Recipe: Heart Disease

Heart disease is the number one killer of both men and women in the United States.[1] In this Recipe for Heart Disease, combining any of the ingredients below can put you at a higher risk for getting heart disease. We recommend choosing a healthy variation to both improve your heart health and prevent chronic disease.

Ingredients:

1 cup	-	Overweight or obesity
3 tbsp	-	High blood pressure
1/2 tsp	-	Smoking
1/3 cup	-	High cholesterol
4 ounces	-	Diabetes
a pinch	-	Physical inactivity
a dash	-	Chronic stress

Directions:

1. Develop a gut that you plan to worry about later in life.
2. Add tobacco.
3. Mix in chronic stress.
4. Avoid exercise.
5. Wait for a healthcare provider to diagnose you with conditions such as high blood pressure, cholesterol, and diabetes before you start paying attention to your health.

When these ingredients are mixed together, you have a recipe for heart disease. Keep in mind, you do not need all of the ingredients listed to develop heart disease.

Not interested in Heart Disease?

Try this healthy variation from the Navy and Marine Corps Public Health Center to prevent heart disease:

- Commit to a tobacco free lifestyle.
- Work to achieve or maintain a healthy weight.
- Participate in 150 minutes of moderate physical activity per week, and include muscle strengthening exercises such as push-ups or lifting weights.
- Eat a diet with minimal amounts of salt and saturated or trans-fats that are found primarily in animal and dairy products, and in processed foods. Most dietary fat should come from monounsaturated and polyunsaturated fats found in unsalted nuts and seeds, fish (especially oily fish such as salmon), and healthy cooking oils such as olive oil, safflower oil, or corn oil.
- Develop healthy coping mechanisms for dealing with stress such as physical activity or meditation.
- Know your numbers - Visit your healthcare provider regularly to discuss blood glucose and cholesterol levels, as well as your blood pressure!