Heart Healthy

Heart-Healthy Eating Guidelines

✅ Choose Nutrient-Dense Foods:

- Whole grains (brown rice, quinoa, whole wheat bread)
- Lean proteins (chicken, fish, tofu, beans)
- Healthy fats (avocados, nuts, olive oil)
- Fruits and vegetables (aim for colorful variety)

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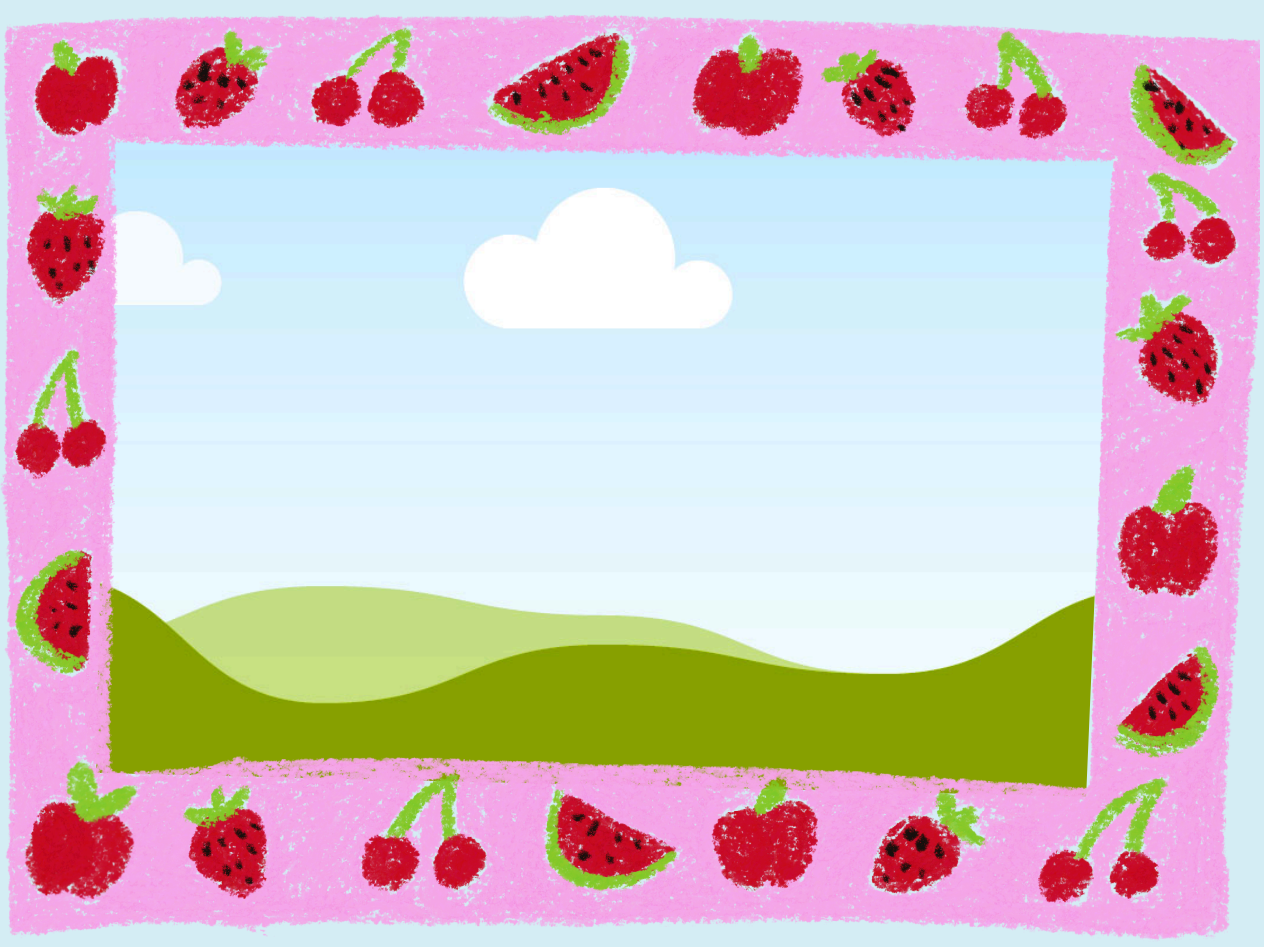

Lifestyle Tips for a Healthy Heart

🚶 Stay Active – Aim for 150 minutes of moderate exercise per week (walking, cycling, swimming).
😴 Get Enough Sleep – 7-9 hours per night supports heart health. 🧘
Manage Stress – Try meditation, yoga, or deep breathing exercises.
🚭 Quit Smoking – Reduces CAD risk significantly. 💊 Follow Medication Plans – Take prescribed medications as directed.

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Know Your Numbers

Blood Pressure: Aim for <120/80 mmHg
Cholesterol: LDL (“bad” cholesterol) should be <100 mg/dL
Blood Sugar: Fasting blood sugar should be <100 mg/dL
BMI (Body Mass Index): Maintain a healthy range (18.5-24.9)