

Video Transcript: Foods for Heart Health

Everyone always tells you that you need to stop eating trans fats, fatty meats, cheese, and fried foods, since they're all bad for your heart. But instead of thinking about what you can't eat, let's talk about what you can eat.

Make sure you fill the majority of your plate - at least at lunch and dinner - with veggies. Look for bright colors like red peppers, yellow squash, orange carrots and purple cabbage.

When you eat starches, look for whole grains like brown rice. Stick to unprocessed grains as much as possible, but if you do go for pastas and breads, don't forget that they come in whole grain varieties as well.

Beans, beans, they're good for your heart...I'll let you finish the rest! So up your fiber intake with kidney, pinto, and navy beans.

Finally, you **SHOULD** include some healthy fats. Oils such as olive and avocado and nuts and seeds are great places to get your healthy unsaturated fats. And, don't forget fish - aim for twice a week for some good omega-3 fatty acids.

Focus on good heart health, and your loved ones will thank you.