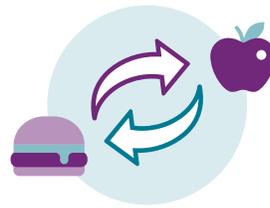


Are you eating heart-healthy?



Here are some simple ways to swap less healthy foods (full of fat, salt, or calories) for some equally delicious, heart-healthy options.

Keep this list handy or print it out to help you make smart choices when shopping, cooking, or dining out.



What foods can you swap?

Less healthy:

More healthy:

Spareribs



Pork tenderloin

Beef burger with cheese



Turkey burger with avocado

Cheesy nachos



Corn chips and salsa

Chips or pretzels



Baby carrots

Ice cream



Frozen yogurt

Cheese and crackers



Veggies and hummus

Ranch dressing



Olive oil and lemon juice

Pasta



Brown rice

Granola



Oatmeal

Butter or margarine



Low-fat spread

Fried chicken



Grilled chicken

Sugary soda



Seltzer

Sour cream



Low-fat yogurt

This guide is not meant to be an exhaustive list. Be sure to check with your doctor before starting a new diet plan.

What is LEQVIO?

LEQVIO (inclisiran) is an injectable prescription medicine used along with diet and other cholesterol-lowering medicines in adults with high blood cholesterol levels called primary hyperlipidemia (including a type of high cholesterol called heterozygous familial hypercholesterolemia [HeFH]) to reduce low-density lipoprotein (LDL-C) or "bad" cholesterol.



Stay on a healthy track by eating right.
 Now, add a few options of your own.

Swap this:
 Less healthy



For this:
 More healthy

Handwriting practice area with two columns of dotted lines for text entry, separated by a central vertical line with arrowheads pointing right.

IMPORTANT SAFETY INFORMATION

Do not use if you have had an allergic reaction to LEQVIO or any of its ingredients. The most common side effects of LEQVIO were: injection site reaction (including pain, redness, and rash), joint pain, and chest cold.

These are not all the possible side effects of LEQVIO. Ask your health care provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please [click here](#) for LEQVIO full Prescribing Information.

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