

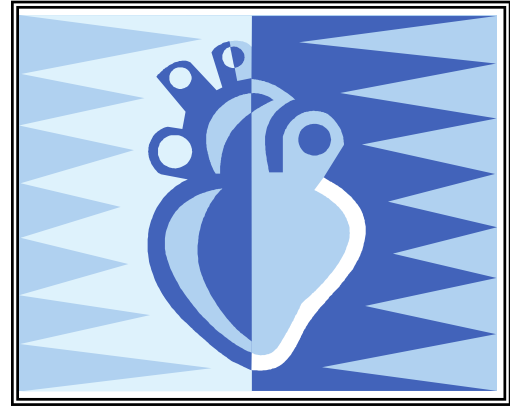
We've all heard the statistics; heart disease is America's number one killer that affects both men and women. It accounts for about 40% of deaths annually in the United States.

These are the risk factors that are *not within* our control:

- ♥ Family history of heart disease
- ♥ Getting older

Other major risk factors *within* our control are:

- ♥ Cigarette smoking
- ♥ High Blood Pressure
- ♥ Lack of exercise
- ♥ Overweight & obesity
- ♥ Drinking too much alcohol
- ♥ Stress



Let's think about the role of nutrition in preventing cardiovascular disease. The American Heart Association recommends:

The American Heart Association guidelines are parallel to the USDA's Dietary Guidelines for Americans. We need to consume a variety of fruits and vegetables. Think about how many fruits and vegetables you ate yesterday. Was this a typical day? Do you generally eat more fruits and vegetables? Less?

How many different colors of fruits and vegetables did you eat yesterday?

Why eat fruits and vegetables?

- ☉ Contain over 100 compounds for good health
- ☉ Provide phytochemicals which work with vitamins, minerals, and fiber
- ☉ Keep us heart healthy
- ☉ Prevent some types of cancer
- ☉ Help build strong bones
- ☉ Control high blood pressure
- ☉ Vision health
- ☉ Prevent birth defects
- ☉ Slow effects of aging



How many servings?

My Pyramid recommends 4½ cups of fruits and vegetables each day for a 2,000 calorie diet. Many people fail to eat the recommended number of servings of fruits and vegetables each day. How might we eat more of these foods? You might try adding one extra serving of fruit and vegetables to your diet. Or you might redesign your dinner plate by filling about 75% of it with whole grain products, vegetables, and fruit.

Let's not be a statistic. Let's begin now to "Eat Smart for Heart Health."