

Eating Well for a Healthy Heart

What is heart disease?

Heart disease is a general term that includes many types of heart problems. Heart disease includes heart conditions that can develop over an individual's lifetime due to family history, age or unhealthy habits. The most common heart condition is **coronary heart disease**, which is caused by plaque building up on the walls of the arteries and limiting blood flow to the heart. A **healthy diet** and **lifestyle** can help prevent and manage heart disease.

How does nutrition affect heart health?

- **Leafy greens** can lower the risk of heart disease by as much as **26%**.
- 2.5 or more servings of **whole-grain foods** a day can lower the risk of heart disease by **21%**.
- Two servings of **unsaturated fats** from foods like avocados and nuts every week can lower the risk of heart attack by **21%**.
- 1-2 servings of **healthy proteins** like fish each week can lower the risk of death by **36%**.
- High amounts of **added sugar** can increase the risk of death by **38%**.
- More than four servings of **ultra-processed** foods daily can increase the risk of death by **62%**.

Heart disease is the leading cause of death in both men and women in the United States



More than 1 in 3 adults have at least one type of heart disease

Take Action Today

Schedule a primary care visit	UniversityHealth.com/appointment
Complete our heart risk assessment to understand your risk of developing heart disease	UniversityHealth.com/heart
Visit our health blog for recipes, health advice and tips to boost your heart health	HealthFocusSA.net
Find community resources	uhsa.findhelp.com

Connect with University Health for more information on how to improve health by visiting UniversityHealth.com/PublicHealth

Sources:

[Harvard Health Publishing 2023](#)

[American Heart Association 2021](#)

[Center for Disease Control 2023](#)

[City of San Antonio 2021](#)

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