



American
Heart
Association.

10 Ways To Improve Your Heart Health

1 Balance calories with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



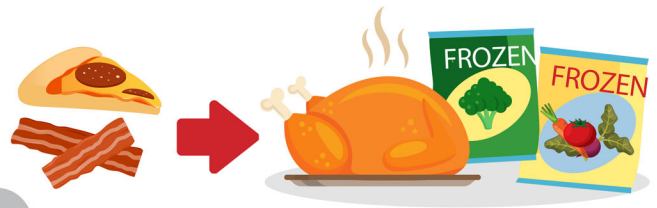
4 Include healthy protein sources, mostly plants and seafood.



5 Use non-tropical liquid plant oils.



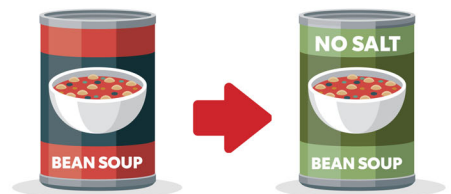
6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



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