



San Patricio
Heart Institute

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Basic recommendations for a healthy heart:

1. Practice the Mediterranean diet
 - a. Prioritize cooking with vegetable oils low in saturated fats, such as olive oil and avocado oil. Avoid butter and solid fats like lard.
 - b. Increase your intake of vegetables, fruits, grains, whole-grain breads, nuts, and other fiber-rich foods.
 - c. Preferred proteins: Chicken, Fish, and Turkey (without the skin). Lean meat.
 - d. Avoid juices, sodas, or drinks with added sugar.
 - e. Don't forget to consult with your nutritionist.
2. Accumulate at least 150 minutes of moderate intensity exercise per week
 - a. Moderate intensity exercise: Exercise at a pace where you can talk but can not sing a song or try achieving 70% of your maximum heart rate ($220 - \text{your age} \times 0.7$).
3. Avoid cigarettes, vaping, excessive alcohol (>2 drinks/day for men, >1 drink/day for women), or abuse of anti-inflammatory medications (Advil, Aleve, Cataflam, Motrin, Voltaren, Meloxicam, Toradol, etc.).
4. Be careful with very salty foods.
 - a. Most of us become more sensitive to salt after age 45. It doesn't matter if it's table salt, Himalayan salt, or anything else. It increases the risk of high blood pressure.