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 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!

Information from American Heart Association: www.heart.org/eatsmart

Cass Health