Did you know February is American Heart Month? With Valentine’s Day approaching, it’s the perfect time to be thinking about heart health! Here are some heart-related items to keep in mind.

Heart disease is the leading cause of death in the United States. This is also true for the state of Kansas, where heart disease leads all causes of death. Making healthy lifestyle choices can help to prevent heart disease. Two of these choices include eating a healthy diet and being physically active. The former is essential because poor dietary quality is the top risk factor for heart disease, accounting for approximately half of heart disease deaths worldwide. The American College of Cardiology and the American Heart Association have identified several diet recommendations related to heart health. This includes following a diet which emphasizes eating vegetables, fruits, legumes, nuts, whole grains, and fish. They also recommend choosing foods lower in sodium and cholesterol, replacing saturated fats with unsaturated fats (like cooking with...
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