

# The CORE



## NUTRITION STRATEGIES TO REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE

By paying close attention to what you eat, you might reduce your risk of developing atherosclerosis, the narrowing or blockage of arteries caused by plaque that can lead to a heart attack or stroke. If atherosclerosis has already developed, you might be able to slow the rate at which it progresses. With very careful lifestyle changes, you might even stop or reverse the narrowing that has already occurred.

### Reduce your risk factors

Following these nutritional strategies can help you reduce or even eliminate some risk factors, such as reducing total and LDL-cholesterol, reducing blood pressure, lowering blood sugars and triglycerides, and reducing body weight. While most dietary plans tell you what you cannot eat (usually your favorite foods), the most powerful nutrition strategy helps you focus on what you can and should eat. In fact, research has shown that adding certain foods to your diet is just as important as cutting back on others.

Here are seven nutritional strategies aimed at enhancing the health of your heart and blood vessels:

#### 1. Choose fat calories wisely

The total amount and type of fat you eat each day affects your blood cholesterol.

#### 2. Limit dietary cholesterol

Because cholesterol is made in the liver, it is only found in foods of animal origin (not in plant-based foods).

#### 3. Get your daily fiber boost

As part of a low-fat diet, dietary fiber help can reduce cholesterol. Dietary fiber is the part of plants the body cannot digest. As it passes through your body, fiber affects the way your body digests foods and absorbs nutrients.

#### 4. Increase fruits, vegetables, legumes, and nuts

Eat fruits or vegetables with each meal. Green vegetables are key!

#### 5. Eat a variety of lean protein foods

Increase plant sources of protein and start reducing your intake of animal protein.

#### 6. Distribute meals and snacks

Skipping meals is not recommended. Small, frequent meals and snacks appear to promote weight loss and maintenance, and give you an opportunity to consume important nutrients throughout the day. Skipping meals only lowers metabolism and deprives you of key nutrients. Researchers have also found that people who balance their calories into four to six small meals each day have lower cholesterol levels.

#### 7. Practice portion control

When you are trying to follow an eating plan that is good for you, it might help to know how much of a certain kind of food is considered a "serving."

For more information about the best way to reduce your risk of cardiovascular disease please, consult your physician.

For more information please see Revolution Health's Website at [www.revolutionhealth.com](http://www.revolutionhealth.com)