

CARING *for* THEIR HEARTS *in* MORE WAYS THAN ONE



HISPANIC MEN HAVE A
HIGHER RISK FOR
**HIGH BLOOD
PRESSURE, OBESITY,
AND DIABETES**
WHICH PUTS THEM A
HIGHER RISK FOR
HEART DISEASE



1 OUT OF 4

**HISPANIC MEN DIES
OF STROKE OR
HEART DISEASE¹**



50%

OF ALL MEN WHO
DIE SUDDENLY OF
HEART DISEASE HAD
**NO PREVIOUS
SYMPTOMS²**



**THE GOOD NEWS IS THAT MOST OF THESE
RISK FACTORS CAN BE PREVENTED OR
CONTROLLED** WITH EDUCATION
AND CHANGES IN LIFESTYLE LIKE
EATING MORE VEGETABLES AND
FRUIT LIKE HEALTHY AVOCADOS



AVOCADOS ARE:

- NATURALLY GOOD FATS
- GOOD SOURCE OF FIBER
- CHOLESTEROL FREE
- SODIUM FREE



Grilled Chicken Breasts w/Fresh
Avocado Chimichurri Sauce

Visit LoveOneToday.com for fresh avocado recipes certified
by the American Heart Association® as heart-healthy

1. CDC, Hispanic Men and Stroke Fact Sheet

2. CDC, Men and Heart Disease Fact Sheet;
American Heart Association® update report

fresh **avocados**
LOVE ONE TODAY®
naturally good fats + cholesterol free