

# EAT FOR A HEALTHY HEART

## Smart Dietary Choices for Cardiovascular Health

● Nourish your heart, one meal at a time

### WHY HEART HEALTH MATTERS?

Heart disease is a leading cause of health complications, but the right diet can help lower risks, improve cholesterol levels, and support overall cardiovascular well-being.

**DID YOU KNOW?**



- A heart-friendly diet can reduce the risk of heart disease by up to 30%
- Poor dietary habits contribute to high blood pressure, cholesterol, and inflammation

INTERESTING FACT

### FOODS TO AVOID FOR HEART HEALTH

- ✗ Fried & Processed Foods (high in unhealthy fats)
- ✗ Sugary Drinks & Sweets (increase risk of diabetes & heart disease)
- ✗ Excessive Salt (linked to high blood pressure)
- ✗ Alcohol in Large Quantities (can raise blood pressure & cholesterol)

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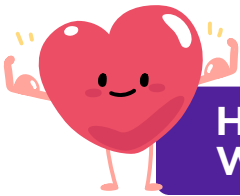
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# HEART-HEALTHY NUTRITION: WHAT TO EAT

## HEALTHY FATS

Use olive oil, avocado, nuts, and seeds instead of saturated fats like coconut oil, butter etc. Eat omega-3-rich fish (salmon, tuna) twice a week. Avoid trans fats in processed snacks



01

## FIBER-RICH FOODS

Choose whole grains (brown rice, oats, quinoa) over refined grains. Add legumes (beans, lentils, chickpeas) for heart-friendly fiber.



02

## LEAN PROTEINS

Choose skinless poultry, fish, tofu, and plant-based proteins. Limit red and processed meats (sausages, bacon) to reduce saturated fat intake



03

## STAY HYDRATED

Opt for water, herbal teas, and natural beverages instead of sugary drinks to support overall health and hydration.

04



## Ready to Improve Your Heart Health?

Book a Consultation with an Allied Team Dietitian Today!

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