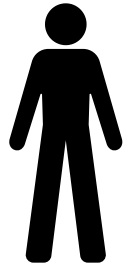# A PLANT-BASED DIET CAN HELP PREVENT
HEART DISEASE

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

HOW A PLANT-BASED DIET
LOWERS RISK OF HEART DISEASE

Lowers blood pressure

Lowers total & LDL cholesterol

Reduces chronic inflammation

Helps weight management

Plant foods contain compounds
called phytonutrients,
like antioxidants and fiber,
that help protect against
many forms of chronic disease,
including heart disease.

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

Fruits & vegetables

Raw nuts & seeds

Whole & intact grains

Beans & lentils

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 A PLANT-BASED DIET
VISIT WWW.EATRIGHT.ORG TO FIND A DIETITIAN NEAR YOU

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August 2021