

# Combating Cardiovascular Diseases Skillfully

**INGREDIENTS FOR A HEALTHY HEART**

Cardiovascular diseases account for **1** in every **3** deaths in the United States.<sup>1</sup>

Cardiovascular disease is the number **1** killer of women.<sup>2</sup>

More than **2,200** Americans die of cardiovascular disease every day — that's one death every **39** seconds.<sup>1</sup>

Stroke is the number **3** killer of women.<sup>2</sup>

Changing your eating habits is an easy way to reduce the risk of cardiovascular disease.

**DON'T SMOKE** Using tobacco is one of the most significant risk factors for cardiovascular disease.<sup>12</sup>

**EXERCISE** Just 30 minutes of exercise a day can help with weight management and stress.<sup>12</sup>

**THINGS TO ADD TO YOUR GROCERY LIST**

**SOY** 25g of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of cardiovascular disease.  
**WHAT TO EAT?** One cup of cooked edamame = 25g of soy protein.<sup>3</sup> Bottled soy protein smoothie = 20g.<sup>4</sup> One cup of soy milk = 7g of soy protein.<sup>5</sup> Soy veggie burger = 13g.<sup>6</sup> Soy protein nutrition bar = 8g.<sup>7</sup>

**NUTS** Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of cardiovascular disease.<sup>8</sup>  
**WHAT TO EAT?** About 3 tablespoons of almonds, hazelnuts, pecans, pistachios, walnuts and peanuts.<sup>9</sup>

**FISH** Certain types of fish are heart healthy because they're rich in omega-3 fatty acids, which can lower blood fats called triglycerides.  
**WHAT TO EAT?** Include cold-water fish, such as salmon, mackerel and herring.<sup>10</sup>

**WHOLE GRAINS** Consuming whole grains, as a part of a healthy diet, may reduce the risk of heart disease.  
**WHAT TO EAT?** ½ cup cooked brown rice, bulgar or whole grain pasta, 1 slice 100% whole grain bread, 1 cup 100% whole grain cereal.<sup>11</sup>

**FRUITS & VEGGIES** Fruits and vegetables — especially those that are deeply colored — are a good source of vitamins and nutrients.  
**WHAT TO EAT?** Spinach, carrots, peaches and berries. Low sodium canned vegetables or frozen vegetables are a good alternative when fresh produce isn't readily available.<sup>11</sup>

Sola

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