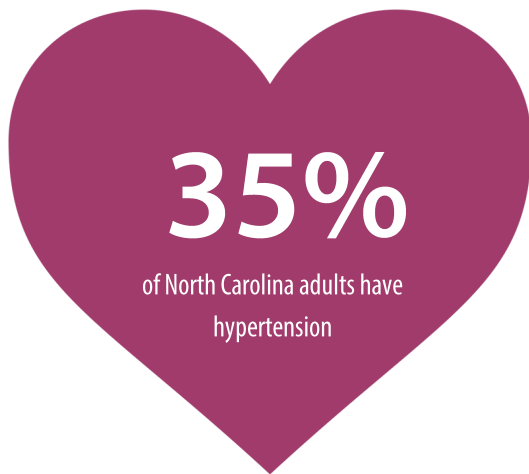


# LIVING A HEART HEALTHY LIFE

Heart disease is one of the leading causes of death in North Carolina. By adopting a heart-healthy lifestyle you could reduce your risk of heart disease or stroke by 80%. Combining regular exercise and heart-healthy eating habits you may be able to lower cholesterol, control blood pressure and blood sugar levels, maintain a healthy weight, and have a better quality of life. Follow these tips below to help manage cholesterol and blood pressure levels, and lower risk of heart attack.



## 5 PREVENTION TIPS

1. Eat a healthy diet.
2. Maintain a healthy weight.
3. Be physically active.
4. Do not use any form of tobacco.
5. Limit alcohol use.

## HEART HEALTHY EATING TIPS

- Cut back on highly processed meats and choose lean meats, poultry, or fish.
- Eat fish regularly.
- Limit trans fats (found in processed baked goods, French fries, crackers).
- Include plant based proteins such as beans, lentils, and nuts.
- Season foods with herbs, spices, onion, pepper or lemon.
- Choose low salt or no salt added canned vegetables and soups.
- Add no additional salt at the table.
- Choose low fat dairy products.

Please consult your doctor for individual information about your health and specific dietary changes.