

Talk with your doctor & heart team about a diet that's right for you.

MEDITERRANEAN

This diet is **LIGHT ON MEAT & SWEETS.**

FRUITS & VEGETABLES



BEANS, LEGUMES & WHOLE GRAINS



FISH, NUTS & OLIVE OIL



DASH

Dietary Approaches to Stop Hypertension (DASH) Diet focuses on **LIMITING SALT TO LESS THAN 1,500 MG/DAY.**



FRUITS, VEGETABLES & WHOLE GRAINS



LEAN MEATS & LOW-FAT DAIRY



These diets:

- Help maintain a **HEALTHY WEIGHT**
- **LOWER THE RISK** of heart disease
- **IMPROVE BLOOD PRESSURE**

LEGUMES, GRAINS, SEEDS & NUTS



FRUITS & VEGETABLES



VEGETARIAN

This dietary pattern **CUTS OUT MEAT** and, in some cases, **SEAFOOD & DAIRY.**

TIPS FROM THE NEW DIETARY GUIDELINES

Boost your intake of **fruits, vegetables & whole grains.**



Cut back on **sodium, sugars & saturated fats.**



Don't forget to **exercise.**



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit CardioSmart.org/Nutrition