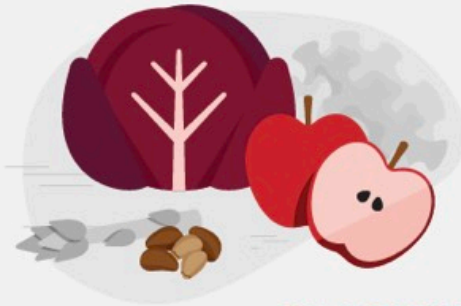




# 5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News



## < NUTRITION

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

## EXERCISE >

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.



## < TOBACCO

At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.

## SOCIAL DETERMINANTS >

Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.



## < ASPIRIN

Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.



Source: American Heart Association/American College of Cardiology prevention guidelines  
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Joanne's Post

