

Latin American Food for Heart

Eating heart-healthy doesn't mean eating bland or boring. The delicious and diverse cuisines of Latin American 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, shopping, and other important heart health information.

HOW TO LOWER YOUR RISK



Choose whole grain brown rice over white rice for more fiber.



Avoid sugary sodas and drink aguas frescas with no added sugar.



Use olive oil or canola oil instead of butter or lard.

TIPS FOR DINING OUT



Avoid or go light on condiments high in saturated fats, such as sour cream and cheese.



Choose 100% corn tortillas over flour tortillas.



Choose lean proteins like chicken and fish over fattier options like beef or pork.

TIPS FOR GROCERY SHOPPING



Choose whole dried beans or canned beans with no added salt to cut out excess sodium.



Purchase lean meats like chicken and seafood in bulk or from the freezer section.



Choose low-fat dairy products like low-fat milk, part-skim cheese, and light sour cream.



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



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