American Heart Association®

10 ways to improve your heart health

1 Balance calories eaten with physical activity.

2 Reach for a variety of fruits and vegetables.

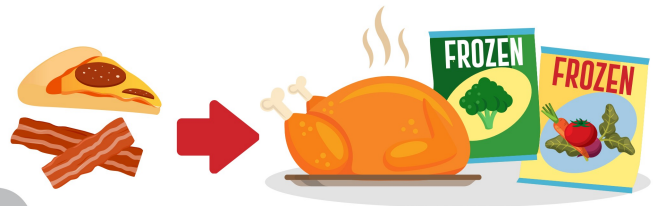**3** Choose whole grains.

4 Include healthy protein sources, mostly plants and seafood.
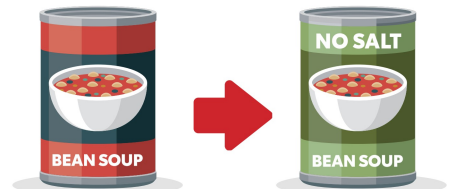
5 Use liquid non-tropical plant oils.

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