**Video transcript:**

New research supports that eating mostly plant-based foods and fewer animal-based foods may be linked to better heart health and lower risk of dying from heart attack, stroke, or other cardiovascular disease.

The American Heart Association recommends eating a variety of nutritious foods from all the food groups.

Limit: Saturated fat, trans fat, sodium, red meat, sweets, and sugar-sweetened beverages.

Visit heart.org to learn more.

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