

This month, celebrate National Nutrition Month and World Salt Awareness Week by reminding patients, especially those who are most at risk for cardiovascular disease, to eat heart healthy foods, starting with fruits and vegetables.

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This month, Million Hearts® is celebrating National Nutrition Month and World Salt Awareness Week by calling on doctors, nurses and other medical professionals to remind their patients, especially those who are most at risk for cardiovascular disease, to eat heart healthy foods.

What are heart healthy foods? Fruits and vegetables are a great place to start. Paar 4r1a'nB 00 G[ sDe heart he

should stay away from processed meats and other foods that are high in sodium. When in

Eating #hearthealthy for #NationalNutritionMonth starts with reading labels! Learn how to decode nutrition labels when shopping: <http://bit.ly/2aXvxfR>

Celebrate #NationalNutritionMonth by replacing salt with spices & herbs! Try these ideas: <http://bit.ly/2bMO8As>

Did you know? Restaurants are a major source of #

Image #1

Image #2

Image #3

A great way to eat heart healthy is to buy fresh, frozen (no sauce), or no salt added canned fruits and vegetables, as well as fresh poultry, fish, pork and lean meat instead of canned or processed meats. When possible, buy low sodium, lower sodium, reduced sodium or no salt added versions of products and limit your use of sauces, mixes and "instant" products.

Additionally, beware of ordering at restaurants, which are a major source of sodium in most Americans' diets. Check online for nutritional information before you go, ask your server for low-sodium options, or ask for the sauce on the side.

Eating heart healthy foods is important for everyone, but it's especially important for those who are most at risk for cardiovascular disease, such as those who have had a heart attack or stroke in the past, those with high blood pressure or high cholesterol, or who have a family history of heart disease.

[Healthy for Good: Eat Smart](#)

[Healthy for Good: Add Color](#)

[Healthy for Good: Recipes](#)

[Diet and Lifestyle Recommendations](#)

[Tips for Dining Out](#)

[Heart Healthy Grocery Shopping](#)

[Eat Better Guides](#)

[Healthy Eating on a Budget](#)

[Modify Recipes for a Heart Healthy Diet](#)

[Making Healthy Choices When You Eat Out](#)

[Sodium Reduction](#)

[Salt and Your State Project Summary](#)

[Heart Healthy Toolbox \(see section on Healthy Eating Resources\)](#)

[Searchable database of heart healthy publications with recipes, healthy weight fact sheets and activity booklets](#)

[My Plate](#)

[What's Cooking?](#)

[Recipes for a Heart Healthy Lifestyle](#)

[Hypertension Control Challenge – Apply now through April 6](#)

[Healthy Eating for a Healthy Weight](#)

[Planning Meals](#)

[Cutting Calories](#)

[Healthy Recipes](#)

[How to reduce sodium](#)

[Sodium and food sources](#)

[Sodium Reduction in Communities Program \(SRCP\)](#)

[Sodium Reduction Fact Sheets, Infographics, Videos & Web sites](#)

[Dietary Guidelines: 2015-2020](#)