Dietary Guidelines to Prevent and Reverse Heart Disease

1. Move Plant-Based Foods to the Center of Your Plate.
3. Include Some Nuts and Seeds; Avoid Oils.
4. Avoid Saturated and Trans Fats.
5. Supplement with Vitamin B12.

Know your numbers:
Weight, waist circumference, blood pressure, blood sugar, and cholesterol. Improve your metabolic risk factors and protect your heart with a plant-based diet.