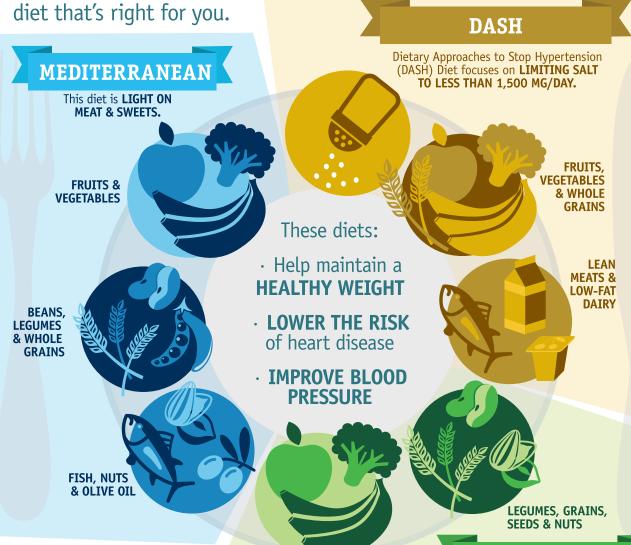
HEART-HEALTHY NUTRITION







TIPS FROM THE NEW DIETARY GUIDELINES





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

FRUITS & VEGETABLES



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



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

For more information, visit WMCHealthAPS.com/Heart

