

# Chinese Food for Heart

Eating heart-healthy doesn't mean eating bland or boring. The delicious and diverse cuisines of Chinese 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 plenty of caffeine-free tea and water throughout the day.



Start meals with filling, low calorie soups instead of heavier appetizers.



Dip dumplings and other foods in chili sauce instead of soy sauce to reduce sodium.

## TIPS FOR GROCERY SHOPPING



Buy mung bean noodles or rice noodles instead of white refined noodles.



Buy dried ingredients like mushrooms, shrimp, and clams for flavor enhancers with a long shelf life.



Frozen seafood and veggies are less expensive and keep longer in the freezer.

## TIPS FOR COOKING AT HOME



Try steaming dumplings and vegetables instead of frying them.



Make congee with brown rice, oats, or barley instead of white rice.



Cook with tofu — it's filling, absorbs a lot of flavor, and is less expensive than most animal proteins.



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



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