

# Comfort Food for Heart

Eating heart-healthy doesn't mean bland or boring. Comfort food can be as hearty and delicious as ever, while being healthy.

Use this quick guide for tips on ingredients, shopping, and other important heart health information, to help lower the risk of cardiovascular disease.

## HOW TO LOWER YOUR RISK



Consider using low-fat cheese and mayo in dishes such as mac and cheese, and creamy potato salad.



Turn fresh fruits into delicious desserts.



Cut down on saturated fats and sodium. Try low-sodium turkey bacon and reduced-fat minced meat instead of ham and sausage.

## TIPS FOR GROCERY SHOPPING



Options for milk that are low in fat are plentiful. Try a few until you find one you like.



Collard greens, beans, and okra are heart-healthy ingredients easily available at most supermarkets.



Bake with whole wheat flour over white flour for more hearty, whole grain fiber.

## TIPS FOR COOKING AT HOME



Air frying is a great way to prepare your favorite fried dishes while cutting excess fats.



Herbs, garlic, onions, and spices are a great way to add flavor instead of salt.



Olive oil and avocado oil are great substitutes for lard, ham hock, and fatback.



For more tips on heart health, visit us at [stanfordhealthcare.org/foodforheart](https://stanfordhealthcare.org/foodforheart)



Stanford  
MEDICINE | Health Care