

# South Central's Health on Blast

## *American Heart Health Awareness Cont.d*

- Heart disease is the leading cause of death for both men and women in the United States.
- Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths

### **What are Functional Foods**

- Functional foods are foods and food components that provide health benefits beyond basic nutrition.
- They may play a role in reducing your risk of disease or in improving your health.

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## Functional Foods

- Milk and Dairy foods are good sources of protein, calcium, vitamin D and other essential nutrients. They provide phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.
- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply healthy proteins, B vitamins (niacin, thiamin, riboflavin, B6 and B12), vitamin E, magnesium, zinc and iron. Iron is used to carry oxygen in the blood.
- Vegetables are important sources of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C.
- Fruit is a good source of vitamins and minerals, especially for their role in preventing vitamin C and vitamin A deficiencies.
- Grains are important sources of many nutrients, including fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium and selenium).



## ***Heart attack symptoms***

- Pain or discomfort in the jaw, neck, or back.
  - Feeling weak, light-headed, or faint.
  - Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
  - Shortness of breath.

***If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.***