



“Can nutrition play a role in preventing chronic disease?”

Reduce your risk of heart disease, diabetes and certain types of cancer by following the guidelines below.



Choose foods in their whole, natural state.

Build your diet with unrefined foods, whole grains, fresh fruits and vegetables. Shoot for a diet that is more plant-based.

Choose heart-healthy fats over artery-clogging saturated and hydrogenated fats.

Sources of heart-healthy fats include nuts, avocados, seeds and olives. For cooking, try canola or olive oil. Cold-pressed oils are the best choice. These oils are rich in monounsaturated and polyunsaturated fat, which may improve cholesterol levels.

Eat the colors of the rainbow.

The pigments responsible for the bright colors in fruits and vegetables contain powerful antioxidants that can help protect against disease and free-radical damage. Dig into a bright red tomato or a dark green spinach salad.

Eat a diet rich in omega-3 fatty acids.

A diet rich in omega-3 fatty acids may boost heart health. Fish including salmon, mackerel, tuna and halibut are good sources. Leafy green vegetables, nuts, canola and flax seed are also good.

Eat a diet packed with high-fiber foods.

Shoot for a diet with approximately 20-35 grams of fiber daily. Fiber-rich foods keep you feeling full. Fiber is naturally packed in healthy foods such as fruits, veggies, whole grains and legumes.

Take care of yourself.

Food is an important part of the equation, but so is managing stress, getting enough rest, and making time for exercise.