

CORONARY ARTERY DISEASE (CAD)

Follow these 7 tips for Diet and Lifestyle changes

Know your calorie needs to achieve and maintain a healthy weight



Prepare and eat smaller, more frequent meals



Use fresh or frozen vegetables and fruits in place of canned vegetables



Limit beverages and foods high in added sugars

Choose foods made with whole grains



Use liquid vegetable oil instead of solid fats



Avoid processed meats that are high in saturated fat and sodium

