



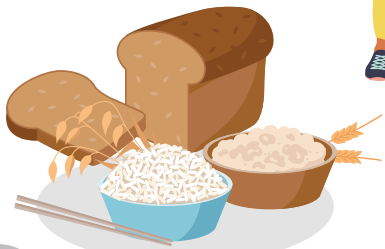
American Heart Association.

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.

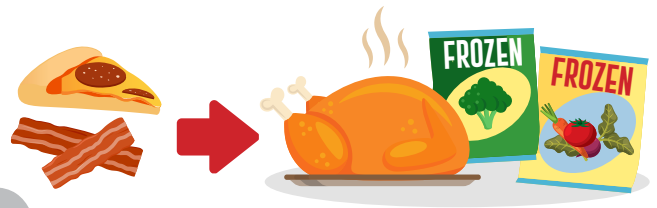


4 Include healthy protein sources, mostly plants and seafood.

5



Use liquid non-tropical plant oils.



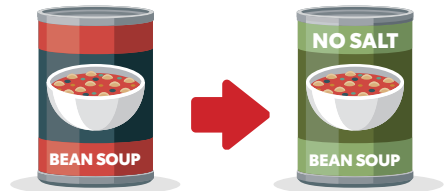
6 Choose minimally processed foods.

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