AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

Cardiovascular Disease and Plant-Predominant Nutrition



What is Cardiovascular Disease (CVD)?

CVD includes heart disease, stroke, and problems with blood vessels. It is the leading cause of death worldwide.

How Can a Plant-Predominant Eating Pattern Help?

- Plant-predominant diets lower cholesterol, blood pressure, and inflammation
- They help keep your heart and blood vessels healthy and lower your risk of disease

Tips for a Heart-Healthy Plant-Predominant Eating Pattern

1. Eat lots of fruits, vegetables, whole grains, beans, and nuts
2. Limit salt, added sugars, and saturated fats (found in animal products)
3. Avoid processed meats and fried foods
4. Use herbs and spices instead of salt for flavor

Common Questions

- **Will I get enough protein?** Yes! Beans, lentils, tofu, and nuts are great sources, as are whole grains like quinoa and oats.
- **Can this help if I already have heart disease?** Yes! Plant-predominant diets can help prevent and even reverse some heart problems.

To learn more about plant-based nutrition for CVD scan the QR code:

Learn how to cook delicious plant foods by scanning the QR code: