



Heart-Healthy Eating Patterns

There are different eating patterns that can have a positive impact on your health. A few are described below. Make sure to check with your healthcare team to see which options might be best for you—and to make sure your choices are providing the right amounts of the right types of nutrition needed by you to stay healthy.

The 3 eating patterns described below have strong scientific support, and align with current dietary guidelines.

MEDITERRANEAN DIET

Supported by extensive research for heart health

- Emphasizes fruits, vegetables, whole grains, legumes, nuts
 - Uses olive oil as primary fat source
 - Includes fish and seafood regularly
 - Limited red meat and processed foods
- More information: heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet

DASH DIET (DIETARY APPROACHES TO STOP HYPERTENSION)

Proven effective for lowering blood pressure

- Rich in fruits, vegetables, and low-fat dairy
 - Includes whole grains, poultry, fish, and nuts
 - Limited sodium, sweets, and red meat
- More information: nhlbi.nih.gov/education/dash-eating-plan

PLANT-BASED DIET

Supports heart health, and prevention of some diseases.

- Rich in fruits, vegetables, beans, legumes, whole grains, nuts and seeds
 - Does not include meat, poultry, wild game, seafood, eggs, dairy
- More information: heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health