

# 25

## 25 tips for a healthy heart



**Eat more of**  
grains, vegetables,  
beans, greens, fruits,  
fish, seeds, & yogurt.



**Eat less of**  
milk, chesse & nuts



**Add Garlic**  
to your recipes



**Beta-carotene**  
rich foods like carrots,  
cabbage, sweet potatoes  
and dark leafy greens,



**Reduce sodium**  
intake to no more than  
1 1/4 teaspoons of salt  
per day.



**Eat regular**  
meals



**Drink water**  
throughout the day



**Switch**  
from coffee to tea



**Exercise**  
regularly



**Take the stairs**  
instead of an elevator  
or escalator at school



**Do Housework**  
Take it as an extra  
chance to exercise



**Healthy weight**  
should be maintained



**Quit Smoking**



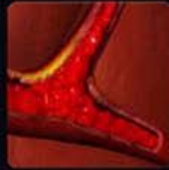
**Avoid Alcohol**



**Sleep**  
adequately



**Blood Pressure**  
should be monitored



**Cholesterol**  
should be monitored



**Work Schedule**  
should be regular to  
avoid too much stress



**Practice**  
stress-reduction techniques  
such as deep-breathing,  
Yoga & meditation



**Laughter**  
is a good medicine



**Medical  
Check-Ups**  
should be done regularly



**Control  
Diabetes**



**Family History**  
of cardiovascular  
disease should be known.



**Love**  
Give it & receive it



**Medication**  
prescribed by Dr.  
should be taken.

**Have a healthy life.  
Have a happy life!**