A CONSUMER’S GUIDE TO A HEALTHY HEART!

❤️ **Do not smoke or use tobacco products:** tobacco is the most significant risk factor for heart disease.

❤️ **Get Active:** moderate physical activity (walking or jogging at least 30-45 minutes a day) can reduce the risk for heart disease. It helps control weight, high blood pressure, high cholesterol, and diabetes.

❤️ **Eat a heart-healthy diet:** fruits, vegetables, legumes (beans, lentils, peanuts), low-fat sources of proteins, and fish. Avoid saturated, polyunsaturated, monosaturated, and trans-fats (deep-fried foods, bakery products, packaged snack foods, and margarines).

❤️ **Maintain a healthy weight:** excess weight can lead to heart disease—high blood pressure, high cholesterol, and diabetes.

❤️ **Get regular health screenings:** high blood pressure can damage your heart and blood vessels. KNOW YOUR NUMBERS! (blood pressure and cholesterol levels)

❤️ **Learn about your family history:** very close relative with heart disease before age 55 (male or female) mother, father, and grandparents.

❤️ **Eat high fiber foods—low glycemic index:** The glycemic index of food is a ranking of foods based on their effect on blood glucose (blood sugar) levels. Vegetables, beans, apricots and fat-free/skim milk.
Salt: limit salt intake to 2,300 mg/day.

Consume Omega-3 fatty acids: increases 'good' cholesterol (HDL), decreases 'bad' cholesterol (LDL), plaque build up, blood clots, and inflammation.

Consume antioxidant-rich foods: cranberries, mangosteen, acai berries, guava, dark chocolate, and red wine.

Good oral hygiene: periodontal disease is associated to heart disease.

Drink alcohol in moderation: Grapes are rich in resveratrol (reduces 'bad' cholesterol and prevents blood clots).

Reduce stress: relaxation exercises: yoga, meditation, breathing, and laughing.

Sleep: get enough sleep! At least 8 hours a night.