

Heart Healthy Shopping

Tips for Seniors

1. Buy colorful fruits and vegetables.
2. Avoid buying high fat dairy or meat.
3. Buy plenty of nuts and high fiber foods.
4. Avoid buying butter.
6. Consider frozen or canned fruits and veggies.

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"I'm taking better care of my heart. I've started using aspirin as one of my pizza toppings."

7 Steps to Heart Disease

Prevention

- **Get enough exercise.** This means at least 30 minutes of exercise almost every day of the week.
- **Quit smoking.** If you do smoke, it's time to quit.
- **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables, limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- **Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes.
- **Reduce your alcohol intake.**
- **Minimize stress in your life.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
- **Watch your weight.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Write down 3 things you do for a Healthy Heart:

1.

2.

3.