

To protect your heart, focus on ...



Fruits

Veggies

Nuts

Whole grains

Lean proteins

A heart-healthy eating plan needs to be tailored to you!
Talk to your health professional or a dietitian for help.

Mediterranean

- ↓ Light on dairy, meats and sweets
- ✓ Fish
- ✓ Olive oil
- ✓ Wine OK in moderation

Vegetarian

- ✗ Cuts out meat
- ✓ Vegetable proteins (soy products, legumes)

Vegan goes further with no meat, fish, eggs or dairy products

Whole food, plant-based eating avoids processed foods

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)

More tips

Cut back
on processed meats and saturated fats

Avoid
trans fats

Drink water
instead of sodas or juice!

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

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