Stanford MEDICINE
Health Care

Food for Heart

ANATOMY OF

Heart-Healthy Classic Fried Rice

SAVE THE SALT
Use low-sodium soy sauce to reduce your salt intake.

BIG TASTE, LOW CAL
Garnish with fresh herbs and seasonings like scallions and sesame seeds.

CUT THE PREP
Frozen pre-cut vegetables are fast, healthy, less expensive, and keep well in the freezer.

THE RIGHT RICE
Brown rice has more fiber and nutrients than white rice.

Celebrate Heart Month by preventing heart disease with small, daily steps provided by the leading dietitians at Stanford Health Care.
Recognized among the top 10 in the nation for Cardiology, Heart & Vascular Surgery

For more information and heart-healthy tips, visit us at stanfordhealthcare.org/foodforheart

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