



Keeping a Healthy Heart

Consume a diet Low in Fat and Cholesterol

- Reduce fat intake to less than 30% of daily calories
- Reduce saturated fat to less than 10% of daily calories. This type of fat raises blood cholesterol levels more than anything else you consume.
- Limit cholesterol to less than 300mg/day.
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Lower Sodium and Increase Fiber

- Decreasing sodium lowers blood pressure. Healthy adults should eat less than 2,400 mg of sodium daily.
- Fiber from whole grains, fruits, and vegetables lowers cholesterol levels.
- Fruits and vegetables contain potassium which may lower blood pressure.
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Exercise, Quit Smoking, Reduce Stress and Alcohol

- Exercise lowers blood pressure, cholesterol, stress, and weight.
- Smoking raises blood pressure and heart rate and may lower HDL.
- Stress is a factor for high blood pressure and heart disease.
- Heavy drinking may increase the risk for high blood pressure
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Factors that Contribute to Heart Disease

- Cigarette smoking
- High blood pressure
- Overweight
- Diabetes
- Uncontrolled stress
- Excessive alcohol
- Taking birth control pills (if you smoke)
- Family history
- Over age 55
- African American
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Some Quick Facts about Heart Disease

- Heart disease is the number one killer in America
- 1 in 4 Americans have some form of cardiovascular disease
- Women's risk for heart disease parallels those of men, but occur 7-10 years later in life.