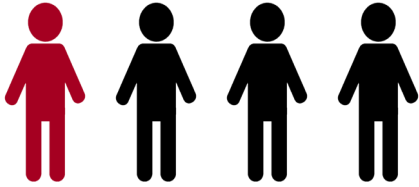
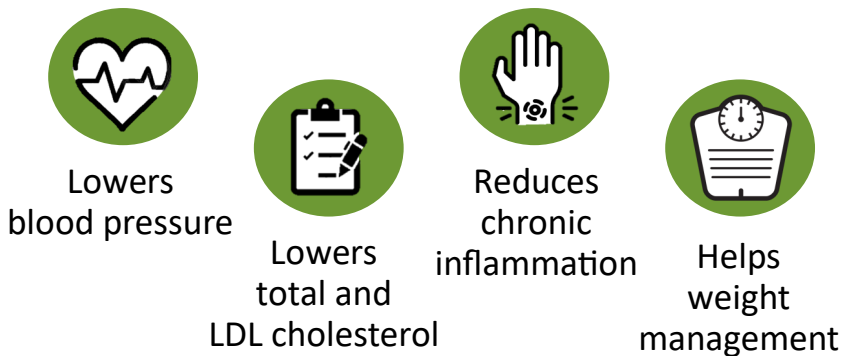


# A PLANT-BASED DIET CAN HELP PREVENT HEART DISEASE



According to the Centers for Disease Control (CDC), heart disease is the leading cause of death, killing about 655,000 Americans each year. One in every 4 deaths in the US is due to heart disease.

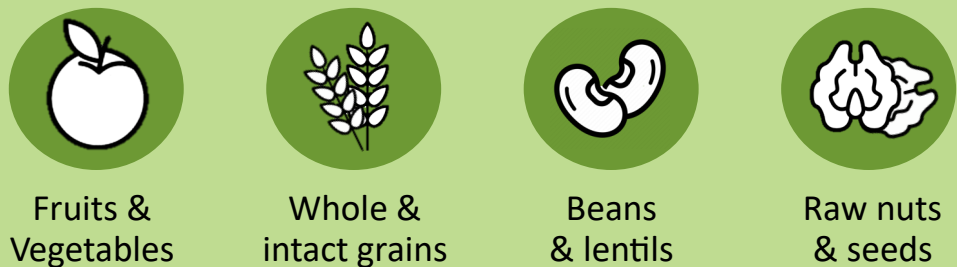
## HOW A PLANT-BASED DIET LOWERS RISK OF HEART DISEASE



Plant foods contain nutrients like antioxidants that fight free radicals and reduce disease risk.



## WHAT TO EAT ON A PLANT-BASED DIET TO REDUCE HEART DISEASE RISK



Adopting a Plant-Based diet can help prevent and treat heart disease by reducing risk factors like high cholesterol, high blood pressure, chronic inflammation and obesity.

**TALK TO A DIETITIAN ABOUT STARTING A PLANT-BASED DIET**  
Visit [www.eatright.org](http://www.eatright.org) to find a dietitian near you