



American
Heart
Association.

10 Ways to Improve Your Heart Health

1

Balance calorie intake with physical activity.



2

Add a variety of fruits and vegetables.



3

Incorporate whole grains.



4

Focus on healthy protein sources, mostly from plants and seafood.



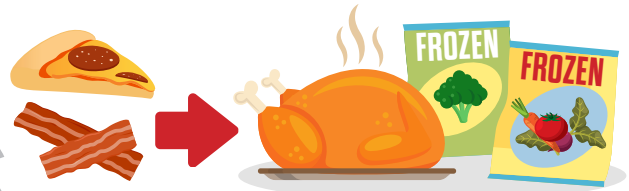
5

Use non-tropical liquid plant oils.



6

Eat minimally processed foods.



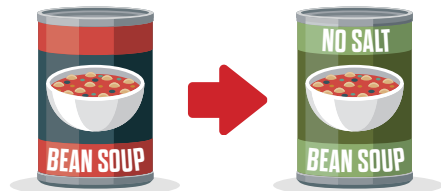
7

Minimize added sugars.



8

Cut down on salt.



9

Limit alcohol. (If you do not drink alcohol, do not start.)



10

Follow these recommendations whether eating at home or dining out.



Need more food for thought? Go to heart.org/eatsmart.