

Welcome to Heart Health Month



Although heart disease is the leading cause of death in America, heart disease is *preventable*.

While age, gender and family history cannot be controlled, you can prevent and control high cholesterol, high blood pressure, excess weight and obesity with lifestyle changes, medications and healthy eating.

Healthy food choices and an **active lifestyle** can have a big impact on your heart's health.

Here are a few steps that *can* lead you to a healthier heart:

- ⦿ Regular, moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, at least 10 minutes at a time.
- ⦿ Eat more fruits and vegetables. One good goal is to fill half your plate with colorful fruits and vegetables every meal.
- ⦿ Eat less salt by preparing foods at home so you can control the amount of salt in your meals. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- ⦿ Eat whole grains.
- ⦿ Regularly eat fatty fish like salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- ⦿ Eat fewer foods with saturated fats, trans fats, cholesterol, added sugars, and refined grains.

Talk to your doctor to find out if you are at high risk for heart disease. If you need help with your healthful eating, consult a registered dietitian who can build a nutrition plan that fits your lifestyle and needs.