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

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Low-Sodium Choice</th>
<th>High-Sodium Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (280)</td>
<td>Calories (320)</td>
<td></td>
</tr>
<tr>
<td>Total Fat (4g)</td>
<td>Total Fat (15g)</td>
<td></td>
</tr>
<tr>
<td>% Daily Value</td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>Total Carbohydrate</td>
<td></td>
</tr>
<tr>
<td>Protein (11g)</td>
<td>Protein (12g)</td>
<td></td>
</tr>
<tr>
<td>Sodium (120mg)</td>
<td>Sodium (900mg)</td>
<td></td>
</tr>
</tbody>
</table>

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!

Supported in part by the Centers for Disease Control and Prevention under award numbers U58DP005621 and U48DP005008 and the National Institutes of Health - National Institute on Minority Health and Health Disparities under award number R01MD009564. The content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention.

www.med.nyu.edu/Asian-Health/Research/ReachFar