



NUTRILITE'S PHYTONUTRIENT COACH AMY HENDEL

Get Your Daily Dose of Color For Heart Health

According to the American Heart Association, heart disease is the single largest killer of adults in the US. A new report compiled by the Nutralite Health Institute, *America's Phytonutrient Report: Heart Health by Color* shows that only 2 out of 10 Americans are consuming the "prudent intake" levels of select heart-healthy phytonutrients, which means 80% of Americans have a "cardio phytonutrient gap."

Heart disease and its risks can be modified by certain lifestyle habits including daily exercise and eating a diet rich in fruits and vegetables, low calorie sources of potassium, fiber, folic acid, and vitamins A, C and E.

Here's what you need to know to be sure you're eating a diet rich in phytonutrients for a heart-healthy lifestyle.

- ▶ Fruits and vegetables contain naturally-occurring compounds called phytonutrients that have been shown to benefit the heart – allicin, quercetin, anthocyanidins and resveratrol. These compounds are grouped in the white and purple/blue color categories of phytonutrients and are commonly found in garlic, onions, apples, blueberries and grapes.
- ▶ Besides the white and purple/blue color categories of phytonutrients, there are three others – green, red and yellow/orange – that also benefit the body. Eating 10 servings (2 from each color category) of vibrantly-colored fruits and vegetables daily is a good way to boost your diet and close the "phytonutrient gap."
- ▶ Exercise is another part of a health-healthy lifestyle. Try to incorporate a minimum of 30 minutes of physical activity into your daily routine. This can be achieved by a brisk walk or even with household chores.
- ▶ Incorporating 10 servings of fruits and vegetables into one's daily diet can sometimes be a challenge. A natural, plant-based dietary supplement, which includes heart-healthy phytonutrients such as allicin, quercetin, anthocyanidins, and/or resveratrol is an option for those wishing to fill their "cardio phytonutrient gap" and promote better heart health.

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NUTRILITE
HEART HEALTH
SPECTRUM



COOKING AND EATING WITH HEART HEALTH IN MIND

- ▶ Choose to eat and cook with garlic and onions. Garlic offers the benefits of allicin, a phytonutrient that may help to lower blood pressure. Onions provide the benefit of quercetin, a phytonutrient that may support healthy blood pressure.
- ▶ Sneak some of these phytonutrient-rich foods into meals and snacks. Add sliced apples or grapes to salads and blueberries to cereal and yogurt. Toss sliced chopped onions to stews, soups or sauces.
- ▶ Keep a small bunch of grapes in the freezer for a cool and sweet phytonutrient-rich snack.
- ▶ Get a handle on serving sizes:
 - ▼ ½ cup = one serving of blueberries, grapes or fruit
 - ▼ ½ a clove of chopped garlic or ½ a cup of onions = one serving

MORE QUICK AND SIMPLE TIPS

- ▶ Cut down on sodium by using fresh and dried herbs to season foods. Lose the salt and fill your salt shakers with dried herbs. Plus, many herbs and spices are rich in antioxidants – a type of phytonutrient.
- ▶ Aim for at least two servings of fish per week. Fish contains omega-3 fatty acids, which have been shown to benefit the heart.
- ▶ Try switching to healthier cooking methods like baking, broiling and grilling with minimal amounts of added healthy fats, like olive or canola oil.

