

South Asian Food for Heart

Eating heart-healthy doesn't mean eating bland or boring. The delicious and diverse cuisines of South Asia 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



Substitute white rice with red or brown rice for increased fiber.



Use turmeric and other whole spices to season food instead of salty or sweet seasonings.



Avoid or limit deep fried snacks like samosas.

TIPS FOR GROCERY SHOPPING



Shop for dried whole lentils, beans, and whole grains instead of refined options.



Be sure to eat a wide variety of seasonal vegetables from your local market or store.

HEART STATISTICS FOR SOUTH ASIANS



South Asians develop coronary artery disease up to 10 years earlier than the general population, on average.



South Asians have the highest rate of hospitalization in California for coronary artery disease, 4x the rate of any other ethnic population.



25% of heart attacks occur under age 40.



50% of heart attacks occur under age 50.



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



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