

## **5 Ways to Prevent Heart Disease and Stroke**

By American Heart Association News

### **Nutrition**

Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

### **Exercise**

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.

### **Tobacco**

At each health care visit, providers should ask whether patients have smoked any tobacco product in the previous month – and if so, help them create a plan to quit.

### **Social Determinants**

Doctors should look at health from a patient's perspective, taking into account elements such as housing, food security, transportation, self-image and culture.

### **Aspirin**

Because of the risks of bleeding, doctors shouldn't prescribe aspirin for prevention, except in carefully selected patients.

*Source: American Heart Association/American College of Cardiology prevention guidelines*

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