

While **red meat** can increase your risk of heart disease, there are tons of **red plant foods** that'll keep your heart healthy!



Beets

Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.



Kidney Beans

You can get 44% of your daily amount of fiber with one cup of kidney beans.



Tomatoes

Tomatoes are high in lycopene, a powerful antioxidant.



Tart Cherries

One cup of tart cherries has 39% of your daily vitamin A.



Strawberries

One cup of whole strawberries provides 141% of your vitamin C intake.



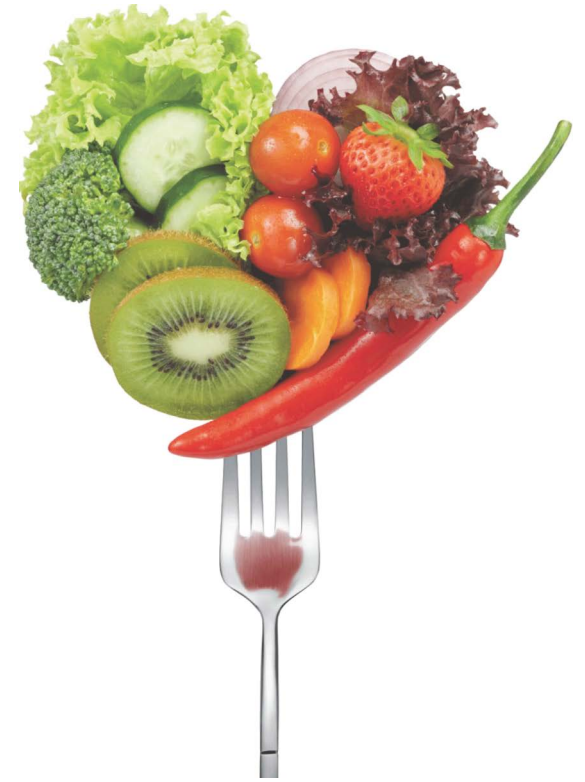
Red Potatoes

Get 30% of your daily B-6 and 46% potassium in a single, large red potato.



MobileMarket

Heart Disease



For more information, call (816) 404-3320 or email chsi@uhkc.org

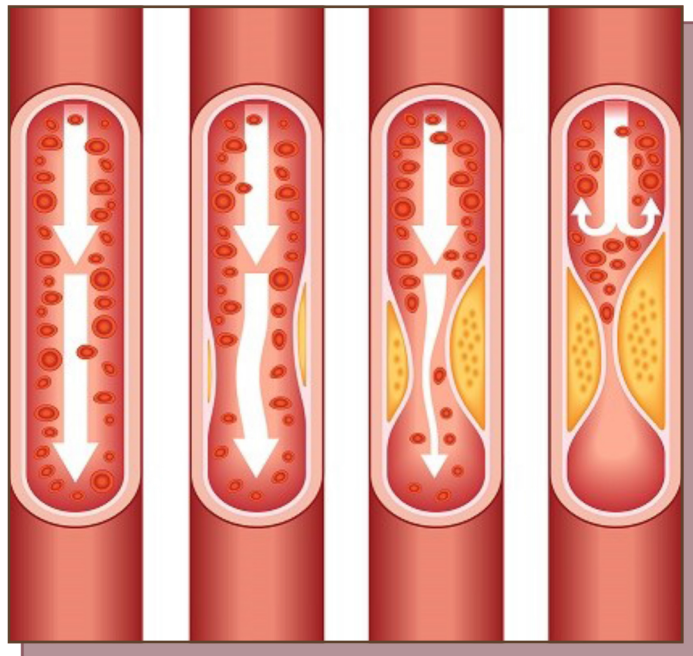


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Heart Disease in the United States

Heart disease is the leading cause of death for both men and women in the United States, killing over 600,000 people every year—that's **1 in every 3 deaths**.

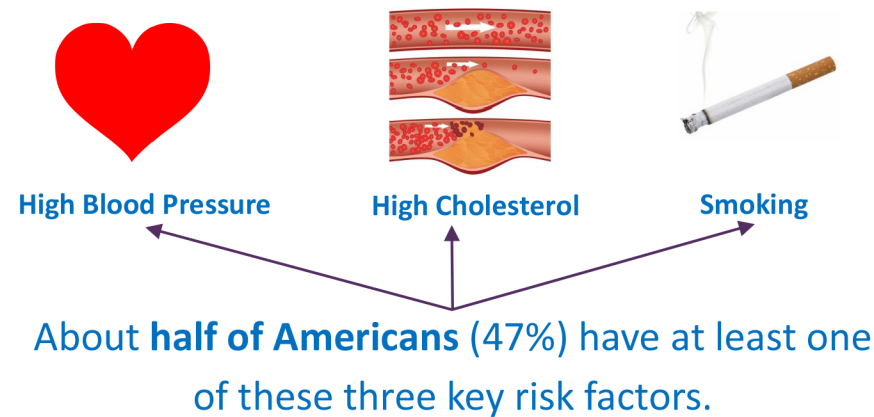


Healthy Artery

Blocked Artery

Heart disease includes numerous problems, many of which are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries (as seen in image above). This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow. This can cause heart attack or stroke.

Are you at risk?



Risk factors leading to heart disease can be “**silent killers**” - typically no symptoms, causing progressive harm to your cardiovascular system.

But did you know ...
80% of premature heart disease is
PREVENTABLE?

Tips to **reduce your risk** for heart disease.



Maintain a Healthy Weight



Make Healthy Food Choices



Stay Active



Stop Smoking