



LIVE A HEART-HEALTHY LIFE

Strong hearts are good. Stronger hearts are better. That's why making an effort to change a few simple things in your diet and routine can lead to lower blood pressure and a heart-healthy life.

Did you know?

- Heart disease and stroke are the number 1 and 3 causes of death in Utah and the nation?
- Even if survived, heart disease and stroke cause high levels of disability.

What increases your risk?

- High blood pressure
- High cholesterol
- Overweight
- Smoking
- Diabetes
- Family history of heart disease or stroke

How can you lower your risk?

- **Diet**

Good nutrition is key. When possible, eat more fruits and vegetables and lowfat dairy products, while eating less salt and saturated fats. Lower sodium (salt) leads to lower blood pressure, which could save your life.

- **Physical Activity**

Keep moving. Try taking a brisk walk. Or, if you are unable to do so, be as active as your ability and condition allow. Any amount of exercise helps.

Despite resources or mobility, you can make healthy choices that will change your life for the better. Help prevent many of the risk factors associated with high blood pressure, heart disease, and stroke by eating well and staying active today. For more information, call **801.538.6142** or visit **www.hearthighway.org**.





LOWER SODIUM. LOWER RISK.

In the fight against heart disease and stroke, lowering your blood pressure by lowering your sodium (salt) intake is one of the best weapons.

Did you know?

- The average adult consumes 3,400 mg of sodium a day, which far exceeds the recommended 2,400 mg a day (with 1,500 mg suggested for people with high blood pressure, African Americans, and those 40 years and older).
- Sodium consumption affects your blood pressure and puts you at higher risk of heart attacks and strokes.

How can you lower your sodium intake?

When possible:

- Use reduced sodium or no-salt-added products. Most food and condiments are available in this version.
- Use fresh, plain frozen, or canned with 'no-salt-added' vegetables.

- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Limit cured food (such as bacon and ham), food packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as MSG, mustard, horseradish, ketchup, and barbecue sauce). Limit even low-sodium versions of soy sauce and teriyaki sauce. Treat these condiments as you would salt.
- Use spices instead of salt in cooking and at the table. Flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Start by cutting the salt in half.
- Cook rice, pasta, and hot cereals without salt. Remove the flavor packets from instant or flavored rice and pasta, and cut back on cereal mixes, which usually have added salt.
- Know the terms that indicate high sodium (salt) content, like pickled, cured, soy sauce, and broth.

When it comes to sodium, simply being aware and making a few changes will create a positive difference in your life. In addition to helping your overall health, lowering your salt intake will help lower your blood pressure and prevent heart disease and stroke.

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