

Brief written items for direct-to-consumer health education

In Good Taste

Healthy Eating Made Easy

Eat Your Heart Out!

It can be easy to make smarter food choices for a healthier heart. These simple tips can help.

Adding Omega-3 Fatty Acids

Omega-3 fatty acids are healthy fats that can protect your heart. To get more of them in your diet, add these foods to your grocery list:

- Salmon
- Walnuts
- Items that list added omega-3 fatty acids on the label, such as eggs, butter-replacement spreads, and yogurt

Adding Calcium

Calcium can be helpful in lowering blood pressure, and milk isn't the only way to get this important nutrient. Try:

- Low-fat cheese or yogurt
 - Dark, leafy greens (such as spinach)
 - Foods that list added calcium on the label, such as fruit juice and cereal
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Cardiac Health Pulse

Getting to the Heart of Your Questions

Discussing Heart Health With Your Doctor

I'm worried that I might be at risk for heart problems. How can I talk to my doctor about heart health?

It's great that you want to talk with your doctor about your heart health. Here are a few simple tips that can help you get the most out of your visit with your doctor. If your time with your doctor is limited or you get nervous during the exam, use this list to keep you on track.

- Tell your doctor that you are concerned about your heart health, and why. Bring a list of questions.
- Ask if your blood pressure and cholesterol levels are normal
- Answer all of your doctor's questions honestly
- If your doctor says you are at risk, ask what you can do to reduce it and follow that advice
- Be sure to get extra explanations about anything you don't understand – this is your time to learn!