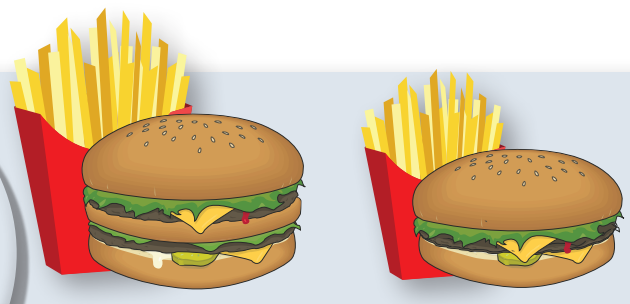
Heart-FACTS

Good nutrition reduces the risk of heart disease

Eating a nutritious, well-balanced diet is one of the simplest, most effective ways to *reduce* your risk of heart disease by lowering your cholesterol and blood pressure, and helping you to lose weight. Use these tips to get started.

Decrease portion sizes



Try cutting servings in half.

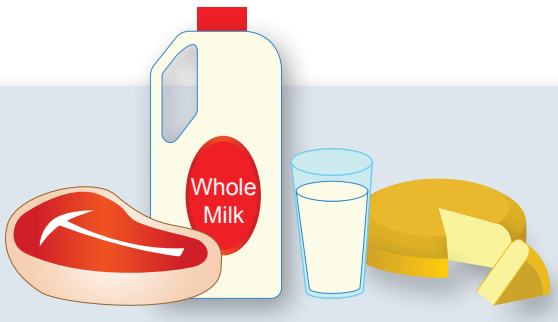
Reduce salt

Read food labels & aim for <1500 mg per day.

Eat more fruits & veggies

Eat at least 5 fresh servings per day.

Reduce saturated fat

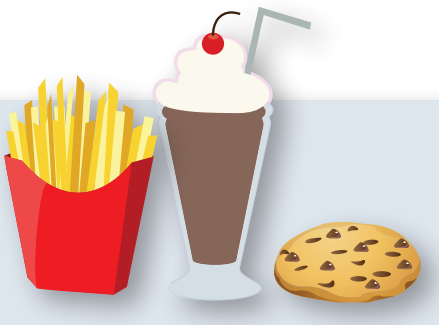


Eat less red meats & high-fat dairy products.

No sugary drinks

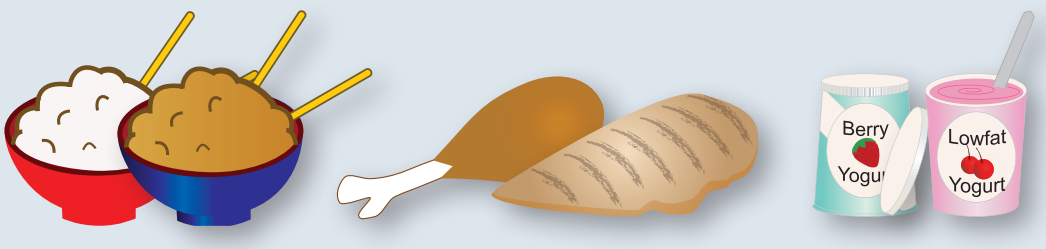
Cut out sodas & fruit drinks that are not 100% juice.

Treat treats as treats



Make junk food a special treat, not a daily event.

Substitute!



Trade white grains for whole, high-fat meats for lean, and regular dairy for low- or fat-free.

Texas Heart® Institute
at St. Luke's Episcopal Hospital

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