

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Heart-FACTS
Good nutrition reduces the risk of heart disease

Eating a nutritious, well-balanced diet is one of the simplest, most effective ways to **reduce** your risk of heart disease by lowering your cholesterol and blood pressure, and helping you to lose weight. Use these tips to get started.

- Decrease portion sizes**: Try cutting servings in half.
- Reduce salt**: Read food labels & aim for <math>< 1500</math> mg per day.
- Eat more fruits & veggies**: Eat at least 5 fresh servings per day.
- Reduce saturated fat**: Eat less red meats & high-fat dairy products.
- No sugary drinks**: Cut out sodas & fruit drinks that are not 100% juice.
- Treat treats as treats**: Make junk food a special treat, not a daily event.
- Substitute!**: Trade white grains for whole, high-fat meats for lean, and regular dairy for low- or fat-free.

Texas Heart Institute
at UT Southwestern Medical Center
LEARN More
www.texasheart.org

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Nutrition And Cardiovascular Risks