

# Instead of this...



High fat meats such as beef and fried foods are often high in saturated fat, the fat that research has shown to increase cholesterol. And, don't forget the extra toppings— chili, cheese and bacon— can add even more bad fat.



Buttery crust, cheese and toppings, such as bacon and sausage, can make pizza a culprit for poor heart health.



Salt and fat, oh my! Snack chips and pork rinds can be high in sodium and saturated fat.



Frozen and convenience meals are quick and easy to prepare, but are often full of sodium.



Even the cheese dip is a culprit for poor heart health as it can be high in fat and sodium!



Milk chocolate consumption should be limited as it contains high amounts of saturated fat and sugar.

# Try This...



Trading in beef for leaner meats such as turkey is a healthier, lower fat way to enjoy some of the meals you like. Plus, oven-baking your fries will save you an additional 300 calories and 25g of fat per cup!



You can even make pizza healthier! Start with whole grain pita bread, add your favorite marinara sauce and top with mozzarella cheese and vegetables!



Fruit and walnuts are healthier snack alternatives! Not only are they lower in fat and calories, they also provide a boost of antioxidants!



Oatmeal is a quick and easy meal that provides fiber to help lower your cholesterol and keep your heart healthy. Mix up a bowl today!



Whole grain crackers and hummus are a healthier appetizer alternative. Try the various flavors of hummus—roasted red pepper, garlic or Greek— to find a new favorite dip!



Dark chocolate is rich in fiber, iron, magnesium and copper to name a few of the heart-healthy minerals. It's also high in antioxidants and can help improve blood flow and lower blood pressure. You should still keep serving sizes limited to 1 oz.