

# THREE KEY STEPS for A HEALTHY HEART

**1 CUT DOWN ON SALTY FOODS**

**2 EAT MORE FRUITS & VEGETABLES**

**3. MANAGE YOUR BLOOD PRESSURE**

## COOK WITH LESS SALT & SALTY SAUCES

SUCH AS SOY SAUCE & FISH SAUCE

Choose low-sodium options. Read the nutrition facts label and the percent daily value for sodium (% dv).

LOW-SODIUM CHOICE	VS	HIGH-SODIUM CHOICE
<b>Nutrition Facts</b> Serving size (120g)		<b>Nutrition Facts</b> Serving size (120g)
<b>Calories 280</b> Calories from Fat 35		<b>Calories 320</b> Calories from Fat 90
% Daily Values		
<b>Total Fat 4g</b> 5%		<b>Total Fat 15g</b> 23%
<b>Cholesterol 10mg</b> 3%		<b>Cholesterol 15mg</b> 5%
<b>Sodium 120 mg</b> 5%		<b>Sodium 900 mg</b> 38%
<b>Total Carbohydrate 47g</b> 16%		<b>Total Carbohydrate 43g</b> 15%
<b>Protein 11g</b> 22%		<b>Protein 12g</b> 24%



**SEE YOUR HEALTH PROFESSIONAL** to get your blood pressure checked. Be sure to do it regularly to keep your blood pressure under control.

Fill your plate with more fresh **FRUITS & VEGETABLES** in place of meat or starchy foods like bread and rice

**CHOOSE FRUIT FOR DESSERT!**

**HEALTHY HEART HEALTHY COMMUNITY**

#reachfar

Three Key Steps English Translation Date: January 2019



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