Heart Disease is the # 1 Cause of Deaths in the United States. The good news is many of these deaths and the risk factors for heart disease are preventable. Here are some steps you can take:

1. If you smoke, quit.
2. Exercise at least 3 times per week for 30 minutes. Choose aerobic exercises for best results. (Check with your Dr. before starting an exercise program.)
3. If you are not at your ideal weight, lose weight and to reach your ideal weight. (Check with your Dr. before starting a weight loss program.)
4. Limit unhealthy fats and cholesterol such as butter, shortening, bacon grease, gravy, and hydrogenated oils.
5. Choose low-fat protein sources such as fish, skinless chicken, skim milk, egg whites, and beans.
6. Eat more fruits and vegetables. Make more of them fresh.
7. Choose whole grains more often to help regulate blood pressure and cholesterol. Make choices such as whole grain breads, cereals, and pastas.
8. Limit the salt in your diet. Salt can lead to high blood pressure.

For more information visit the websites below:

American Heart Association
http://www.heart.org/HEARTORG/
Mayo Clinic
http://www.mayoclinic.com/health/heart-healthy-diet/HB00039
The American Dietetic Association
http://www.eatright.org/default.aspx