Keep Sodium Out of Your Diet

Don’t mess around with sneaky sodium. Look for foods and recipes low in sodium.

- Eating less sodium helps protect you from heart disease and stroke.
- Eating too much sodium makes your heart work harder.
- Sodium hides in many tasty foods, such as pizza, tacos and burritos.
- Breads and rolls, lunch meats, canned soup, chips and pretzels are all high in sodium.

Take Action!

Read Nutrition Facts Labels and remove high-sodium foods from your diet.
Eating colorful fruits and vegetables every day is good for your heart.

• Fruits and vegetables are packed with nutrients.
• Fresh, dried, canned and frozen fruits and vegetables are all good choices.
• Mix it up! Eat several colors of fruits and vegetables each day.
• You can eat vegetables in many different ways. Try them baked, roasted, grilled, steamed or stir-fried.

Take Action!
Eat a baseball-size serving of a fruit or vegetable with every meal. Branch out and try new fruits and vegetables.
Quench Your Thirst with Water

Learn to love water and stay away from sugary beverages.

- Eating too much added sugar can lead to heart disease, obesity and tooth decay.
- Energy drinks, sports drinks and sodas are often loaded with sugar.
- Read labels for sugar content and serving size.
- Sugar has many names, including Sucrose, glucose, fructose, maltose, and dextrose

Take Action!

Drink plenty of water. Be aware of how much added sugar is in your diet.
Stay Away From Tobacco

Cheer for **clean air, strong lungs and healthy hearts**. Stay far away from all kinds of tobacco.

- **No tobacco product is good for your heart.** This includes cigarettes, chewing tobacco and e-cigarettes.
- Each year more than **480,000 people die** too soon because of smoking-related illnesses.
- Smoking **stains your teeth and fingernails**. Yuck!
- Smoking affects your **sense of taste and smell**.

**Take Action!**

Always say “**No!” to tobacco.** Let others know that tobacco can lead to heart disease and cancer.
Get Active

Staying active keeps your heart strong and healthy and helps you feel good.

• Staying active is one of the best ways to lower your risk of heart disease.

• Physical activity can improve your mood and help you think more clearly.

• Feeling stressed or worried? Physical activity can release stress and calm you.

• Have fun staying active! Choose physical activities you enjoy doing.

Take Action!

Be physically active for at least 60 minutes every day. Encourage family members and friends to join you.