

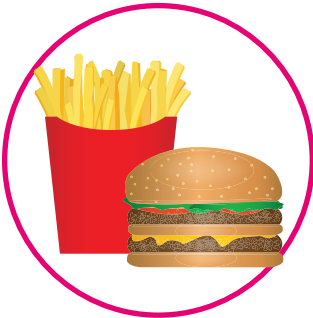
EATING FOR BETTER HEART HEALTH

When it comes to healthy eating, moderation is key. Adopt a healthier diet low in:

FATTY & PROCESSED FOODS

There are different types of fat:

- Poly and monounsaturated fats are considered healthy and are found in nuts and seeds and fatty fish, such as salmon.
- Saturated, artificial trans and hydrogenated fats are considered unhealthy and are found in fatty cuts of meat, full-fat dairy products, many packaged snacks and desserts.



When you eat a meal, the body breaks down fatty molecules and uses them for various functions. Too much fat in the blood causes buildup in your blood vessels. Overtime, these fatty deposits, known as plaque, may:

1. Block arteries, which impacts blood circulation
2. Block blood to the heart causing heart attacks and strokes

SALT

The body requires salt, also known as sodium, to control blood pressure and ensure nerves and muscles work properly. But when you consume too much salt, you are at risk of increased blood pressure. High blood pressure can put strain on your heart, blood vessels and kidneys, and even damage the small blood vessels in your brain or eyes.

HOW MUCH SALT IS TOO MUCH?

Experts recommend that individuals age 14 and older consume a maximum of 1,500 milligrams per day. That is less than one teaspoon of table salt, which has 2,300 milligrams of sodium!



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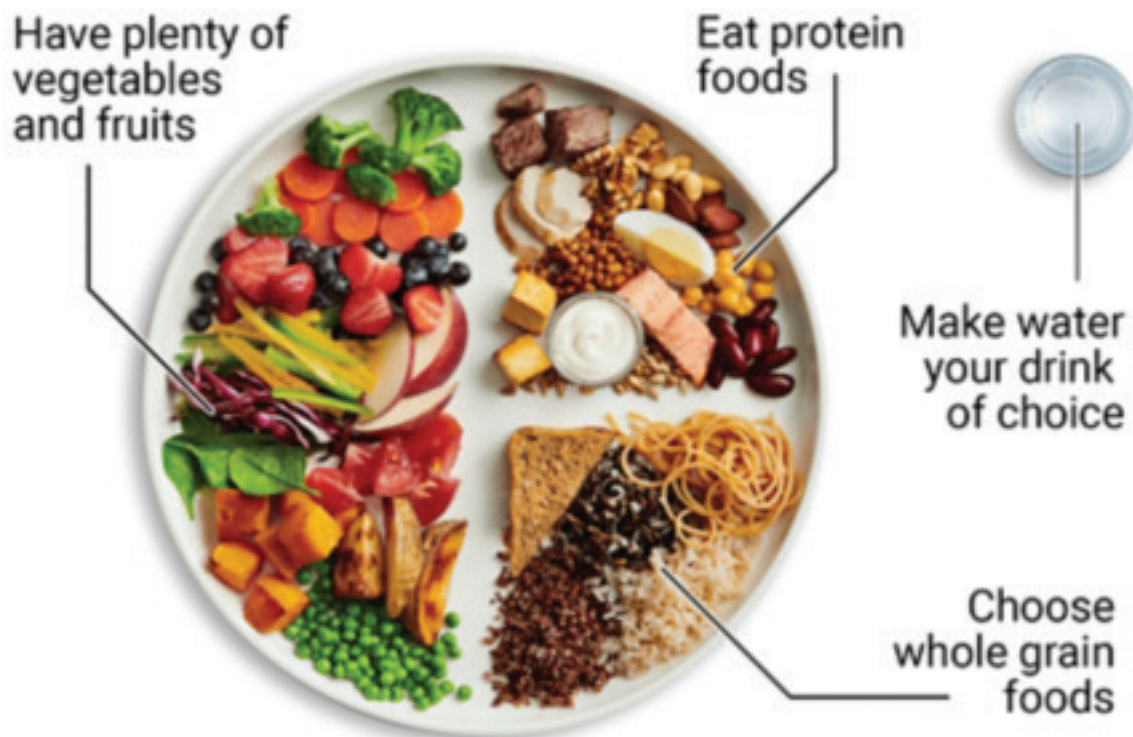




REFINED SUGAR

Sugar (glucose) is an essential element of the human body. It is the “fuel” that provides the body energy, but too much blood sugar can cause damage to organs, blood vessels, and nerves. That’s why our body has a system to control the distribution and availability of sugar. Insulin, a hormone secreted by the pancreas, is central to this system. Insulin helps move sugar from your blood to the muscles, fat and liver cells for storage. This prevents damage to the heart and the blood vessels and stabilizes fat cells. When there is not enough insulin, the stored sugar and fat can be released into the bloodstream. Eating too much sugar can cause conditions like diabetes, fatty liver disease and metabolic syndrome.

EAT A VARIETY OF HEALTHY FOODS EACH DAY



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