






Covenant Cardiology Healthy Heart Grocery List

Fill Your Cart with Foods that are Good for Your Heart

Making out a shopping list before going to the grocery store and sticking to it is the best way to avoid buying impulse items that may not be healthy for you – or your heart. This shopping list contains advice to help you select healthy foods and a few heart-healthy suggestions in each food category to get you started. Remember to look for products with the Heart-Check mark (red heart with white check) as those foods are certified by the American Heart Association.



heartcheckmark.org

FOOD CATEGORIES	HEALTHY HEART TIPS	SHOPPING LIST
<p style="text-align: center;">BAKERY</p> 	<p>Fiber is good for your heart. Choosing foods that are high in fiber will help you achieve the recommended 25 grams per day. Look for whole grain as the first ingredient on a food label. Whole wheat, oats, whole rye and buckwheat are other healthy options.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Whole rye bread <input type="checkbox"/> Whole wheat buns <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p style="text-align: center;">DAIRY</p> 	<p>Select non-fat or 1% milk, cheese and yogurt. Soft margarine with 0 grams of trans fat is healthier for you than butter.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Low-fat yogurt <input type="checkbox"/> Non-fat milk <input type="checkbox"/> Soft margarine <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p style="text-align: center;">DRY, CANNED & FROZEN</p> 	<p>Sodium, saturated fats and trans fats can be unhealthy and are often high in these foods. Less than 1,500 mg of sodium a day is recommended. It is important to check every food label – even on products labeled “healthy”. Canned or frozen fruits and vegetables are always good for you – and are just as nutritious!</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Canned fruit (in water or natural juices) <input type="checkbox"/> Frozen vegetables <input type="checkbox"/> Low-sodium soup <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p style="text-align: center;">MEAT</p> 	<p>Eating at least two servings of fish a week will make your heart happy! Choose white meat when buying poultry and look for the words “loin” or “round” for red meat and pork. Always trim excess fat from meat before cooking.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Chicken breast <input type="checkbox"/> Salmon <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p style="text-align: center;">FRESH PRODUCE</p> 	<p>Eating fruits and vegetables has many health benefits. Select as much as you want of your favorite varieties from this section.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Berries <input type="checkbox"/> Broccoli <input type="checkbox"/> Peaches <input type="checkbox"/> Spinach <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Center for the Heart

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