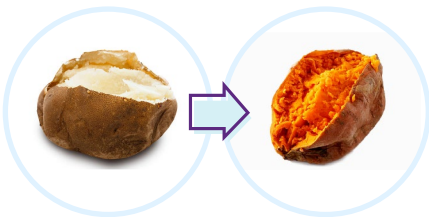


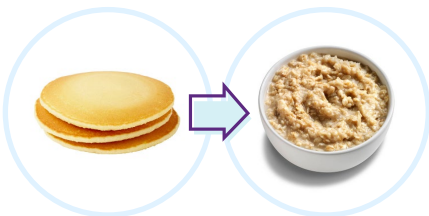
Easy food swaps to make for your heart



Instead of having a baked potato with dinner, bake a heart-healthy **sweet potato** instead. Sweet potatoes are high in potassium, which can help lower blood pressure.



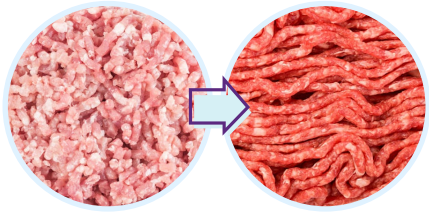
Use olive oil instead of butter in your cooking. **Olive oil** is full of healthy, unsaturated fats.



Instead of having pancakes for breakfast, choose **oatmeal**. Whole grains are good for your heart, so choose **steel cut oats** over instant oats, which can be high in sodium.



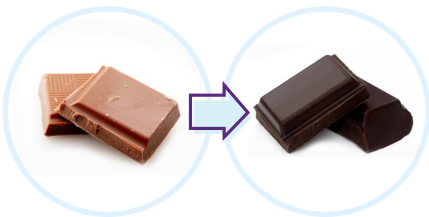
Pass on the queso dip at your next Mexican night and whip up some **guacamole** instead. Avocados are full of healthy, unsaturated fats.



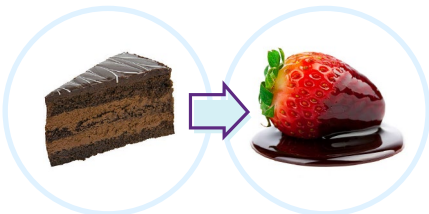
Instead of buying ground chuck for your homemade burgers or tacos, use **lean ground beef**.



"Many people think making heart-healthy choices is all-or-nothing when it comes to the food they love," says Christopher Shuff, a registered dietitian. "But swapping out high-fat cuts of beef for leaner cuts means you can still enjoy your favorite foods while taking care of your heart."



Craving something sweet? Reach for **dark chocolate** instead of milk chocolate. The American Heart Association recommends eating chocolate that contains 70-85% cacao.



For dessert, choose **chocolate-covered strawberries** instead of chocolate cake. You'll satisfy your sweet tooth without all the extra sugar and unhealthy fats.

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