HEART-HEALTHY NUTRITION

Talk with your doctor & heart team about a diet that’s right for you.

**MEDITERRANEAN**
This diet is LIGHT ON MEAT & SWEETS.

- FRUITS & VEGETABLES
- BEANS, LEGUMES & WHOLE GRAINS
- FISH, NUTS & OLIVE OIL

**DASH**
Dietary Approaches to Stop Hypertension (DASH) Diet focuses on LIMITING SALT TO LESS THAN 1,500 MG/DAY.

- FRUITS, VEGETABLES & WHOLE GRAINS
- LEAN MEATS & LOW-FAT DAIRY
- LEGUMES, GRAINS, SEEDS & NUTS

These diets:
- Help maintain a HEALTHY WEIGHT
- LOWER THE RISK of heart disease
- IMPROVE BLOOD PRESSURE

**VEGETARIAN**
This dietary pattern CUTS OUT MEAT and, in some cases, SEAFOOD & DAIRY.

- FRUITS & VEGETABLES

TIPS FROM THE NEW DIETARY GUIDELINES

- Boost your intake of fruits, vegetables & whole grains.
- Cut back on sodium, sugars & saturated fats.
- Don’t forget to exercise.

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/Nutrition

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