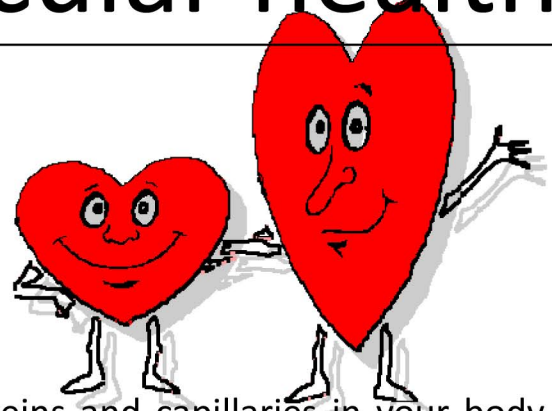


cardiovascular health

The heart of the matter

By Luigi Gratton, M.D., M.P.H.



There are nearly 100,000 miles of arteries, veins and capillaries in your body. They allow nutrient-rich blood to nourish the cells and organs of your body. But when they're blocked, it can result in heart attack or stroke, the #1 and #3 leading causes of death in the United States.

Obesity is a major risk factor for heart disease. Your heart health alone is reason enough to lose any extra weight you're carrying. But is there anything else you can do to support your heart health?

Take a closer look at the food choices you're making. It's also important to eat enough protein to maintain or build your lean muscle mass, and watch your intake of "good fats" and "bad fats." Fish is a good source of Omega-3 fatty acids—"good fats" that are essential for heart health.

COLORFUL CHOICES

Make sure to include plenty of colorful fruits and vegetables in a nutrient-rich diet. Some foods are considered particularly heart healthy—garlic, almonds and certain fruits and vegetables. A great way to choose your fruits and vegetables is to use color as a guide. In general, the deeper the color, the more nutrient rich it is. Different colors indicate variety of nutrients. See the chart below for the phytonutrients each provides.

SUPPLEMENTATION

It's often difficult to get all the nutrients you need from your diet alone, especially when you're watching portion sizes and calories. And with our busy lifestyles, we're often tempted to reach for fast food, which is often unhealthy food. That's why so many people have discovered the benefits of supplementation. If you're not meeting your daily requirements through food, supplements can fill in the gaps in your diet, insuring that you're getting all the nutrients you need.

Losing weight is one of the most important steps you can take for your cardiovascular health. But don't stop there. Make sure you're doing everything you can—eat right, exercise, get regular checkups and take supplements.

Orange-yellow (terpenoids, Vitamin C)	Oranges, tangerines, peaches, papayas, nectarines
Orange (alpha- and beta-carotene)	Carrots, mangos, apricots, acorn squash, cantaloupes, pumpkin, winter squash, sweet potatoes
Red-purple (anthocyanidins, resveratrol)	Red grapes, fresh plums, cranberries, raspberries, blackberries, blueberries, strawberries
Red (lycopene)	Tomatoes and tomato products, pink grapefruit, watermelon
Yellow-green (lutein)	Spinach, avocado, honeydew melon, collard greens, mustard greens, yellow corn, green peas
Green (glucosinolates)	Broccoli, brussels sprouts, cabbage, Chinese cabbage, bok choy
White-green (allyl sulfides)	Garlic, chives, onions, celery, leeks, asparagus