

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.



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