



# MEANINGFUL STEPS TOWARDS HEART HEALTH



## Nutrition and Activity Work in Stride

There are many complementary approaches to improving heart health. An action plan that combines both nutrition and physical activity empowers clients to address preventable risk factors. Starting a new physical activity or eating plan may be hard for some clients. Begin with easy, approachable steps toward building a love for nutritious foods and movement to inspire heart healthy habits that are enjoyable and sustainable.

## Nutrition Fact

Fresh avocados can be part of a heart-healthy diet as they are low in saturated fat, and are naturally sugar, cholesterol and sodium-free.

In a clinical trial, participants who ate an avocado a day, as part of a moderate-fat diet, had reduced total cholesterol and bad LDL-cholesterol and improved the ratio of total cholesterol to good HDL-cholesterol levels, compared to participants who did not consume avocado (low-fat or moderate-fat oils diets). The Hass Avocado Board supported this five-week cross-over study of 45 overweight-obese adults. While the conclusions from a single study cannot be generalized to larger, more diverse populations, the study supports the growing body of evidence demonstrating avocados as a heart-healthy fruit.

## Take Action: Simple Steps Forward

Set everyday goals with clients to help them control hypertension. Encourage nutritious snacks that incorporate heart-healthy, nutrient-dense foods like fresh avocado. Encourage daily walks to get in some activity and fresh air.



## Stay in the Know: Stats and Facts

**Fresh Avocados - Love One Today** and the nonprofit **Walk With A Doc** (WWAD) have partnered to address the Surgeon General's new Call to Action to Control Hypertension.

Nearly half of U.S. adults have hypertension, a major preventable risk factor for heart disease, the number one leading cause of death in the United States.<sup>1</sup>

### A key word is preventable:

While there's no one-size fits all, eating a variety of fruits and vegetables may help clients control their blood pressure, cholesterol and weight. Avocados are a healthy, nutrient-dense food that boosts fruit intake - a step in the right direction with every bite.

### On the topic of stepping:

The Physical Activity Guidelines for Americans state that physical activity is an important action that people of all ages can take to improve their health. Walking, the most popular form of physical activity, requires minimal resources and is adaptable to busy lifestyles. Walking is a proven means of reducing major risk factors of heart disease, including high blood pressure.

## Inform and Inspire



### Snacks with Heart-Healthy Avocados

Heart-Healthy Avocado and Mango Kick-Starters Smoothie  
[LoveOneToday.com/Smoothie](http://LoveOneToday.com/Smoothie)



Heart-Healthy Chocolate Avocado Energy Bars  
[LoveOneToday.com/EnergyBar](http://LoveOneToday.com/EnergyBar)



### Community Walking Programs

**Walk with a Doc** is a 501(c)(3) non-profit organization dedicated to educating and empowering patients to live healthier lives through walks led by health experts.



## Set a Goal

### 5 Days of Heart-Healthy Avocado Meals

Set clients up for success with this 5-day meal plan.

Download at:  
[LoveOneToday.com/5Days](http://LoveOneToday.com/5Days)

**5-DAY MEAL PLAN with ONE AVOCADO PER DAY**

Include delicious, heart-healthy avocados in everyday healthy eating plans to help increase fruit and vegetable intake and provide a whole food source of calorie, moderate fat, 5-day meal plan demonstrates how to incorporate one avocado per day to align with findings from published research.<sup>1,2</sup>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Breakfast</b> • 1 egg • 1/2 avocado • 1 toasted English muffin • 1/2 grapefruit <b>Afternoon</b> • 1/2 oz. dry roasted almonds • 1/2 cup carrot sticks	<b>Overnight Oats with Avocado</b> Recipe at <a href="http://loveonetoday.com">loveonetoday.com</a> <b>Carrot sticks</b> • 1 string cheese	<b>Breakfast on the go!</b> • High Protein Bar • 1 cup nonfat milk <b>Toasted English muffin</b> • 1/2 avocado, mashed	<b>Toasted waffle with almond butter and fruit</b> • 1/2 cup waffle, toasted • 1 Tbsp. almond butter • 1 banana • 1 cup nonfat milk <b>Tangerine</b>	<b>Potassium Power Smoothie</b> Recipe at <a href="http://loveonetoday.com">loveonetoday.com</a> • 1 slice whole grain toast • 1 Tbsp. butter <b>6 whole grain crackers</b> • 1 Tbsp. peanut butter
<b>Pizza, Salad and Fruit</b> • 1/2 of marinara pizza <b>Romaine Lettuce Salad:</b> • 2 cups romaine lettuce • 1/2 oz. chopped pistachios with vinaigrette dressing • 1/4 cup tomato <b>Enjoy with:</b> • 1 cup grapes	<b>Turkey Burger with Coleslaw and Sweet Potato Fries</b> • 4 oz. turkey burger patty • 1/4 avocado, sliced • Mustard and ketchup (optional) • 1/2 cup coleslaw • 1 whole grain hamburger bun <b>3 oz. baked sweet potato fries</b>	<b>Chicken Tacos</b> • 3 oz. rotisserie chicken, shredded • 1/2 avocado, cubed • 2 small flour tortillas • 1/2 cup salsa, tomato, onion, cilantro <b>Enjoy with:</b> • 1 cup sliced mango	<b>Toasted Salad with Bistecca Chicken and Avocado</b> • 3 cups romaine lettuce • 3 oz. rotisserie chicken • 1/2 cup tomatoes, sliced • 1/2 cup olive oil vinaigrette <b>Enjoy with:</b> • 5 whole grain crackers	<b>Turkey Sandwiches with Fruit and Veggie Dip</b> • 2 slices whole wheat bread • 2 oz. deli turkey (optional) • 1 slice avocado, sliced <b>Cucumber and pepper dip</b> • 2 Tbsp. of Commercial "honey dip" <b>Enjoy with:</b> • 1 cup string cheese • 1 cup nonfat milk
<b>Spinach Chicken, Spring Beans with Peas, Roasted Potatoes and Broccoli</b> • 4 oz. baked chicken breast • 2 Tbsp. prepared pesto • 1 Tbsp. feta cheese <b>Enjoy with:</b> • 1 cup nonfat milk	<b>Vegetarian Burrito with Avocado</b> Recipe at <a href="http://loveonetoday.com">loveonetoday.com</a> <b>Enjoy with:</b> • 1/2 cup tortilla chips with salsa • 1 cup pineapple chunks in juice • 1 cup nonfat milk	<b>Avocado Citrus Salmon</b> Recipe at <a href="http://loveonetoday.com">loveonetoday.com</a> <b>Enjoy with:</b> • 1 cup asparagus • 1 cup brown rice • 1 apple • 1/2 cup pistachios	<b>Stirring Avocado Veggie Skewers</b> Recipe at <a href="http://loveonetoday.com">loveonetoday.com</a> <b>Enjoy with:</b> • 1 small sweet potato • 1/2 cup soap green beans • 1 whole grain dinner roll • 1 cup nonfat milk	<b>Avocado Stuffed Chicken Breast Roll</b> Recipe at <a href="http://loveonetoday.com">loveonetoday.com</a> <b>Enjoy with:</b> • 1/2 cup broiled sprouts • 1/2 cup brown rice • 1 whole grain dinner roll • 2 tsp. olive oil • 1 cup nonfat milk

1. Li Wang, Lisa Tan, Lei Han, Todd H. Starke, Kathleen Heald, Joshua D. Lambert, Perry H. Kim-Ehrhart, A Moderate Fat Diet with One Avocado per Day Increases Plasma Antioxidant and Decreases the Oxidation of Small, Dense LDL in Adults with Overweight and Obesity: A Randomized Controlled Trial. *The Journal of Nutrition* Volume 155 and Open Access - A Randomized Controlled Trial with Heart Acute. 2015 Jan 7; 40.

2. Wang L, Beres P, Wang J, He A, Pro-Ethanol B. The Effect of a Moderate Fat Diet With and Without Avocados on Lipoprotein Particle Number, Size and Subtypes in Overweight. [www.lovonetoday.com](http://www.lovonetoday.com)

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1. The Surgeon General's Call to Action to Control Hypertension. Centers for Disease Control and Prevention. <https://www.cdc.gov/bloodpressure/CTA.htm>. Published October 22, 2020. Accessed December 10, 2020.