

SUPPORT YOUR HEART EVERY DAY



Narodowe
Centrum
Edukacji
Żywnościowej

POTASSIUM

tomato, avocado, banana



CALCIUM

milk and dairy products, tofu, kale



POLYPHENOLS

berries, legumes, green tea, olive oil



MAGNESIUM

almonds, pumpkin seeds, buckwheat groats



OMEGA-3 FATTY ACIDS

salmon, rainbow trout, nuts e.g. walnuts, linseed oil



DIETARY FIBRE

wholemeal bread, coarse groats, legumes e.g. chickpeas



VITAMIN C, E, BETA-CAROTENE

bell pepper, nuts e.g. hazelnuts, sprouts



Healthy habits for your heart

- balanced diet
- regular physical activity
- proper quantity and quality of sleep
- regular preventive examinations
- coping with stress
- resignation from stimulants (e.g. alcohol, cigarettes)