



American Heart Association.

# 10 ways to improve your heart health

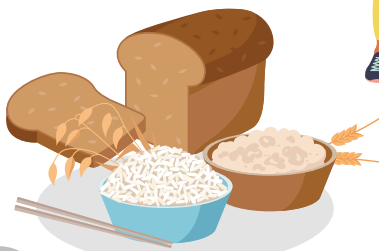
1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



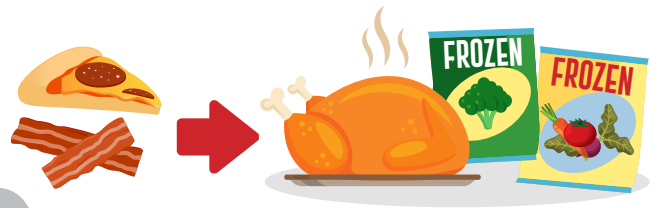
4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



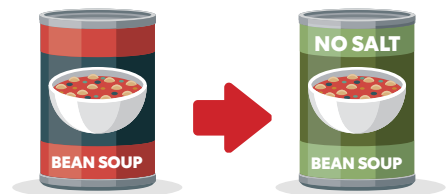
6 Choose minimally processed foods.



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