

Heart Health Made Easy



Beat Heart Disease [®] With Functional Foods

(NAPSA)—The heart is powered by its own natural electrical system but, just as with a car, you've got to put the right fuel in to keep it running smoothly. With heart disease being the leading cause of death nationwide, more people are turning to the benefits of "functional" foods with health benefits beyond the nutrients they contain.

It may help to know the FDA has approved a health claim that consuming 25 grams of soy protein, such as NutriSoy[®] Soy Protein, per day as part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease. That's why Archer Daniels Midland Company, the company that makes the NutriSoy protein that can be found in a variety of common foods, has teamed up with the American Heart Association to sponsor Heart Walks around the country.

With the relationship between diet and disease becoming clearer, people are increasingly aware of what's on their plates, where their food comes from and how it's produced. Functional foods, such as food containing all natural soy protein, can be an important part of a health and disease-fighting regime.

To learn more about reducing the risk of heart disease through nutrition, visit www.nutrisoy.com.