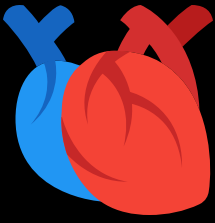


# Heart Disease Still #1 Cause of Death



Despite the rising number of COVID cases in the US, heart disease remains our number one threat, with up to 650,000 deaths per year. The good news is that it is not contagious, and simple lifestyle changes help you lower your risk.



A study was published in the Journal of the American College of Cardiology after research was conducted at the Harvard School of Public Health and Brigham and Women's Hospital, in Boston, MA. It considered the difference between processed and whole plant foods.

- Overall, healthy whole plant-based foods were associated with a lower risk of heart disease.
- Unhealthy processed plant-based foods along with animal-derived products were linked with a higher risk for heart disease.



Obviously, there are other components than fiber in a plant-based diet that aid in the prevention of heart disease. Plants provide vitamins, minerals, antioxidants, and other phytochemicals known to prevent disease. Studies on the consumption of foods containing insoluble fiber from nuts, seeds, whole grains, and bran have also shown reduced rates of heart disease.



Heart-healthy tips are easy to start and follow. Consider these:

- Adopt an apple a day. Apples provide soluble fiber and have been found to reduce the risk of stroke.
- Include a veggie at every meal, including breakfast. Spinach, peppers, and onions are great in eggs and breakfast burritos.
- Add citrus fruit to a salad, yogurt, or enjoy as a solo snack.
- Try cooked barley, oats, mushrooms, or chopped zucchini to burgers to boost fiber and cut the amount of meat used.
- Eat beans or lentils three times a week. They're inexpensive, versatile, and delicious!