

# Vietnamese Food for Heart

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



Drink tea and water to stay hydrated.



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



Begin your meals with hot soups instead of heavy appetizers to avoid eating too much.

## TIPS FOR GROCERY SHOPPING



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



Cut down on extra salt and sugar. Use lots of herbs, spices and vinegars. Go light on fish sauce or try coconut aminos instead.



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

## TIPS FOR COOKING AT HOME



Fill up half of your plate with vegetables.



Ginger and garlic are great substitutes for MSG and salt.



Air frying is a great way to prepare your favorite fried dishes with less fat.



For more tips on heart health, visit us at [stanfordhealthcare.org/foodforheart](https://stanfordhealthcare.org/foodforheart)



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