

## Top 10 Ways To Improve Heart Health

### REDUCE SIMPLE SUGARS FROM YOUR DIET

Your body breaks sugar down into small sugar molecules that go into the blood stream. This rise in blood sugar causes the pancreas to make insulin to get the sugar out of the bloodstream and put it in the body cells. This process can be disrupted if you intake excessive amount of carbohydrates and can cause damage to the body.

### REGULAR EXERCISE

Helps to increase insulin sensitivity

### REDUCE SODIUM INTAKE

Consume no more than 1500 mg of sodium per day

### QUIT SMOKING

### EAT A LOW CARB DIET

Following a diet low in carbs can help you stabilize fasting blood sugar levels

### AVOID SEDENTARY BEHAVIORS

Do not sit for long periods of time. Get up and move around.

### REDUCE CHOLESTEROL INTAKE

Eat less steak, organ meats, cheese, fried foods, fast food, and processed meats

### REDUCE YOUR INTAKE OF PROCESSED FOODS

All the vegetable oils, refined grains and additives can increase diabetes risk

### REDUCE YOUR BLOOD PRESSURE

### LIMIT ALCOHOL INTAKE

1 serving per day for women; 2 servings per day for men.