

To protect your heart, focus on ...

Eating foods low in saturated fat, cholesterol, sodium, and added sugars can lower your risk of heart disease, stroke and diabetes.



Fruits

Veggies

Healthy fats

Whole grains

Lean proteins

Mediterranean

- ↓ Light on dairy, red or processed meats and sweets
- ✓ Rich in veggies, fruit, beans/legumes, whole grains
- ✓ Fish
- ✓ Olive oil and nuts

Plant-based eating

Focuses on

- ↑ Eating more fruits, vegetables, whole grains, nuts
- ↓ Reducing foods from animals

A vegan diet is all plants, no meat, eggs or dairy

DASH eating plan

Dietary approaches to stop hypertension (DASH)

- ↓ Limits salt to less than 1,500 mg/day
- ✓ Lean meat, poultry, fish
- ✓ Fruits and vegetables rich in potassium (bananas and leafy greens)

Tips



Read food labels



Eat more fiber, plants

Plan meals ahead



Drink water instead of sodas or juice!

Ask your health care team or dietitian for guidance on heart-healthy eating.

For more information, visit [CardioSmart.org/EatBetter](https://www.heart.org/eatbetter)

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