



## **CRH: Foods to Choose and Foods to Avoid**

### **Foods that support your cardio/respiratory system:**

- Whole food, anti-oxidant rich diet that's high in greens, fruits, and vegetables
- Foods with omega-3 fatty acids (EPA/DHA): flax, chia, hemp, walnuts, algae, deep ocean fish
- Low-glycemic foods for blood sugar balance

### **Foods that damage your cardio/respiratory system:**

- Sugar and high fructose corn syrup
- Processed grains
- Fruit juices
- Inflammatory foods
- Alcohol
- Trans and heated fats (mayonnaise, margarine, hydrogenated fats)
- Caffeine
- Some medications