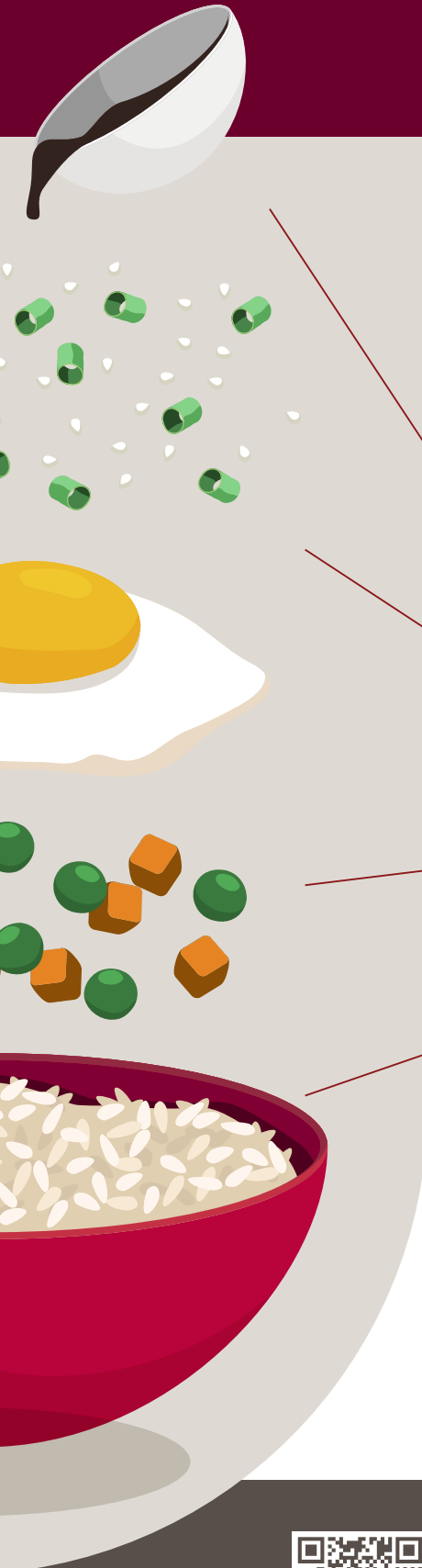


# Food for Heart



## 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](https://stanfordhealthcare.org/foodforheart)

