



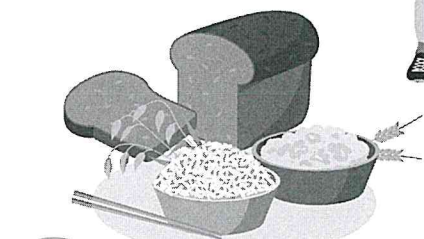
American
Heart
Association.

10 ways to improve your heart health

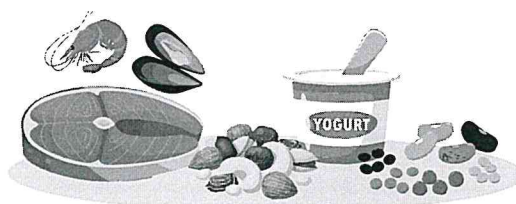
1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



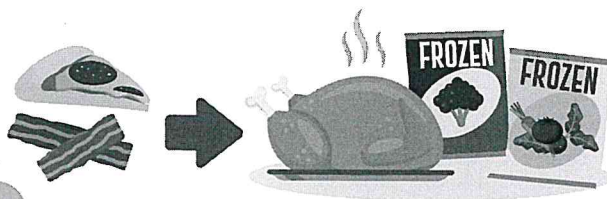
3 Choose whole grains.



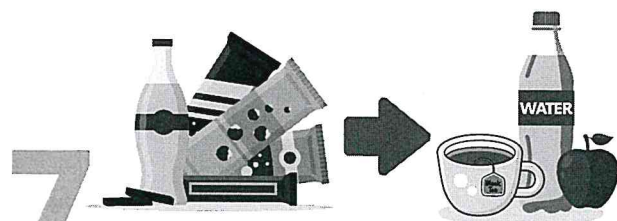
4 Include healthy protein sources, mostly plants and seafood.



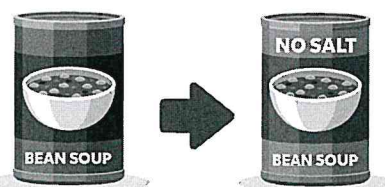
5 Use liquid non-tropical plant oils.



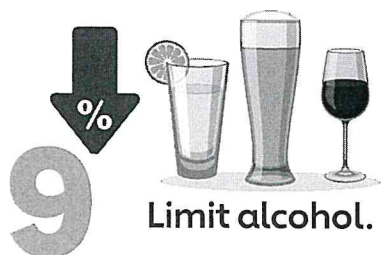
6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart



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10 maneras de mejorar tu salud cardíaca

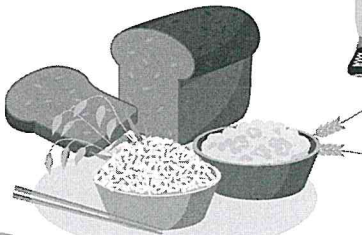
1 Equilibra las calorías que comes con actividad física.



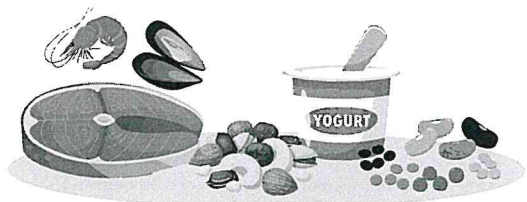
2 Busca una variedad de frutas y verduras.



3 Elige productos integrales.



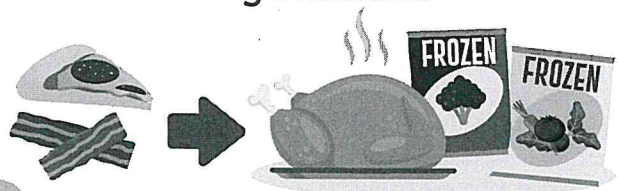
4 Incluye fuentes de proteínas saludables, principalmente plantas y mariscos.



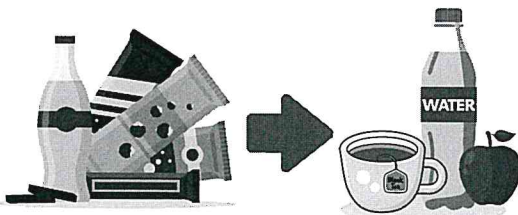
5 Usa aceites líquidos que no sean de plantas tropicales.



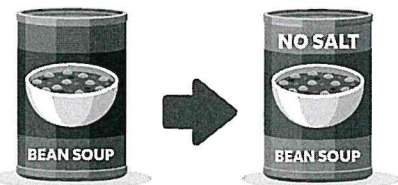
6 Elige alimentos mínimamente procesados.



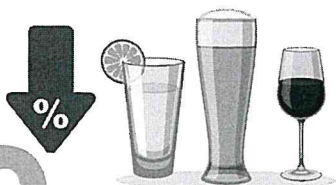
7 Evita productos con azúcares añadidos.



8 Reduce la sal.



9 Limita el consumo de alcohol.



10 ¡Haz todo esto dondequiera que comas!

¿Quieres informarte más? Go to www.heart.org/eatsmart