

## **Heart disease is also the No. 1 most preventable disease in the country.**

**It all comes down to taking care of our bodies that house our hearts:**

- **Keeping blood pressure in check**
- **Keeping cholesterol low**
- **Maintaining a reasonable weight**
- **And keeping activity up.**
- **Also- DONT SMOKE**



According to the American Heart Association, smokers are 2-3 times more likely to die from heart disease than non-smokers.

Of the nearly half-million smoking-related deaths each year, almost a third are due to cardiovascular disease.

## **But the good news is there's hope!**

As soon as you quit smoking, your heart says a big thank you and your risk gradually declines. Within just a few years, your risk of stroke and heart disease matches that of a non-smoker.



# HEART HEALTHY FOODS

## FATTY FISH

Fish such as salmon, mackerel, herring, trout, and albacore tuna contain Omega-3 fatty acids which have fabulous heart health benefits. Omega-3 fatty acids can lower your triglyceride levels, lower your blood pressure and contribute to a more regular heart rhythm.



Salmon also has a healthful antioxidant called carotenoid astaxanthin -- along with protein, B-vitamins, calcium and vitamin D.

The American Heart Association recommends eating 2 servings of fatty fish a week.



## WHOLE GRAINS

Much of whole grains' heart-disease fighting capability comes from soluble fiber. Soluble fiber binds to bile acid. Your body uses bile acid in fat digestion to make [cholesterol](#).

Since our bodies don't digest fiber, that bile acid gets carried out of our bodies as waste. Without that source of bile acid, our bodies turn more cholesterol into bile acids -- thus leading to less heart-disease-contributing cholesterol in our bodies.

**Whole grains** contain the entire grain – the bran, germ and endosperm. Examples include whole-wheat flour, oatmeal, whole cornmeal, brown rice and bulgur.

**Refined grains** have been milled (ground into flour or meal) which results in the bran and germ being removed. This process removes much of the B-vitamins, iron and dietary fiber.