What is ‘cardio-metabolic risk’?
Cardio-metabolic risk refers to your chances of having heart disease, stroke, or diabetes. Knowing how to decrease your risk may help you live a longer, healthier life.

Are you at risk?
The more factors you have, the higher your cardio-metabolic risk. Unfortunately, you can’t determine most of these risk factors at home, so you will need to see your medical professional.

RISK FACTORS:
- A large waistline (≥35 inches for a woman and ≥40 inches for a man) or too much belly fat
- High triglyceride levels (≥150 mg/dL)
- Low good HDL cholesterol level (≤50 mg/dL for women and ≤40 mg/dL for men)
- High blood pressure (≥130/85)
- High fasting blood sugar (≥100 mg/dL)
- Insulin resistance
- An inactive lifestyle

What can you do to lower your cardio-metabolic risk?
Lower your cardio-metabolic risk with a heart-healthy lifestyle, which includes maintaining a healthy weight, adopting a heart-healthy eating plan, managing stress, getting regular physical activity, and not smoking.

01
Make small changes for big results
The good news is small dietary changes add up quickly.
It is vital to enjoy an assortment of healthy foods without being too rigid. The variety of foods you choose over time will provide you with the nutrients to make a big difference in your overall health. But, what you eat is more than just the sum of its parts. Include delicious, fresh, heart-healthy avocados in meals, recipes, and snacks.

Avocados count toward fruit and vegetable intake, providing several under-consumed nutrients, and are a source of naturally good fats.
Unlike most varieties of fruits, avocados do not contain sugar.
The carbohydrate found in avocado is 79% fiber, and fiber-containing foods help provide a feeling of fullness but with fewer calories.
02

Think about your diet

Think about what you ate in the last two days. Did you eat any fruits and vegetables?

Surveys show fewer than 1 in 10 people eat enough fruits and vegetables. Instead, many people consume too many processed foods that are high in sugar and solid fats such as sugary cereals, pizza, etc.

A healthy eating plan limits foods high in saturated (solid) fats, sodium, and added sugars, but includes lots of fresh fruit, vegetables, lean meats, and whole grains.

03

Balance your food choices

Choosing foods with less sugar and saturated fat while trying to stay within your calorie limit does not need to be difficult.

The Mediterranean diet is an excellent example of a healthy eating plan that naturally reduces your intake of saturated fats, sodium, and added sugars while maximizing plant-based foods.

A Mediterranean diet also emphasizes foods containing fiber and good fats, and following this eating plan may lead to more stable blood sugar levels, lower cholesterol, and lower your risk for other health problems.

04

Focus on whole fruits and vegetables

1. Keep fresh fruit rinsed and where you can see it so you can reach for a piece when you need a snack.
2. Add color to salads with avocado, baby carrots, shredded red cabbage, or blueberries.
3. Try mashed avocado, guacamole, or hummus with raw broccoli, colored peppers, sugar snap peas, celery, cherry tomatoes, or cauliflower.

05

Replace unhealthy saturated-fat with healthy unsaturated-fat

1. Ask for sliced avocados on sandwiches instead of regular-fat cheese.
2. Replace some meats with fish.
3. Add walnuts, sunflower seeds, and avocado to salads.
4. Cook with plant-based oils, like avocado and olive oil, instead of butter, ghee, and lard.
5. Most of the fat in avocados is good unsaturated (monounsaturated and polyunsaturated) fat, making avocados a great substitute for foods high in saturated fat.

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