

# Love Your Heart, One Bite at a Time



***Heart disease is the leading cause of death in the United States, responsible for about 1 in every 5 deaths.***

The CDC also reports that eating a heart-healthy diet—rich in fruits, vegetables, whole grains, and lean proteins while limiting sodium, added sugars, and saturated fats—can help lower blood pressure and cholesterol, reducing the risk of heart disease over time.

Prevention starts with knowledge. We provide screenings, education, and compassionate care to support your heart health at every stage.



**NorthShore**  
HEALTH CENTERS

**Visit the website or call to schedule your appointment today.**

 [www.NorthShoreHealth.org](http://www.NorthShoreHealth.org)

 888-459-2349