



Heart Disease is the leading cause of death among middle-aged and older men and among women over age 60.

### Risk factors for Heart Disease

Age  
Family History  
High Cholesterol  
High Blood Pressure  
Smoking  
Inactivity and poor diet  
Excess weight  
Other health problems (such as diabetes)

### Heart Facts

Cardiovascular diseases rank as American's No 1 killer.  
70.1 million Americans have some form of cardiovascular disease.  
About 65 million Americans age 20 or older have high blood pressure.  
Nearly 107 million Americans age 20 or older have blood cholesterol of 200mg/dl or above.

### Tips for a heart-healthy diet

Eat less fat  
Use non stick vegetable oil cooking sprays instead of oils  
Use soft margarine  
Buy lean cuts of meat and reduce portion sizes to 3 ounces (the size of a deck of cards)  
Choose more chicken, fish and poultry  
Try low-fat snacks  
Drink skim milk and buy low-fat or non-fat cheese, yogurt and margarine  
Buy sherbet, ice milk or frozen low-fat yogurt instead of ice cream  
Replace donuts and pastries with bagels or English muffins  
Eat no more than 3 or 4 egg yolks a week (use egg white or substitutes)  
Bake, broil, steam or grill foods rather than frying them.  
Eat less fast food  
Eat more fruits, vegetables and carbohydrates (rice, pasta, breads and grains)

Talk to your doctor about reducing your risk for heart disease.

