

Foods To Improve **HEART HEALTH**



1

Leafy Green Vegetables

Citrus Fruits

2



3

Whole Grain Foods

Rice

4



5

Increase consumption of Fish

**Increase Intake of Protein Rich
Foods**

6



7

Use Polyunsaturated Fat Oils

**Limit salt, replace with natural
herbs and spices**

8



9

**Limit use of premade sauces and
instant foods**

Limit alcohol

10

