

# HEART-HEALTHY NUTRITION

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 [WMCHealthAPS.com/Heart](http://WMCHealthAPS.com/Heart)