

Try to make **1 small change**  
each week in February and  
**celebrate your heart**  
all month long.

## HEART-SMART SWAPS

*introduce healthy  
lifestyle changes  
to your daily routine.*

Did you know that 8 in 10 cases of premature heart disease are preventable through healthy lifestyle behaviors? **The 3 keys to heart health are physical activity, a nutritious diet, and a smoke-free lifestyle.**

If you are looking for a smart eating plan to help prevent heart disease, consider following the **DASH Diet** or the **Mediterranean diet**. Both plans feature the same heart-healthy foods: vegetables, fruit, whole grains, low-fat dairy, beans, nuts, and lean protein, such as chicken and fish.

These eating plans also recommend **cutting back on ultra-processed items**, such as pastries, salty snacks and fast food. This helps lower your intake of salt, sugar and trans fat, which are not good for heart health.

**Simple changes**, such as swapping soft drinks for water, eating fish at least twice a week, and filling half your plate with vegetables at every meal, are good for your heart health.