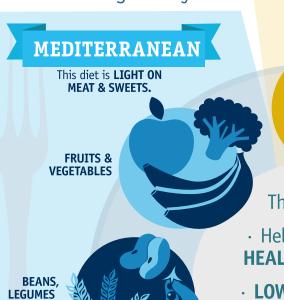
HEART-HEALTHY NUTRITION



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



DASH

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

FRUITS, VEGETABLES & WHOLE **GRAINS** These diets:

· Help maintain a **HEALTHY WEIGHT**

 LOWER THE RISK of heart disease

 IMPROVE BLOOD **PRESSURE**

LEAN MEATS & LOW-FAT DAIRY

LEGUMES, GRAINS, **SEEDS & NUTS**

TIPS FROM THE NEW **DIETARY GUIDELINES**

> Cut back on **sodium**, sugars & saturated fats.

FRUITS & VEGETABLES

VEGETARIAN

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



intake of **fruits**, vegetables & whole grains

FISH, NUTS & OLIVE OIL

& WHOLE

GRAINS

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

For more information, visit CardioSmart.org/Nutrition



@CardioSmart Facebook.com/CardioSmart