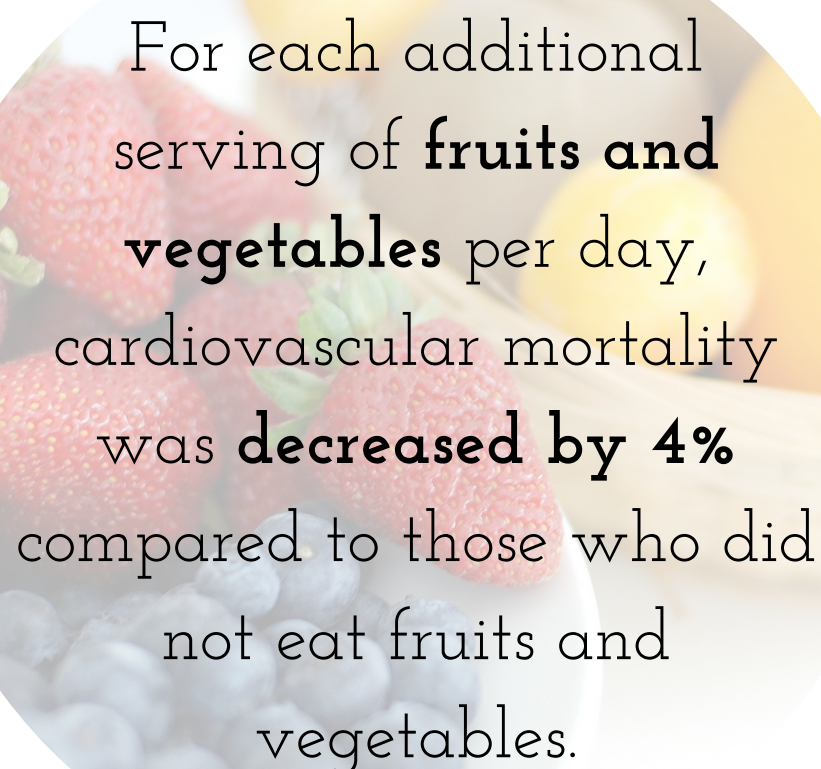


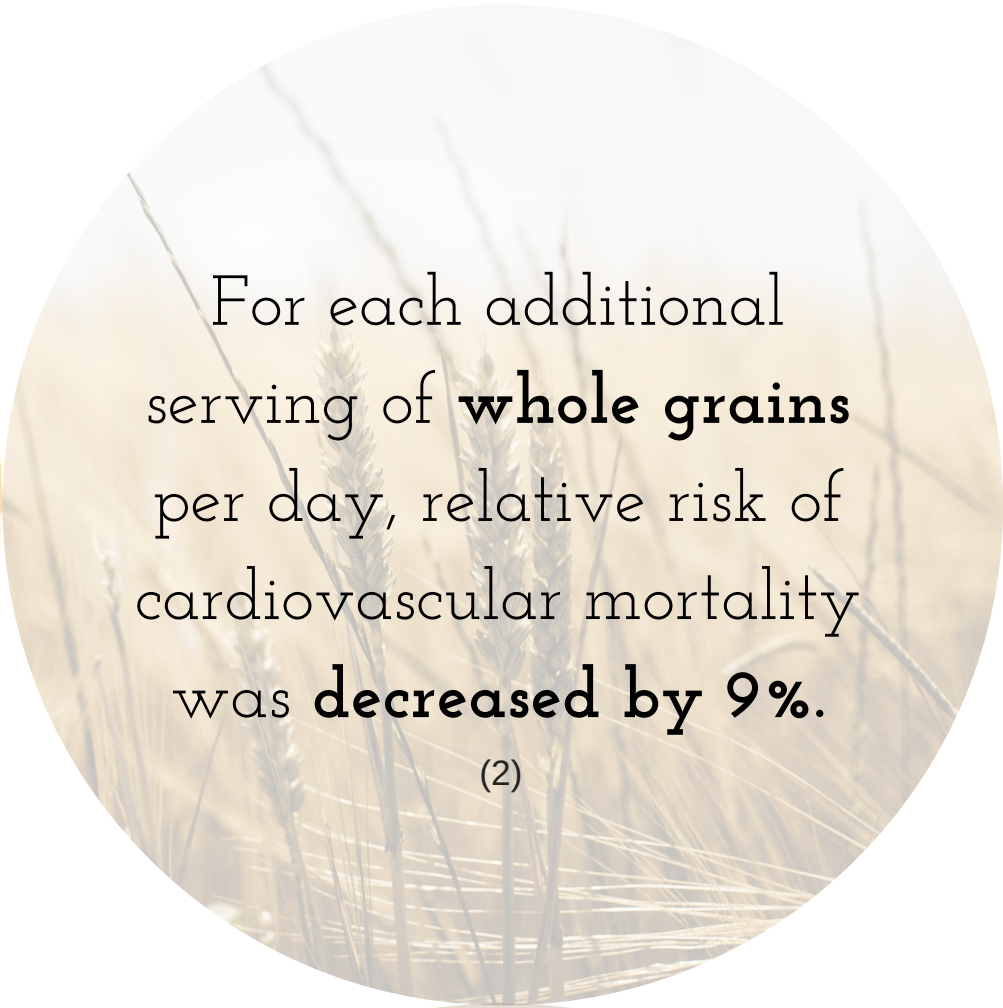
# Tackling Heart Disease

*Studies show that...*



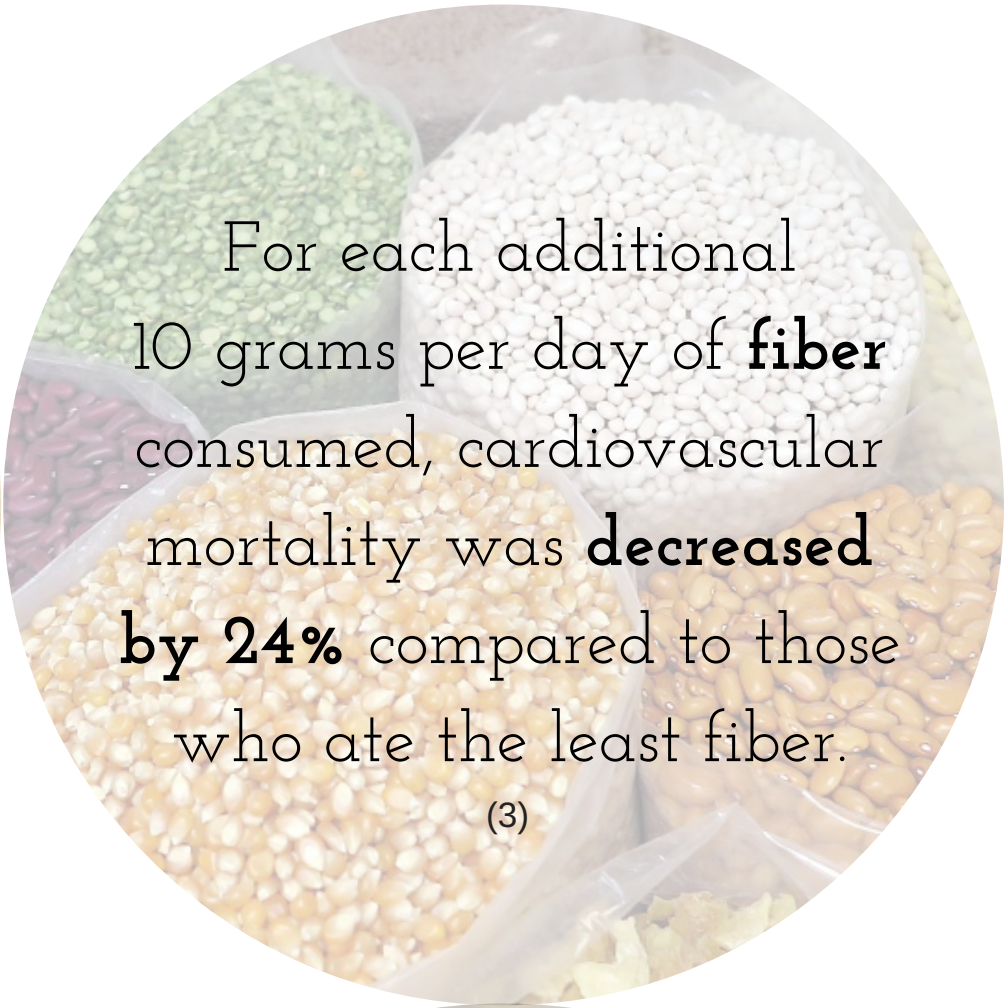
For each additional serving of **fruits and vegetables** per day, cardiovascular mortality was **decreased by 4%** compared to those who did not eat fruits and vegetables.

(1)



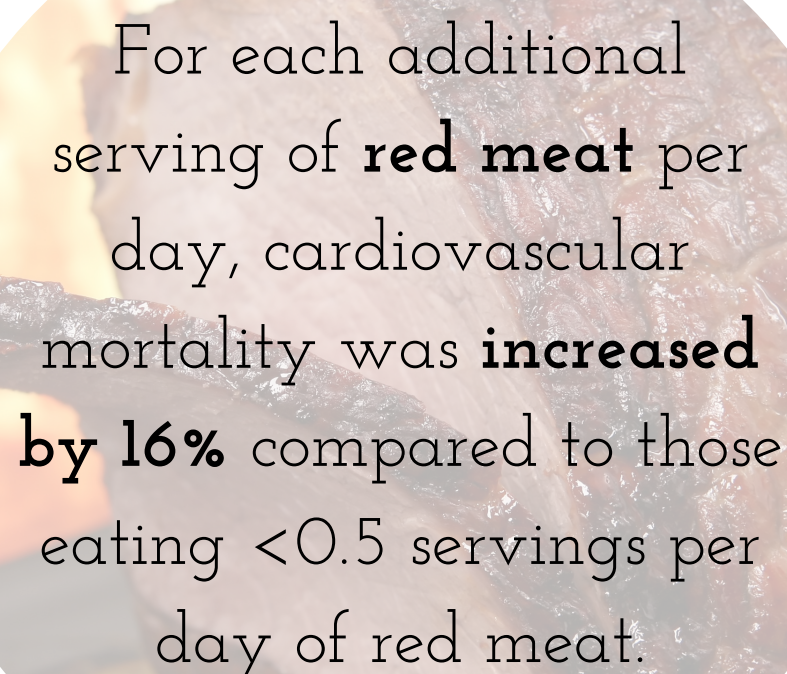
For each additional serving of **whole grains** per day, relative risk of cardiovascular mortality was **decreased by 9%**.

(2)




For each additional 10 grams per day of **fiber** consumed, cardiovascular mortality was **decreased by 24%** compared to those who ate the least fiber.

(3)



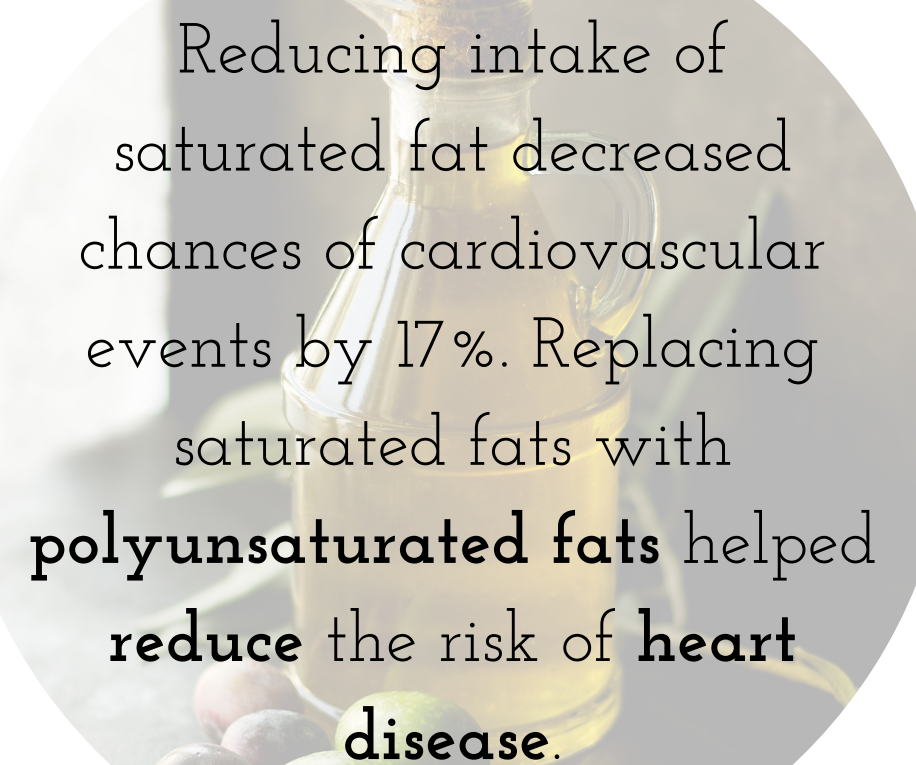
For each additional serving of **red meat** per day, cardiovascular mortality was **increased by 16%** compared to those eating <0.5 servings per day of red meat.

(4)



For those who consumed **17-21% of calories from added sugar**, cardiovascular mortality was **increased by 38%** compared to those who consumed 8% of calories from added sugar.

(5)



Reducing intake of saturated fat decreased chances of cardiovascular events by 17%. Replacing saturated fats with **polyunsaturated fats** helped **reduce** the risk of **heart disease**.

(6-7)

*For a heart-healthy diet...*

✔ Include:

fruits and vegetables of all colors  
whole grains  
low-fat dairy  
oily fish (e.g. salmon, trout, herring)  
nuts and seeds  
skinless poultry  
beans and legumes  
healthier fats (i.e. mono/polyunsaturated fats)

✘ Limit:

red and processed meats  
refined grains  
saturated/trans fats  
sugar-sweetened food/drinks

(1) Wang et al. "Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer: systematic review and dose-response meta-analysis of prospective cohort studies." *BMJ* 2014;349:g4490. Based on a meta-analysis of 16 studies, with a total of 833,234 participants.

(2) Wu et al. "Association Between Dietary Whole Grain Intake and Risk of Mortality." *JAMA Internal Medicine*, vol. 175, no. 3, 2015, 373-84. Based on 2 cohort studies with a total of 43,744 men and 74,341 women.

(3) Wu et al. "Association between dietary fiber intake and risk of coronary heart disease: A meta-analysis." *Clinical Nutrition*, vol. 34, 2015, pp. 603-11. Based on a meta-analysis of 18 cohort studies with a total of 172,408 participants.

(4) Pan et al. "Red Meat Consumption and Mortality." *Arch Intern Med*, vol. 172, no. 7, 2012, pp. 555-64. Based on 2 prospective cohort studies with a total of 37,698 men and 83,644 women.

(5) Yang et al. "Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults." *JAMA Internal Medicine*, vol. 174, no. 4, 2014, 516-524. Based on a National Health and Nutrition Examination Survey of US adults during 163,039 person-years.

(6) Hooper et al. "Reduction in saturated fat intake for cardiovascular disease." *Cochrane Database Syst Rev*, no. 6, 2015. Based on 15 randomized controlled trials with a total of 59,000 participants.

(7) Mozaffarian et al. "Effects on Coronary Heart Disease of Increasing Polyunsaturated Fat in Place of Saturated Fat: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." *PLoS Med*, vol. 7, no. 3, 2010, e1000252. Based on a meta-analysis of 8 randomized control trials with a total of 13,614 participants.



# Eating Healthy

*Swap out unhealthy foods...*



hamburger



donut



french fries

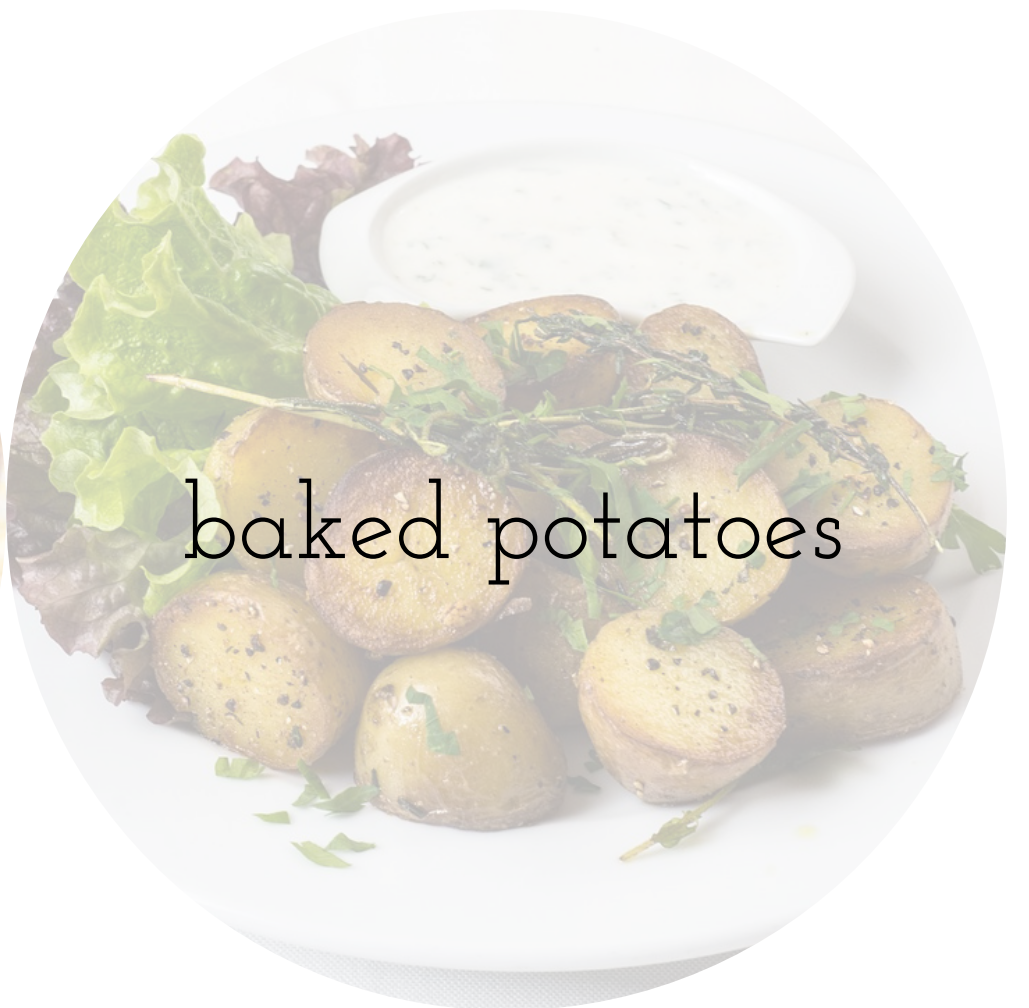
*...for heart-healthy choices.*



grilled chicken  
salad



bagel



baked potatoes



grilled chicken  
sandwich



whole grain toast



fruit

Healthy alternatives can reduce intake of sodium, sugar, saturated fats, trans fats, and cholesterol. And they taste just as good!