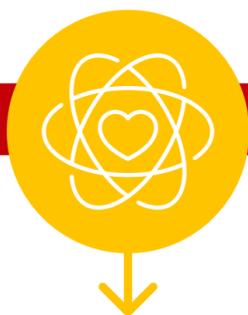


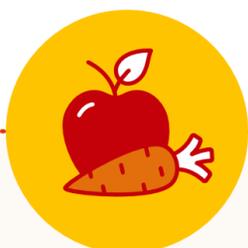


**Weill Cornell Medicine**

# How to Eat With Your Heart in Mind



Your heart works tirelessly for you every day. Support it by being mindful of not only what you eat, but also how you eat.



## Heart-Strengthening Foods

The DASH eating plan is a great way to nourish your heart. Short for Dietary Approaches to Stop Hypertension, DASH recommends eating the following:



Fruits, vegetables and whole grains



Low or no-fat dairy products



Poultry, fish, vegetable oils, beans, nuts and seeds



## Heart-Weakening Options

What you don't eat and drink is just as important to your heart health. To help keep your heart in top shape for years to come, limit these:



Alcohol



Excess sodium (salt)



Fatty meats



Highly processed foods, such as jerky or chips



Artificially sweetened or overly sweetened drinks and foods

## Eat Heart Smart Every Day

Heart health isn't a one-time effort. It's a lifestyle. Here are some ways to show your heart some love, every day of the year.



### Eat in moderation

Talk with your doctor to determine how many calories you should consume in a day.



### Make it yourself

It's easier to know what's in your food when you prepare it.



### Read food packages

Look out for saturated fat, sodium and added sugars.

Want to keep track of your heart health? Find a doctor today at [weillcornell.org/doctors](http://weillcornell.org/doctors)



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