



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.



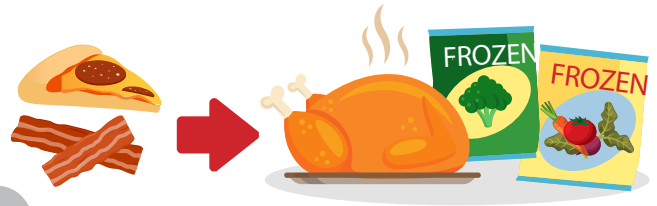
**4** Include healthy protein sources, mostly plants and seafood.



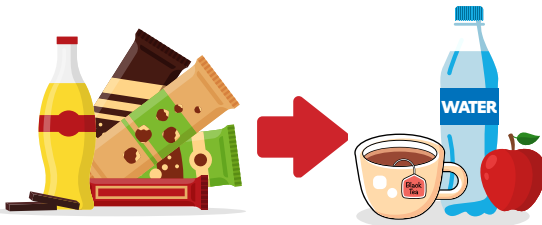
**5** Use non-tropical liquid plant oils.



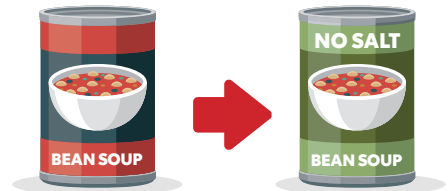
**6** Choose minimally processed foods.



**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](http://www.heart.org/eatsmart)