



# HEALTH AWARENESS

## Tips To Help You Be A Smarter Snacker

(NAPSA)—Here's some good news to chew on: If you make a few simple changes in your daily routine, you can help reduce your risk of heart disease. Take snacking, for example. You don't have to pit tasty treats against good health. Try these tips from the American Heart Association to help you select healthier snacks:

**Reduce the “bad” fat.** Eating food high in saturated fat, trans fat or dietary cholesterol—the “bad” fats—raises your blood cholesterol level, which is a major risk factor for heart disease. Read the Nutrition Facts panel on packaged foods to find out how much “bad” fat is in the product.

**Check for the “heart-check mark.”** An easy way to find heart-healthy foods in your grocery store is to look for the American Heart Association's red heart with a white check mark. This icon is on products certified to be low in saturated fat and cholesterol. Visit [heartcheckmark.org](http://heartcheckmark.org) to find a complete list of more than 800 heart-healthy foods.

**Keep moving.** Physical activity helps raise HDL (good) cholesterol. Plus, it's beneficial for controlling weight and can also help control blood pressure.

Try to get at least 30 minutes of physical activity, such as brisk walking, on most or all days of the week. If you can't devote a full half hour, try for three 10-minute intervals of activity.

**Concerned about cholesterol?**

• **Get a cholesterol screening.** You should have your chole-



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terol checked at least every five years starting at age 20. It should be checked more often if you have high cholesterol or are at higher risk. Follow your healthcare professional's recommendations.

• **Know your history.** Although a healthy diet can help many people prevent or manage high cholesterol, heredity plays a role, too. Be sure to tell your doctor about your family history so he or she can assess your disease risk.

For more information about reducing your risk of heart disease and stroke visit [americanheart.org](http://americanheart.org) or call (800) AHA-USA1 for your free copy of the “Shop Smart with Heart” brochure.

To make healthy grocery shopping even faster, go to [heartcheckmark.org](http://heartcheckmark.org) to create your free, personalized list of heart-healthy foods you can print and take with you.