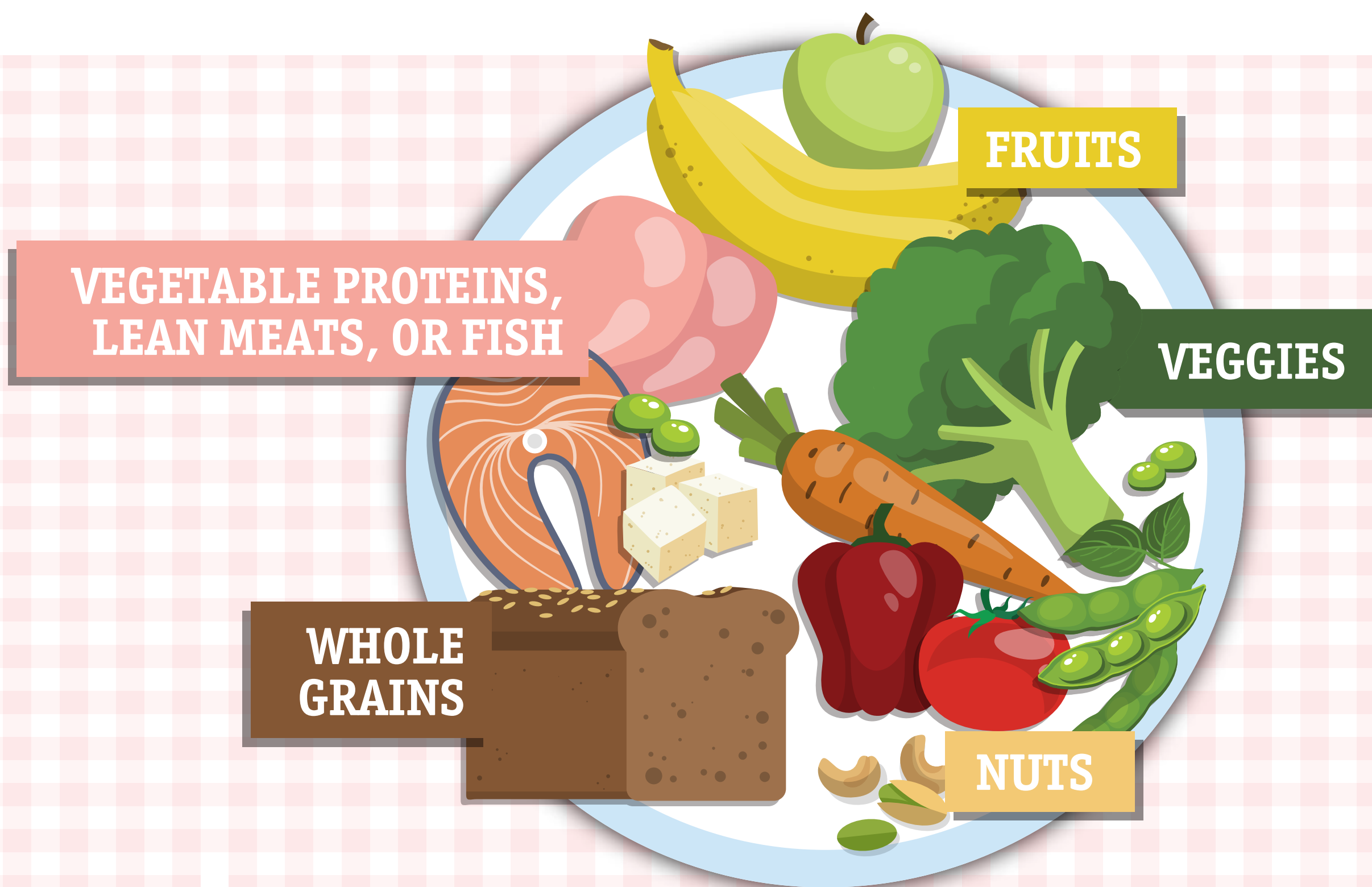


To PROTECT YOUR HEART, eat more...



MEDITERRANEAN



- ↓ Light on dairy, meats and sweets
- ✓ Fish
- ✓ Olive oil
- ✓ Wine (in moderation)

VEGETARIAN



- ✗ Cuts out meat
- ✓ Vegetable proteins (soy products, legumes)

VEGAN goes further with no meat, fish, eggs or dairy products

WHOLE FOOD PLANT-BASED EATING avoids processed foods

DIETARY APPROACHES TO STOP HYPERTENSION (DASH)



- ↓ Limits salt to less than 1,500 mg/day
- ✓ Lean meat, poultry, fish
- ✓ Fruits and vegetables rich in potassium (bananas and leafy greens)

CUT BACK
on processed meats
and saturated fats

AVOID
trans fats

DRINK WATER
instead of sodas
or juice!

**MORE
TIPS**

For more information, visit [CardioSmart.org/Nutrition](https://www.cardiosmart.org/Nutrition)

 @CardioSmart