

Japanese Food for Heart

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

HOW TO LOWER YOUR RISK



Drink unsweetened green and barley teas instead of sugary drinks.



Edamame beans make a great snack full of protein, fiber, and omega-3s.



When eating animal protein, choose lean meats like skinless chicken breast and fish.

TIPS FOR DINING OUT



Start meals with fresh appetizers like seaweed salad or edamame.



Choose fish-heavy sushi options like sashimi instead of carb-heavy rolls.



Avoid fried chicken and pork katus and go with grilled options instead.

TIPS FOR COOKING AT HOME



Swap animal proteins for plant proteins like natto (fermented soybeans), tofu, and edamame.



Substitute buckwheat soba or shirataki noodles for refined white noodles.



Satisfy your sweet tooth with fresh seasonal fruits.



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



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