

Korean Food for Heart

Eating heart-healthy doesn't mean eating bland or boring. The delicious and diverse cuisines of Korean culture have plenty of healthy ingredients and foods to choose from, helping to lower the risk of cardiovascular disease.

Use this quick guide for tips on ingredients, dining out, and other important heart health information.

HOW TO LOWER YOUR RISK



Drink a lot of water. Korean cuisine can be high in sodium which can lead to dehydration.



When eating pork or beef, choose leaner cuts and avoid belly and rib meat.



Avoid instant ramyun noodles as they are typically high in sodium.

TIPS FOR DINING OUT



Vegetable banchan (side dishes) are a great way to start any meal.



Soondubu (tofu soup) is full of protein and vegetables, making it a great complete meal.



Avoid all-you-can-eat Korean BBQ as it makes portion control difficult.

TIPS FOR COOKING AT HOME



Choose leaner meats like chicken or fish instead of pork and beef.



High-calorie ingredients like sesame oil can still pack a flavor punch when used sparingly.



Kimchi and other fermented vegetables add tons of flavor and are low in calories.



For more tips on heart health, visit us at stanfordhealthcare.org/foodforheart



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