

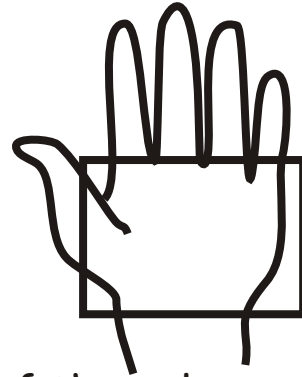
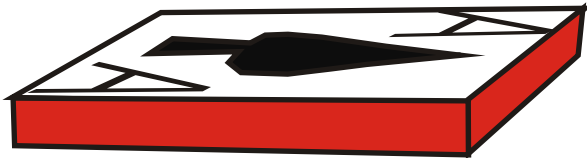


Eat Heart Healthy

This information is provided by the Community Health Centers of Arkansas, Inc.

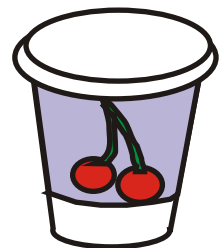
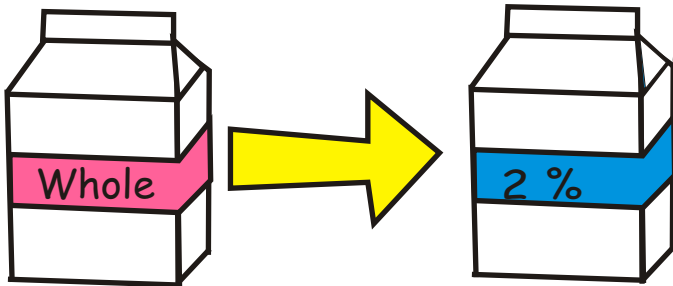
Eat less fat

1. Meats and cheeses:
Use meat portions the size of a deck of cards,



or, the size of the palm of your hand.

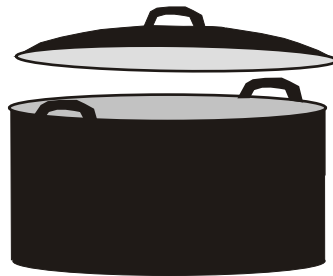
2. Milk products:
Lower the fat of your milk. Use lower fat cheese, yogurt, cream cheese, and sour cream.



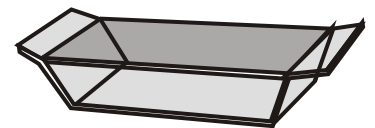
3. Add LESS fats:
Use lower fat cooking methods.



Grill

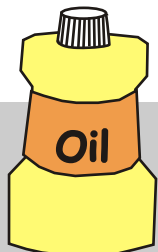


Stew or steam



Bake

4. Use LIQUID fats like:
oil and liquid margarine.



- Don't use SOLID fats like:
butter, lard, and stick margarine.

