

Filipino Food for Heart

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



Avoid snacking on fried foods in between meals.



Consider half portions of rice with traditional meals.



Cook leaner cuts of meat at home like fish, skinless chicken breast, and lean ground pork.

TIPS FOR GROCERY SHOPPING



Consider buying olive or avocado oil instead of butter or lard.



Choose low-sodium versions of soy sauce and patis.



Frozen seafood and veggies are easier on the wallet and your heart.

TIPS FOR COOKING AT HOME



Try lumpiang sariwa, or “fresh lumpia,” instead of fried lumpia to cut down on excess fat.



Substitute white rice with cauliflower rice or mix the two for additional fiber.



Traditional dishes like bulanglang and monggo guisado are heart-healthy and delicious.



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



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