



Solve the Puzzle

There are many risk factors for heart disease. Some you cannot control (like your age or family history), but others (like high cholesterol, high

blood pressure, or obesity) can be prevented with a sensible diet. Do your heart a favor. Eat a variety of low fat foods, with lots of fruits, vegetables, and whole grains. Now is the perfect

time to evaluate your diet and decide what changes to make. Concentrate on substituting foods that can help fight heart disease. Find these foods in the word search, then think of ways to incorporate them into your meals and snacks this month. Next, try your hand at the Healthy Heart Match Up. Match the high fat foods on the left with healthier choices on the right. Small changes can add up to a lifetime of healthy eating.

By Hollis Bass, MEd, RD

Healthy Heart Match Up

Low Fiber and/or High Fat Choices

1. Iced chocolate cake _____
2. Cream of wheat cereal _____
3. Cornflakes _____
4. White bread _____
5. Cream soup _____
6. Whole milk _____
7. Scrambled eggs _____
8. Hamburger (fast food) _____
9. Vegetable oil _____
10. Fried fish _____
11. Breakfast pastry _____
12. French fries _____
13. Candy bar _____
14. Fettucine Alfredo _____
15. Stick margarine _____
16. Cheddar cheese _____
17. Sausage links _____
18. Mayonnaise _____
19. Ice cream _____
20. Fried cheese sticks _____

Better Choices

- a. Liquid or spray margarine
- b. Baked potato
- c. Apple or orange slices
- d. Olive oil
- e. Scrambled egg whites or egg substitute
- f. Raw veggies with lowfat dip
- g. Angel food cake
- h. Low sodium bean soup
- i. Oatmeal
- j. Pasta with vegetables and marinara sauce
- k. Baked or grilled fish
- l. Grilled chicken sandwich (fast food)
- m. Sherbet
- n. English muffin with jam
- o. Shredded wheat
- p. Low fat cheddar cheese
- q. Canadian bacon
- r. Mustard
- s. 100% Whole wheat bread
- t. Skim milk

Heart Healthy Ingredient Word Search

BEANS
 BERRIES
 BROCCOLI
 FISH
 GARLIC
 NUTS
 OATS
 OLIVE OIL
 ORANGES
 RED GRAPES
 SOY
 WHOLE GRAINS

W Z S R K O C B Y R S N
 M H V E A I R Y U E E U
 N T O T I O L C F D G T
 Q T S L C R I W Y G N S
 N Y V C E L R M X R A B
 Y J O F R G T E Q A R K
 F L Z A Z N R B B P O X
 I I G N W C V A V E C M
 A U S W J V F J I S T K
 I N Y H Z L Z M Z N A W
 B E A N S G R Z A Z S C
 L I O E V I L O Y O S D

Answers: 1. g, 2. i, 3. o, 4. s, 5. h, 6. t, 7. e, 8. l, 9. d, 10. k, 11. n, 12. b, 13. c, 14. j, 15. a, 16. p, 17. q, 18. r, 19. m, 20. f