



# Quick healthy heart habits

A heart healthy lifestyle doesn't have to be overwhelming. These little changes can make a big difference.



**Lower blood pressure with fruits and veggies.** High blood pressure is a major risk factor for heart disease. Swap out sweets or deep-fried foods for fruits and vegetables. They contain plenty of potassium, which is a mineral that helps to naturally lower blood pressure. Try to get 2.5 cups of veggies and 2 cups of fruit each day.

**Favor healthy fats.** The right kind of fats can be good for your heart. Fatty fish such as salmon contain omega-3 fats, which may prevent sudden death from a heart attack. Olive oil, avocados, nuts and seeds all contain heart healthy unsaturated fat that can help lower bad cholesterol and may raise good cholesterol.