

HEART SMART TIPS FOR HEALTHY EATING

LIMIT EXCESS SODIUM

to less than 2,300 mg/day to support healthy blood pressure.



CHOOSE HEALTHY FATS

like the unsaturated fats in nuts, seeds, avocados, fatty fish and olive oil.

FOCUS ON FIBER

with whole grains, legumes, and fruits & vegetables to help support cholesterol levels, control blood sugar, and keep you feeling full longer.



EAT THE RAINBOW OF FRUITS & VEGETABLES

for fiber, vitamins & minerals, and antioxidants that support heart health.

REDUCE ADDED SUGAR

by avoiding sugar-sweetened beverages, hydrating with water or plain milk, and saving desserts for special occasions.



dairy west®

DAIRY SUPPORTS A HEART- HEALTHY DIET



AIM FOR 3 SERVINGS PER DAY

1 cup of milk, 1 ½ ounces of hard cheese and 1 cup of yogurt all count as 1 serving.

WHOLE, LOW-FAT, FAT-FREE—ALL DAIRY FITS

Research shows that consumption of dairy at a variety of fat levels may have protective effects against cardiovascular disease.

NUTRIENT-RICH & DELICIOUS

Protein, calcium, potassium and vitamin D to help provide all the nutrients you need.

Pair Dairy for Healthy Snacks or Light Meals



Milk & Oatmeal



Cottage Cheese & Veggies



Yogurt with Fruit



Cheese & Apple Slices

Provided by local dairy farm families of Idaho, Oregon, Utah and Washington

Visit **dairywest.com** to learn more.