



Fiber

Lowers the level of "bad" LDL cholesterol and may decrease risk of heart disease. Good sources include *apples, green peas, prunes, berries, dates, pears, beans and whole grains.*



Antioxidants

Prevent oxidative stress and promote cardiovascular health. Found in most produce including: *pineapples, berries, Brussels sprouts, kiwis, prunes, red bell peppers, spinach, tomatoes and apples.*

For more information, visit us online at Dole.com

Which Nutrients Protect Your Heart?

Several nutrients found in fruits, vegetables, and other plant-based foods have been shown to help lower blood pressure, improve circulation, and promote overall heart health.



Potassium

Helps maintain normal blood pressure. Found in *bananas, acorn squash, potatoes, broccoli, kiwis, beans and prunes.*



Folate

Decreases homocysteine, which, at high levels, can lead to artery blockage. Found in *broccoli, spinach, asparagus and oranges.*

How to Improve Your Health?

♥ **It's Never too Early to Begin.** Though heart disease mainly appears in adults, childhood obesity is a major risk factor for developing the disease later in life. Encourage children to eat a healthy diet including a wide variety of fruits and vegetables and to get an hour of physical activity per day. Adopting healthy behaviors early on will have lasting benefits.

♥ **It's Never too Late to Start.** The effects of an unhealthy diet and lifestyle are cumulative yet also highly responsive to change. With the right choices many adverse heart conditions can be halted and even reversed.

♥ **Your Health is in Your Hands.** Even though you cannot control the genetic factors that affect your chances for heart disease, you can definitely take control of your eating and lifestyle to dramatically reduce your risks.

Facts on Heart Disease

♥ Heart disease is the leading cause of death in America for both men and women.

♥ About 600,000 Americans die from heart disease each year—that's one in every four deaths.

♥ An obese person with diabetes is two to four times more likely to have a stroke or heart attack than someone who maintains a healthy weight.

♥ High blood pressure, physical inactivity, smoking and excessive alcohol use are risk factors for this disease.



Sign up today at Dole.com!



Our multiple award-winning *Dole Nutrition News*, contains the latest in diet, fitness, recipes and wellness advice and is delivered twice a month to your email.

Sign up for the FREE Dole Nutrition News

HEART HEALTH

Health and Wellness Series #2



Check Out These Heart Healthy Tips!

Ten simple tips for a healthier heart and a more energetic life.

1

Eat Five Cups

Aim for at least five cups of fruits and vegetables per day to get heart-healthy nutrients and fiber.



2

Choose Your Fats Well

Choose heart-healthy "good" fats from avocados, olive oil and nuts. Limit saturated fats and avoid trans fats.



3

Go for Whole Grains

Eat high-fiber whole grains like brown rice and oatmeal to help lower cholesterol.



4

Get Moving

Aim for 30 minutes of moderate exercise (such as brisk walking or jogging) every day to lower blood pressure and improve overall health.



5

Opt for Fish

Choose fish high in heart-healthy omega-3 fatty acids such as salmon and trout.



6

Watch Your Sugar

Limit sugar intake from sweetened drinks and desserts. Added sugar is linked to risk of heart disease. Drink mostly water and choose naturally sweet foods like fruit.



7

Skip the Salt

Season food with herbs and spices and cut back on packaged foods that are high in sodium.



8

Maintain Your Weight

Maintain a healthy weight to help keep blood pressure in check. Achieve weight loss through diet and exercise.



9

Limit Alcohol

Keep alcohol intake to one drink per day to avoid health risks.



10

Breathe Easy

Relieve stress and lower blood pressure through yoga or meditation.



Get Healthy! Collect all 10 of the series!
*Brought to you by the Dole Nutrition Institute.
Your partner in healthy living.*