

The Heart-Smart Midlife Plate™

Build satisfying meals with foods that support cholesterol, blood pressure, blood sugar and overall cardiovascular health.

Use this plate as a flexible starting point. Your portions and food choices can change with your appetite, activity, health needs and preferences.

1/2 Colorful Vegetables & Fruit

Leafy greens • Broccoli •
Peppers • Tomatoes •
Carrots • Berries •
Citrus • Apples

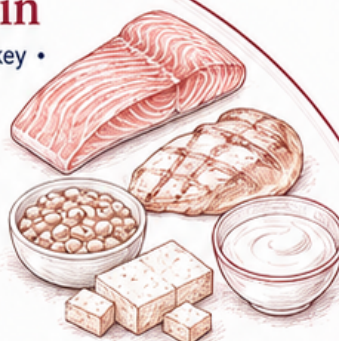
Aim for variety.
Plants provide fiber,
potassium and
protective compounds.



1/4 Protein

Fish • Chicken or turkey •
Beans • Lentils •
Tofu or tempeh •
Eggs • Plain yogurt

Choose a portion that
supports satisfaction,
muscle and your
individual protein
needs.



1/4 Fiber-Rich Carbohydrates

Oats • Barley • Brown or wild rice •
Quinoa • Beans • Lentils •
Sweet potato

Whole and minimally
processed choices can
support fiber intake
and steadier energy.



1

Add Supportive Fats

Olive oil • Avocado •
Nuts or seeds • Tahini •
Fatty fish

Use enough to add flavor
and satisfaction.



2

Flavor Beyond the Salt Shaker

Herbs • Spices • Garlic •
Ginger • Citrus • Vinegar

Taste packaged foods before
adding salt and compare
sodium on labels.



3

Choose More Often

Vegetables, fruit,
legumes, whole grains,
fish and mostly
unsaturated fats.



4

Choose Less Often

Highly processed meats,
trans fats, excess sodium,
sugary drinks and frequent
heavily refined foods.



Easy Plate Ideas

- Salmon + roasted vegetables + barley
- Lentil bowl + greens + brown rice + olive-oil dressing

- Chicken + colorful vegetables + sweet potato
- Tofu stir-fry + mixed vegetables + quinoa



Make It Work for You

Adjust for allergies, digestive
needs, cultural foods, medications
and any guidance from your
healthcare team.

Gentle Reminder

One meal does not determine
your heart health. The overall
pattern matters more than
eating perfectly.

Martine's Midlife Wellness Tip

Start by adding one heart-supportive
food to a meal you already enjoy.
Familiar meals are often the easiest
place to make a lasting change.