AMERICAN HEART HEALTH MONTH | EAT CLEAN for a Healthy Heart

Clean eating is a buzz word that people like to use to describe a diet pattern that is focused on eating foods in their most natural state as much as possible. However, with lots of different information available and no true definition, it can be hard to decipher what exactly eating clean means. So, what does clean eating for a healthy heart look like? Read on to learn more.

✓ EAT MORE

Vegetables and Fruits – Eat the rainbow! Eat a variety of different colors of vegetables and fruits to get all essential vitamins and minerals. Vegetables and fruits can be fresh, frozen, canned, or dried.

Whole Grains – Choose whole grains to increase fiber intake and regulate blood pressure. Swap out white bread, pasta, and rice with whole grain versions. Stock your pantry with oatmeal, quinoa, and farro.

Healthy Fats – Reduce your blood cholesterol and lower your risk of coronary artery disease by choosing more healthy fats. Eat more nuts, seeds, avocados, and vegetable oils like canola and olive.

Lean Animal and Plant-based Proteins – Choose high protein foods that are low in fat and cholesterol like lean, skinless meats, fish, low-fat dairy products, eggs, and legumes. Certain types of fish are also high in heart healthy omega-3 fatty acids. Choose plant-based proteins most often to support a healthy heart.

EAT LESS

Salt or Sodium – Be mindful while shopping; items like bread, canned soup, deli meats, and salad dressings typically contain more sodium than you may think. Use the saltshaker sparingly and try herbs and spices instead.

Sugary Drinks, Sweets, and Processed Meats – Try to substitute one sugary beverage for a glass of water and swap out a sugary dessert for some fruit. Choose less processed meats or try hummus, vegetables, legumes, or tofu instead.

Saturated and Trans Fats – Higher food sources of saturated fat include meats and dairy. Trans-fat may be found in foods such as, fried foods, commercial baked goods, and stick margarine. Choose lean meats, low-fat dairy, and less processed whole foods most often.

Alcohol – Even as little as one alcoholic drink per day may raise your blood pressure and stroke risk. Try making a fun non-alcoholic drink instead with seltzer water, 100% fruit juice, and sliced oranges or limes.

Oregon Cascades West

Dining Centers & Days of Service Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center
Monday-Friday   (541) 967-7647

Brownsville Christian Church
Tues & Thurs   (541) 466-5015

Lebanon Senior Center
Monday-Friday (541) 451-1139

Mill City, First Presbyterian
Tues & Thurs   (503) 897-2204

Sweet Home Community Center
Mon.,Tues.,Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks
Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center
Mon., Wed.,Fri (541) 994-7731

Newport Senior Center
Mon.,Wed.,Fri   (541) 574-0669

Siletz, Tribal Community Center
Mon & Wed   (541) 270-6853

Toledo, Trinity United Methodist
Friday   (541) 270-7416

Waldport, South County SR. CTR
Mon., Wed.,Fri   (541) 563-8796