



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.



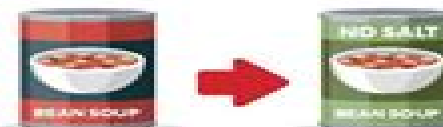
6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



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American Heart Association To Your Health A Guide To Heart Smart Living

S Ben Porath



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