

EatSmart ALLYSON DICKMAN
Heart-y, healthful meals

Eating healthfully doesn't have to mean bland and boring meals. Need inspiration for your own cooking? Check out the nearly 130,000 recipes at FoodieView.com, which searches popular recipe sites for dishes that combine ingredients proven to promote heart health, such as lean proteins and fresh veggies and fruits.

FoodieView.com founder Howie Wang offers these heart-healthy tips to get you started:

- Avoid packaged or canned foods, which can be high in sodium. Eating too much salt can lead to high blood pressure.



- Increase your soluble fiber intake to lower your cholesterol. Eat oat bran, citrus fruits, beans and green vegetables.

- Don't completely omit fat. Monounsaturated fats from olive oil and omega-3 fatty acids from fish, nuts and some vegetables have many health benefits. Avoid saturated and trans fats.

- Choose protein wisely. Eat fish, poultry and lean meats. Also, try legumes and low- or non-fat dairy.

