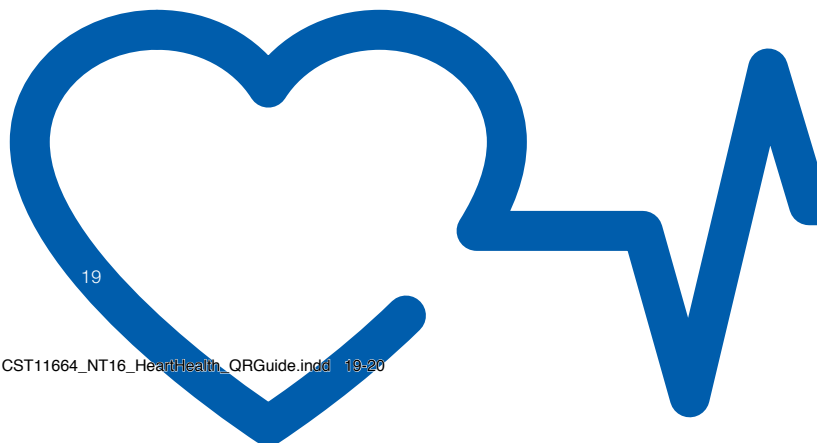
Your target heart rate

#### Women

226

Your age

Your target heart rate





### The workout begins.

There are 4 important steps to follow when you work out. Try not to skip any if possible. The steps will help you recover faster. And help you feel better afterwards.

#### Step 1: Warm-up.



Exercise at a lower speed to get the blood moving through your body. This lets your body get ready for exercise. Five minutes of easy walking is plenty for most days. As you get better, you'll need to warm up longer on days you plan to do a faster workout.

#### Step 2: Walk.



Now that you're warmed up, you should be ready to walk at your normal speed. For the first 2 weeks, don't try to do too much. Your breathing should be increased, but you shouldn't be struggling for air. Remember, if you can't talk while you're walking, you're walking too fast.

#### Step 3: Cool down.

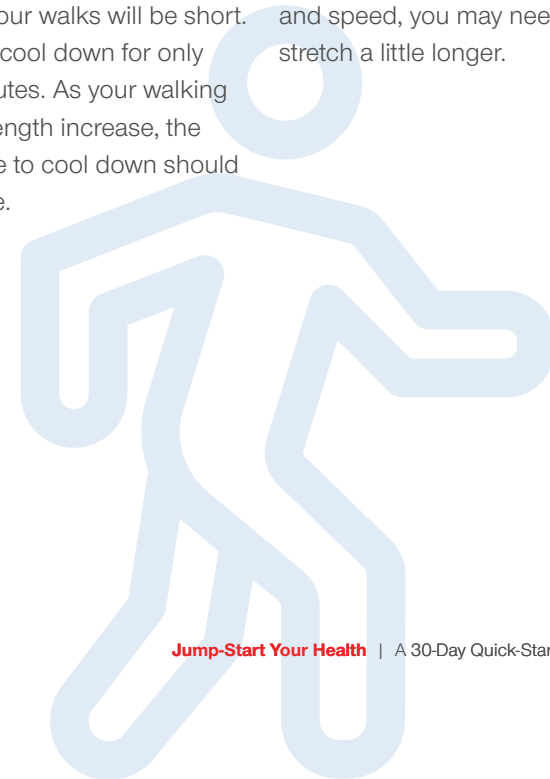


Walk slower at the end of your walk to cool down. The harder you exercised, the longer you should take to cool down. In the beginning, your walks will be short. You need to cool down for only about 2 minutes. As your walking time and strength increase, the time you take to cool down should also increase.

#### Step 4: Stretch.



Take time to stretch after every workout. In the beginning, stretches should take at least 5 minutes. As you increase distance and speed, you may need to stretch a little longer.





### Tips for walking faster.

**Tip 1:**

Walk tall and look forward, not at the ground. Look about 20 feet in front of you. Your chin should be level and your head up.

**Tip 2:**

Keep your chest up and relax your shoulders.

**Tip 3:**

Bend your arms. Keep them at a little less than a 90-degree angle. Cup your hands gently. Swing arms front to back, not side to side. Your arms should not cross your body. Do not swing your elbows higher than your breastbone. Swing your arms faster and your feet will follow.

**Tip 4:**

Tighten or squeeze your stomach muscles and buttocks. Flatten your back and tilt your pelvis slightly forward.

**Tip 5:**

Pretend you are walking along a straight line. Try not to take big steps. To go faster, take smaller, faster steps.

**Tip 6:**

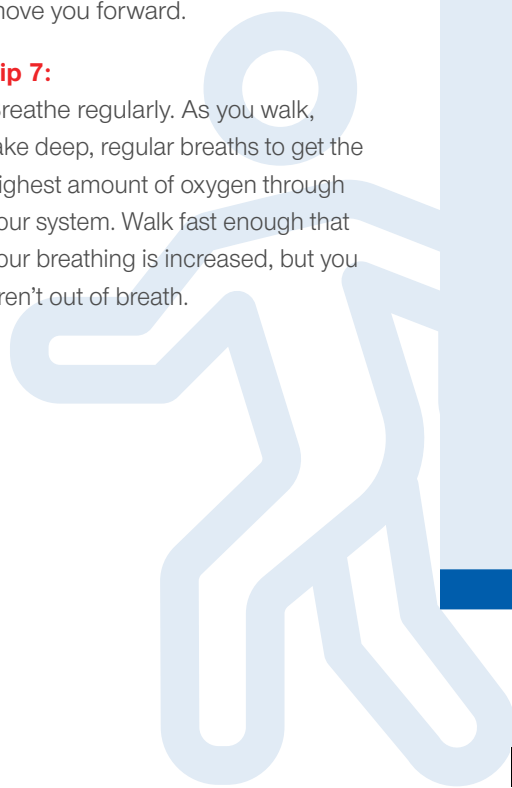
Push off with your toes. Think about landing on your heel, rolling through the step and then pushing off with your toes. Use the natural movement of your calf muscles to move you forward.

**Tip 7:**

Breathe regularly. As you walk, take deep, regular breaths to get the highest amount of oxygen through your system. Walk fast enough that your breathing is increased, but you aren't out of breath.

### YOUR FIRST 12-WEEK CALENDAR.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min





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## Eating to support a **healthy heart**.

You're trying to eat a healthy diet. But you aren't sure how to put the right foods together each day. It can be confusing.

Experts on eating right are called dietitians. Dietitians at the Mayo Clinic have put together a set of daily tips designed to help you get healthier and not get sick.

Use these tips to help plan your healthy diet. Keep in mind that if you have high blood pressure, heart disease or other conditions, you may need different tips. Check with your doctor.



## Daily tips for healthy eating.

### Carbohydrates.

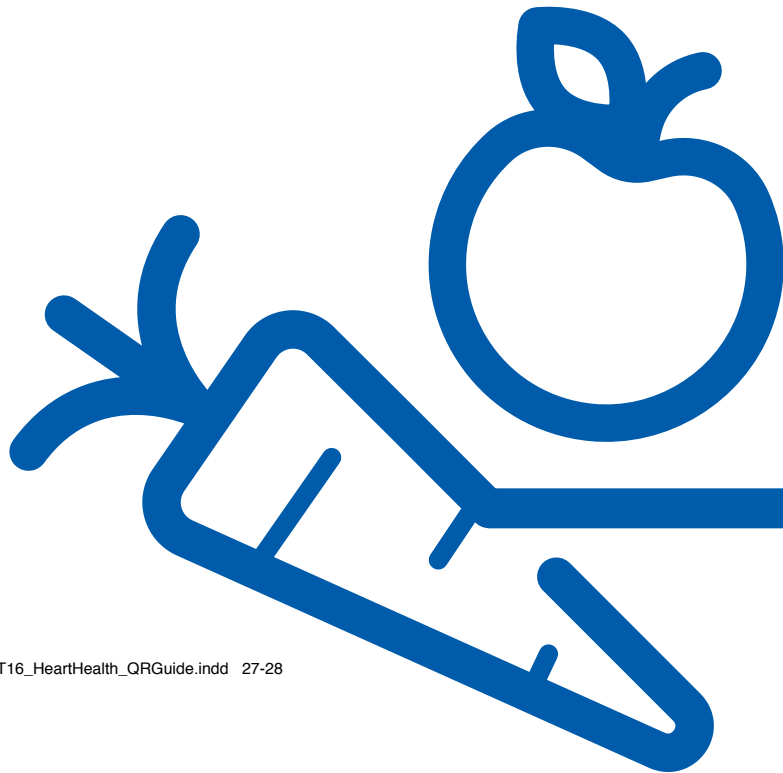
#### What they are:

Carbohydrates are types of sugar found in food. They give you energy.

- **Complex carbohydrates** are good for your health. They are found in grains and starchy vegetables, like potatoes and corn. They are also found in peas, beans, chickpeas and other seed pods.
- **Simple carbohydrates** are usually found in fruits and milk. They are also in foods made with sugar, like candy and other sweets.

#### What to do with them:

Get 45% to 65% of your calories from carbohydrates. This would be 225 to 325 grams a day if you eat 2,000 calories a day. Eat a lot of complex carbohydrates. You get them from whole grains, green vegetables and beans. Eat fewer foods that have sugar added to them, like candy and other sweets. Drink low-fat milk.



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### Protein.

#### What it is:

Protein is important to life. Your skin, bones, muscles and body tissue all contain protein. You can get protein from both plant and animal foods. Things like nuts, seeds, chicken, turkey, fish, meat and dairy products. Nuts and seeds have the most protein.

#### What to do with it:

Get 10% to 35% of your calories from protein. That means about 50 to 175 grams if you eat about 2,000 calories a day. Eat plenty of foods with protein, like beans, lentils and soy. Choose lean meats. Try to eat fish two times a week.

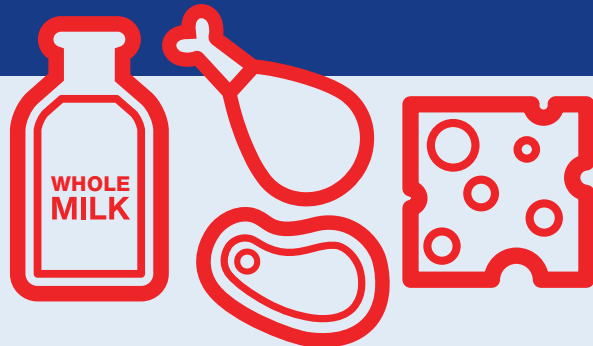
### Fat.

#### What it is:

Fats help your body get vitamins and grow new cells. Fat gives you energy. But fat also has a lot of calories per gram. Too much of certain kinds of fat increase your cholesterol levels and your risk of heart disease. These are called saturated fat and trans fat.

#### What to do about it:

No more than 35% of your calories should come from fat. Less than 20% is better. That means 44 to 78 grams when you eat about 2,000 calories a day. Eat fats from healthy foods, like nuts, olives and nut oils.



### Saturated fat.

#### What it is:

It's another kind of fat. Red meat, butter and whole milk have this kind of fat. Coconut, palm and other tropical oils have a lot of it. It is a big cause of high cholesterol and increases your risk of heart disease.

#### What to do about it:

No more than 7% of your calories should come from this fat. That's about 15 grams in 2,000 calories a day. This fat counts against all the fat you eat in a day.

#### WAYS TO REDUCE SATURATED FAT:

- ♥ USE NON-STICK SPRAYS AND OLIVE, SAFFLOWER OR CANOLA OILS WHEN YOU COOK, INSTEAD OF BUTTER.
- ♥ EAT MORE FISH. IT'S USUALLY LOWER IN SATURATED FAT THAN MEAT.
- ♥ BAKE, GRILL OR BROIL FOOD INSTEAD OF FRYING IT. YOUR FOOD HOLDS MORE FAT WHEN YOU FRY.
- ♥ TRY EATING MORE MEALS WITHOUT MEAT, LIKE VEGGIE BURGERS. YOU CAN ADD FLAVOR WITH LOW-FAT BEANS INSTEAD OF BUTTER.

### Trans fat.

#### What it is:

Foods made in a factory have a lot of it, like crackers, cookies and cakes. Fried foods, like doughnuts and french fries, have it. Shortening and margarine have a lot too.

#### What to do about it:

No more than 1% of your calories should come from this fat. That is about 2 grams in 2,000 calories a day. This fat counts against all the fat you eat in a day.

### Cholesterol.

#### What it is:

Cholesterol helps keep the cells in your body healthy and working right. It can also leave globs of fat in your arteries. Your body makes as much as it needs. You get extra by eating things like meat, chicken, fish, eggs, whole milk and butter.

#### What to do about it:

You should not eat more than 300 milligrams a day. Eat more fruits and vegetables and less animal products. Do not eat more than 6 ounces of meat a day.





## Fiber.

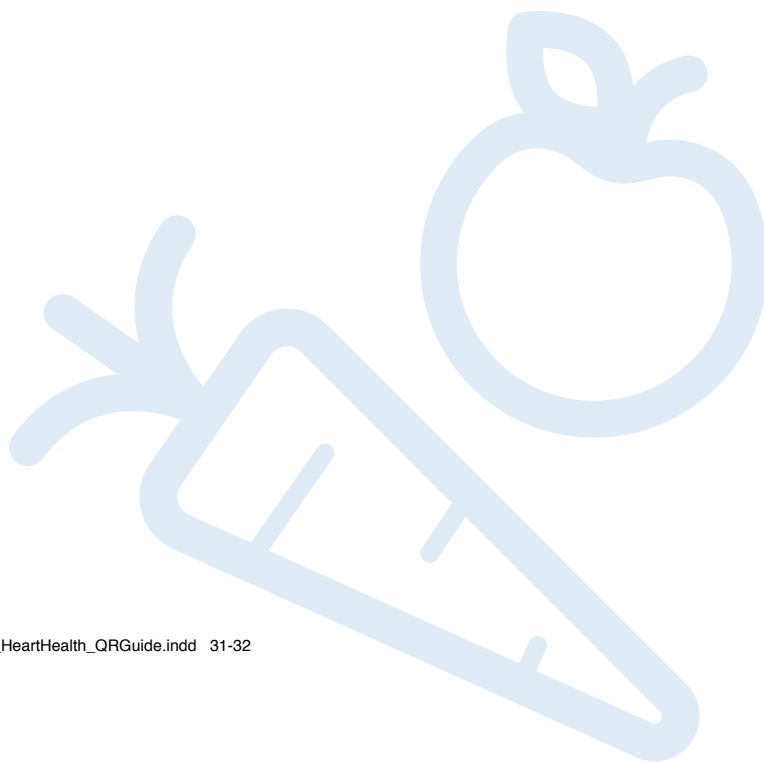
### What it is:

Fiber is the part of plants that your body has a hard time using. There are two kinds of fiber:

- **Soluble fiber** can help decrease the cholesterol in your body. It can improve the level of your blood sugar. You get this fiber from foods like oats and dried beans. You also get it from some fruits, like apples and oranges.
- **Insoluble fiber** can help make it easier for you to go to the bathroom. Vegetables and grains have this kind of fiber.

### What to do about it:

Women should get about 21 to 25 grams of fiber a day. Men should get about 30 to 38 grams of fiber a day. Eat plenty of whole-grain foods. Eat fruits and vegetables, beans and peas, and nuts and seeds.



## Sodium (salt).

### What it is:

Sodium helps keep the right balance of fluids in your body. It helps send messages to nerves. It helps control muscles. Too much sodium can be harmful. Most people get too much sodium in their food. It comes from eating foods made in a factory, like canned vegetables, soups, sliced lunch meat and frozen foods.

### What to do about it:

Healthy people shouldn't have more than 1,500 to 2,300 milligrams of sodium a day. This will change if you have a health problem like high blood pressure. Don't add salt when cooking or eating at the table.





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## 12 tips for moving your eating habits in the **right direction.**

It's not an easy thing to change your diet. The good thing is, you don't have to give up everything overnight. Just follow these 12 tips to help you get on the right track to eating healthy.



## 12 helpful tips to healthy eating.

### Tip 1:

#### Look at what you eat now.

Write down what you eat for a few days. Get a good picture of what you are eating every day. This will help you see what changes you need to make.

Write down what you are feeling too. Were you nervous, happy or sad when you ate 5 slices of pizza in one sitting? Writing this down may help you see a pattern. A food diary can help you stay on track. Be honest. If you eat 9 cookies and have to write it down, you may eat only 2 the next time.

### Tip 2:

#### Start with small changes.

You don't have to give up everything right away. You want to have a lasting healthy lifestyle. Small changes over time are most likely to work.

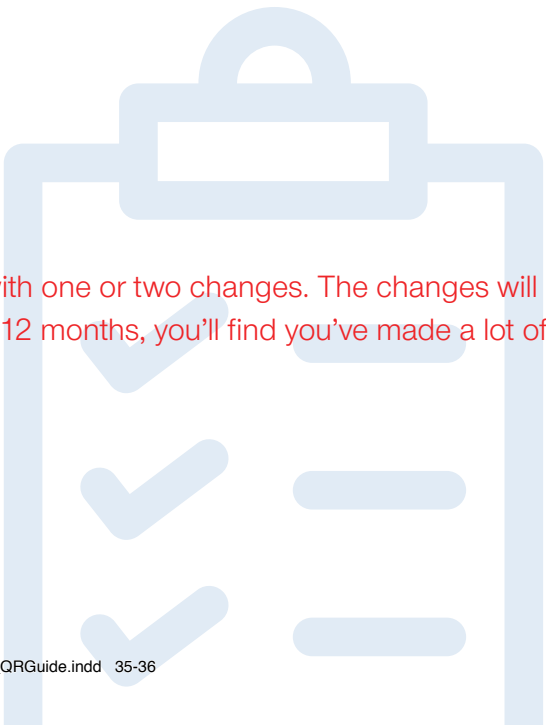
For example:

- If you want to eat more vegetables, try to add one more serving by sneaking it in. Add bits of broccoli to something you already eat, like pizza or soup.
- If you need more whole grains, add barley, whole-wheat pasta or brown rice to your soup.

Think about what you need to add. Other ideas will come to mind. For example, if you have some carrots with lunch or add a banana to your cereal in the morning, you're going to feel full longer. You won't need something that has a lot of sugar or fat an hour later.

Look for ways to make foods you like healthier:

- If you like lunch meat on sandwiches, try eating meats with less fat.
- If you like frozen dinners, look for ones with less sodium.
- If you like fast food, try a salad on the side instead of french fries.



→ Start with one or two changes. The changes will become habits in 2 to 4 weeks. Then try adding one or two more. In 6 to 12 months, you'll find you've made a lot of changes.



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**Tip 3:**

**Control the amount you eat.**

Look at the “serving size” on the food label. Someone may have a large drink and think it’s one serving. But if you look at the label, it’s actually two servings.

If you eat or drink two servings, you have to multiply all the other numbers by two. When the servings go up, so do the calories, fat, sugar and salt.

**Here’s what your serving size should look like:**

- Meat should look like a deck of cards.
- Pasta or rice should be about the size of a tennis ball.

If there’s more food on your plate, you’re more likely to eat it. An average serving size of meat should look like a deck of cards. Put a smaller amount on your plate or use a smaller plate. Here are ways to make your portions smaller, when you’re at a restaurant:

- Split a meal or dessert with a friend.
- Get a doggie bag to take home half of your meal.
- Make a habit of having only one serving of whatever you eat.
- Ask that your salad dressing, butter and sauces be served on the side. That way you can control how much you use.

# Nutrition Fact

Serving Size 3 oz. (85g)

**Tip 4:****Check the nutrition facts on the label.**

Compare the nutrition facts on product labels. It'll help you make smart, easy choices. Look at the column that says “**% Daily Value**” (%DV). A number of 5% or less of the Daily Value is low and 20% or more is high.

Amount Per Serving		As Served	
<b>Calories 38</b>		<b>Calories from Fat 0</b>	
			% Daily Value
<b>Total Fat</b> 0g			0%
<b>Saturated Fat</b> 0g			0%
<b>Cholesterol</b> 0g			0%
<b>Sodium</b> 0g			2%
<b>Total Carbohydrate</b> 0g			3%
<b>Dietary Fiber</b> 0g			8%
<b>Sugars</b> 0g			
<b>Protein</b> 0g			
<b>Vitamin A</b> 270%		<b>Vitamin C</b> 10%	
<b>Calcium</b> 2%		<b>Iron</b> 0%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Look for low numbers for:**

- Saturated fat.
- Cholesterol.
- Trans fat.
- Sodium.

**Look for high numbers for:**

- Fiber.
- Potassium.
- Calcium.
- Vitamin A.
- Iron.
- Vitamin C.

Be sure to look at “**Serving Size.**” It may be more or less than you really eat.

It's there to help you understand:

- Number of calories per serving.
- Amounts of each nutrient, like iron or Vitamin C, in each serving.
- The percentage of “**Daily Value**” in each serving.

These numbers are for people eating 2,000 calories a day. Some need less than that. It depends on your age, how active you are and if you are a man or a woman.

Use the “**percentage of daily value**” to see whether you should eat more or less. You can compare different foods and see which numbers are higher or lower. Just make sure the serving sizes are about the same.

- SOME IMPORTANT TERMS:**
- ♥ **FAT-FREE** MEANS THAT FOOD HAS LESS THAN 0.5 GRAMS OF FAT PER SERVING.
  - ♥ **LOW-FAT** MEANS THE FOOD HAS 3 GRAMS OR LESS PER SERVING.
  - ♥ **LIGHT** MEANS THE FOOD HAS EITHER:
    - ONE-THIRD FEWER CALORIES.
    - OR HALF THE FAT PER SERVING.
  - ♥ **REDUCED** MEANS THE FOOD HAS AT LEAST 25% LESS FAT, SODIUM OR CALORIES PER SERVING.



**Tip 5:**

**Control calories and get the most nutrients.**

Healthy foods have more nutrients. Things your body needs, like calcium, potassium, fiber, magnesium and vitamins. It's important to watch how many calories you eat. But you also want to get the most nutrients out of the calories you do eat. Pick foods that are rich in nutrients.

Think of the nutrients you need without using all your calories. It's like a budget at home. You have to pay all the bills first. Then you can use the money that's left for other things. In the same way, you may be able to eat a few foods with too much fat or sugar. Just make sure you are getting the nutrients you need first.

For example, if you eat 2,000 calories a day, you might be able to use 250 calories for something you want that is less healthy.

**Tip 6:**

**Choose foods that are lean, low-fat or fat-free.**

Choose lean meats like chicken without the skin. Choose beef or pork with the fat cut off.

Switch from whole milk to 1% or skim milk. Many people don't taste the difference. You can mix whole milk with low-fat milk for a while. Your taste buds can adjust. This doesn't mean you can never have whole milk. Remember, that's where your extra calories come in.



## Tip 7:

### Know your fats.

Fat provides flavor and makes you feel full. It gives you energy and what you need for healthy skin. It helps your body use vitamins A, D, E and K. But fat also has a lot of calories. When you eat too much fat, you take in more calories than your body needs. That can make you gain weight.

Experts say you should limit your trans fats. But all fats can lead to high cholesterol. And that can increase your chances of heart disease.



### Cholesterol.

This is fatty stuff that comes from animals. You can find it in:

- Meat.
- Poultry.
- Eggs.
- Milk and things made from milk.



### Saturated fat.

Foods that come from animals have this. For example:

- Cheese.
- Beef.
- Milk.



### Trans fat.

Sometimes vegetable oils are added to foods to make them taste better and last longer. That creates trans fat. You find it in:

- Vegetable shortenings.
- Some margarines.
- Crackers.
- Cookies.
- Snack foods.

### ♥ Choose the healthier “good” fat.

Most of the fats in your diet should come from what are called “**polyunsaturated** and **monounsaturated** fatty acids.” These fats do not raise your risk of heart disease. In fact, they make you healthier if you don’t eat too much.

They’re found in:

- Fish.
- Nuts.
- Soybeans.
- Corn oil.
- Canola oil.
- Olive oil.
- Other vegetable oils.



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**Tip 8:**

**Focus on fruit.**

Experts say you should eat two cups of fruit a day. That amount could be eaten by having:

- One small banana.
- One large orange.
- A quarter of a cup of dried apricots or peaches.

Eat a variety of fruits. Eat more fresh, frozen, canned or dried fruit. Drink less fruit juice. The whole fruit has more fiber and fills you up. It is naturally sweet. You do not need to add sugar. Oranges, prunes and bananas are full of potassium.

**HERE ARE SOME WAYS  
TO EAT EVEN MORE  
FRUIT:**

- ♥ ADD IT TO YOUR CEREAL.
- ♥ MAKE IT INTO A SNACK WITH LOW-FAT YOGURT OR DIP.
- ♥ MAKE A FRUIT DESSERT. MIX LOW-FAT MILK WITH FRESH OR FROZEN FRUITS, LIKE STRAWBERRIES OR PEACHES.
- ♥ PUT FRESH FRUIT OUT ON THE KITCHEN TABLE.
- ♥ BUY LARGE FRUITS, CUT THEM INTO SMALL CHUNKS AND STORE THEM IN THE REFRIGERATOR FOR EASY SNACKING.



**Tip 9:**

**Make half of your grains whole grains.**

Whole grains have vitamins, minerals and fiber. Most whole-grain products have the words “whole” or “whole grain” on the package. The “whole grain” must be the first thing listed on the ingredients list on the package. Here are some examples of whole grains:

- Barley and buckwheat.
- Whole wheat, whole oats and whole rye.
- Millet and cracked wheat.
- Oatmeal, popcorn and quinoa.
- Brown rice and wild rice.

You can't tell whole-grain foods by their color. Foods that sound like they contain whole grains may not. Names like brown bread, nine-grain bread, hearty grains bread, or mixed grain bread doesn't mean they are whole-grain foods.

**Tip 10:**

**Eat your veggies.**

Food experts say you should eat about two and a half cups of vegetables a day. Try adding vegetables to foods like these:

- Meatloaf.
- Stir-fry dishes.
- Lasagna.
- Omelets.

While you're cooking, it's easy to chop up and add frozen greens, like spinach. Peas, carrots and corn are easy to add too. Add dark green lettuce to sandwiches. Eat different kinds of green vegetables, like:

- Broccoli.
- Spinach.
- Cabbage.

Eat different kinds of orange and yellow vegetables, like:

- Carrots.
- Winter squash.
- Sweet potatoes.

Eat starchy vegetables and legumes, like:

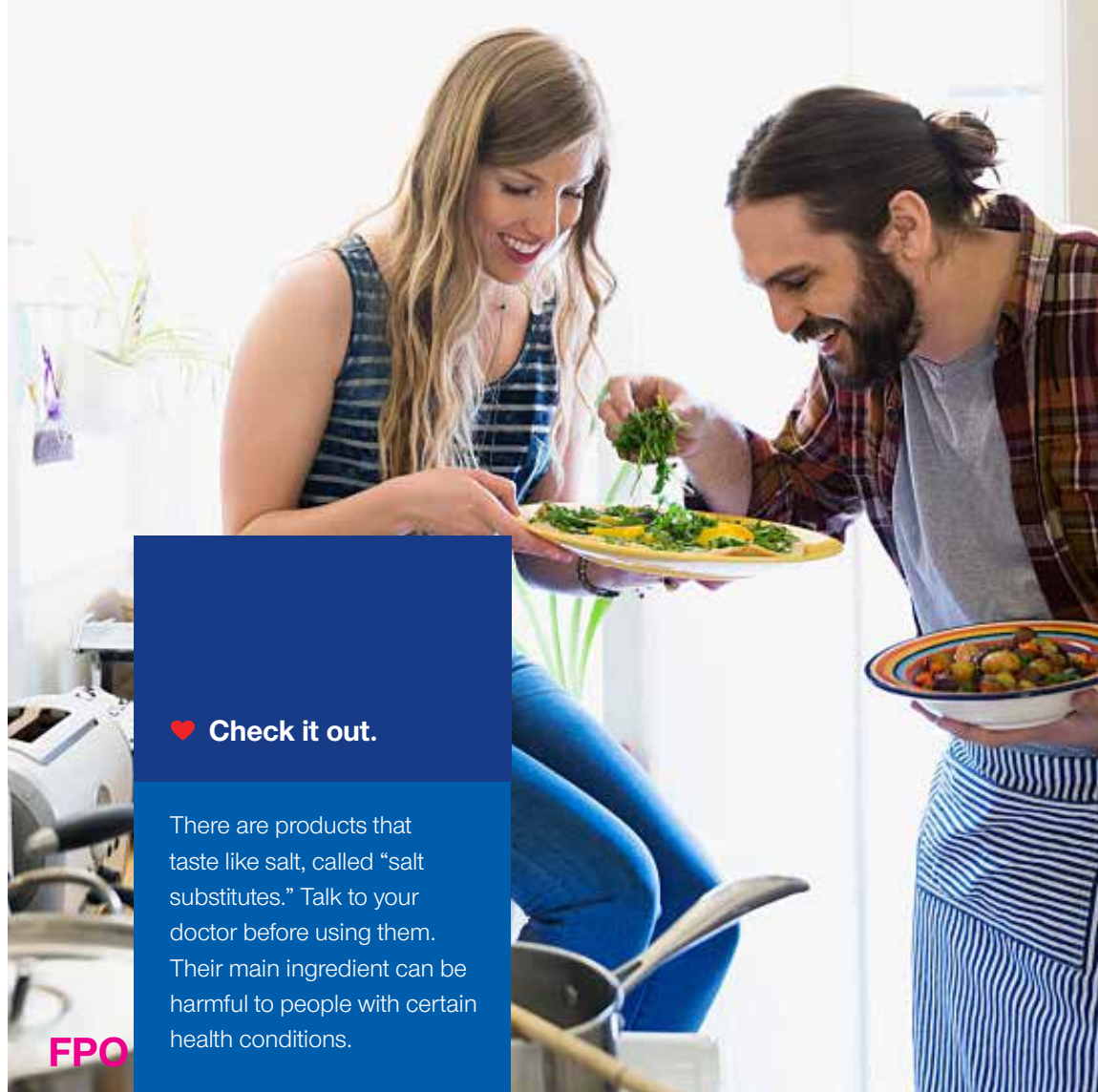
- Corn.
- Dry beans.
- Peas.
- Chickpeas.
- Pinto beans.
- Kidney beans.
- Tofu.

Eat other vegetables, like tomatoes and onions.

**♥ Check it out.**

Look for ways to make it easy for you to eat your veggies. For example, buy salad in a bag. Or buy whole vegetables at the grocery store, cut them up and put them in the refrigerator. With the vegetables cut up, you can reach in and eat them throughout the week.





♥ Check it out.

There are products that taste like salt, called “salt substitutes.” Talk to your doctor before using them. Their main ingredient can be harmful to people with certain health conditions.

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**Tip 11:**

**Eat less sodium (salt).**

Always adding salt to your food could increase your blood pressure. High blood pressure can lead to a stroke, heart disease or kidney disease.

Food experts say people should eat less than 2,300 milligrams of salt a day. That is one teaspoon. People who have high blood pressure, and those who are at risk of getting it, should eat less. They should eat less than 1,500 milligrams of sodium a day.

Most of the sodium we eat does not come from fresh foods. It comes from foods in cans, bottles or boxes. Use the labels to make good choices.

- When it says sodium is 5%DV, it means the salt inside is only 5% of your daily need for salt. That is a low-salt food.
- When it says sodium is 20%DV or more, it means the salt inside is 20% or more of your daily need for salt. That is too high. Choose foods with less sodium. Most people do not notice a difference. Your taste buds adapt. You'll enjoy these foods as much as high-salt foods.

Instead of salt, try flavoring your foods with:

- Herbs.
- Spices.
- Lemon.
- Lime.
- Vinegar.
- Salt-free seasoning blends.



**Tip 12:**

**Limit the amount of added sugars you eat.**

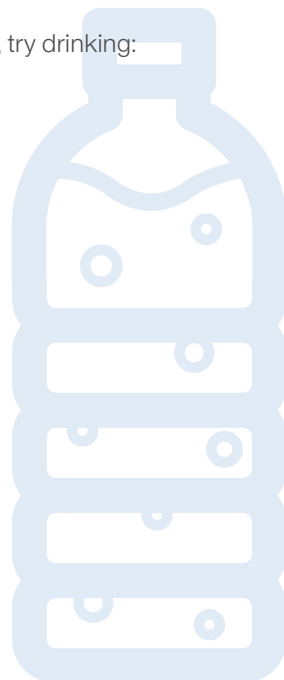
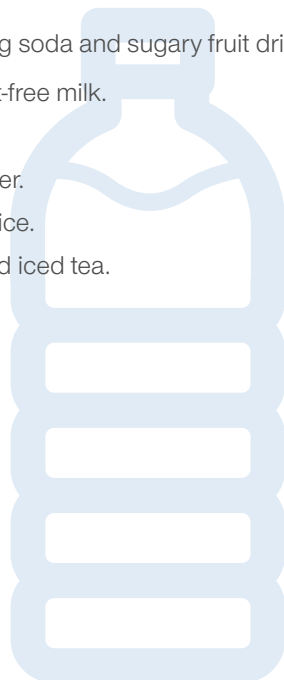
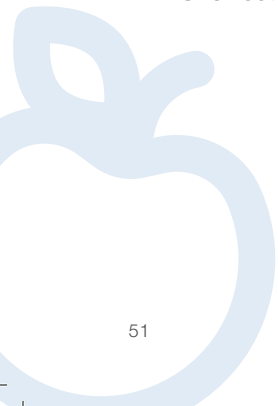
Sugar is added to many foods while they're being made. Food experts say to stay away from foods and drinks with added sugar. One example is foods that have syrups added. These are not natural sugars, like in fruits or milk. Foods with added sugars include: regular soft drinks (soda), candy, cake, cookies, pies and fruit drinks. On their labels, the added sugars may be listed as:

- Brown sugar. • Molasses.
- Corn syrup. • Honey.
- Glucose. • Sucrose.

Be sure to check the type of sugar in low-fat and fat-free products. They sometimes have a lot of sugar.

Instead of drinking soda and sugary fruit drinks, try drinking:

- Low-fat or fat-free milk.
- Water.
- Flavored water.
- 100% fruit juice.
- Unsweetened iced tea.



Try fruit for snacks and desserts. Fruit is great for satisfying a sweet tooth. That surprises many people. If it's hard for you to resist ice cream, don't keep it in the freezer. Then you have to go out for it. It can be a treat that you eat once in a while.

**HERE ARE SOME SMART SNACKS:**

- ♥ UNSALTED PRETZELS.
- ♥ APPLESAUCE.
- ♥ LOW-FAT YOGURT WITH FRUIT.
- ♥ UNBUTTERED AND UNSALTED POPCORN.
- ♥ BROCCOLI, CARROTS OR CHERRY TOMATOES DIPPED IN LOW-FAT YOGURT.
- ♥ GRAPES.
- ♥ APPLE SLICES WITH PEANUT BUTTER.
- ♥ RAISINS.
- ♥ NUTS.
- ♥ GRAHAM CRACKERS.
- ♥ GINGERSNAP COOKIES.
- ♥ LOW-FAT OR REDUCED-FAT STRING CHEESE.
- ♥ BAKED WHOLE-GRAIN TORTILLA CHIPS WITH SALSA.
- ♥ WHOLE-GRAIN CEREAL WITH LOW-FAT MILK.

Source: *12 Tips To Start Eating Healthier* By Carol & Richard Eustice, About.com Guide. About.com Health's Disease and Condition content is reviewed by the Medical Review Board.