

Eat healthy... Eat vegetables, fruits, and whole-grain foods



Vegetables, fruits, and whole-grain foods are heart-healthy because they are low in calories and have lots of fiber. Add more fiber to your diet by eating:

	Servings	Sample serving sizes (USFDA MyPyramid, 2000 calories a day)
Whole Grains	6 ounces	1 slice bread; 1 cup ready-to-eat cereal; 1/2 cup cooked brown rice, cooked cereal, or wheat pasta
Vegetables	2 1/2 cups	2 cups raw leafy vegetables; 1 cup cut-up raw or cooked vegetables; 1 cup vegetable juice
Fruits	2 cups	1 cup fresh, frozen, or canned fruit; 1/2 cup dried fruit; 1 cup 100% fruit juice

Make smart choices for your meals

- Choose whole-grain foods made of whole wheat, oats, oatmeal, rye, barley, or corn.
Try brown rice, wild rice, buckwheat, or cracked wheat
- Choose fresh or frozen vegetables and fruits without high-calorie sauces and added salt and sugars
- Choose fruits, vegetables, or popcorn for snacks instead of junk food like chips, cookies, or doughnuts

Try this simple pasta recipe

Makes six 3/4-cup servings*

Ingredients:

Olive oil – 2 tablespoons
 Small chopped onions – 2
 Chopped garlic – 3 cloves
 Sliced zucchini – 1 1/4 cup
 Dried oregano – 1 tablespoon
 Dried basil – 1 tablespoon
 No-salt-added tomato sauce – 1 8-ounce can
 No-salt-added tomato paste – 1 6-ounce can
 Chopped medium fresh tomatoes – 2
 Water – 1 cup

Instructions:

- Heat oil in medium skillet
- Sauté onions, garlic, and zucchini for 5 minutes, medium heat
- Add other ingredients, cover, and simmer 45 minutes
- Serve over whole-wheat spaghetti or other pasta

Nutritional information per serving*:

102 calories
 5 grams total fat
 1 gram saturated fat
 0 mg cholesterol
 260 mg sodium
 5 grams total fiber
 3 grams protein
 14 grams carbohydrates
 623 mg potassium

Find more heart-healthy recipes in special cookbooks or Web sites like:

- ✓ American Heart Association at www.americanheart.org
- ✓ American Diabetes Association at www.diabetes.org
- ✓ National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov

*Sauce only, not including pasta

This material was developed by GlaxoSmithKline.

