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.

For more information, call (816) 404-3320 or email Eskedar.Ashenafi@tmcmd.org
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.**

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?

- High Blood Pressure
- High Cholesterol
- Smoking

About **half of Americans** (47%) have at least one of these three key risk factors.

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