

# Protect your heart

Wondering about your heart health? Look at your waist. Excess belly fat is linked to higher blood pressure and unhealthy blood lipid levels. For starters, adopt a heart-healthy diet of lean proteins, beans, lentils, veggies, fruits, and whole grains, and exercise regularly to reduce your heart disease risks. In fact, many heart-shaped fruits and vegetables are great sources of antioxidants, which help reduce your risk for heart disease and some cancers. Examples include strawberries, apples, raspberries, and bell peppers.

## Be More Earth-Friendly

Reducing red meat in your diet is good for you and the earth. Beef production, far more than chicken or pork, has had a significant impact on the environment. A good first step is to adopt "Meatless Mondays."

