

HEART HEALTHY FOODS

Diet And Exercise Get To The Heart Of The Matter

(NAPSA)—Research suggests it's possible to take a bite out of three of the major risk factors for heart attack—high cholesterol, high blood pressure and excess body weight—with good nutrition.

Proper diet can also reduce your risk of stroke because heart disease and high blood pressure are major risk factors.

According to the American Heart Association, following these dietary guidelines can help reduce the risk of heart disease:

- Eat a variety of fruits and vegetables. Choose five or more servings per day.

- Eat six or more servings per day of grains, including whole grain products.

- Add fat-free and low-fat milk products, fish, legumes (beans), skinless poultry and lean meats to your diet.

- Use fats and oils with two grams or less saturated fat per tablespoon, such as liquid and tub margarines, canola oil and olive oil.

- Balance the number of calories you eat with exercise. Try to maintain a level of physical activity that keeps you fit and matches the number of calories you eat. Walking at least 30 minutes on most days can be one way to become more active.

In addition, the FDA has approved a health claim that consuming 25 grams of soy protein



Research suggests that exercise combined with eating functional foods can fight disease and increase heart health.

per day—such as NutriSoy® Soy Protein—as part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease.

To underscore this point, Archer Daniels Midland Company, makers of NutriSoy Soy Protein, has teamed up with the American Heart Association to sponsor Heart Walks around the country.

Research suggests that exercise combined with functional foods—like those containing all natural soy protein—can be an important part of a healthy and disease-fighting regime.

To learn more about reducing the risk of heart disease through nutrition, visit www.nutrisoy.com.