
Just diagnosed with CAD (coronary artery disease)?

Healthy heart experts recommend simple diet changes...

Eat MORE...



Variety of fruits and vegetables



Whole grains and products made up mostly of whole grains



Healthy sources of protein (mostly plants such as legumes and nuts; fish and seafood; low-fat or nonfat dairy; and, if you eat meat and poultry, ensuring it is lean and unprocessed)



Liquid non-tropical vegetable oils

AND Less...



Foods & drinks with added sugars

Alcohol

Foods with added salt

Processed foods & meat