

Mayo Clinic Minute
Heart-healthy diet for women

Video	Audio
	Green salad or pizza? What will you pick? Dr. Amy Pollak, a cardiologist at Mayo Clinic, hopes you'll go for the salad.
Amy Pollak, M.D. Cardiology Mayo Clinic	"One out of 3 women will end up dying of heart disease or stroke, which is a staggering number, and there are 43 million women living with heart disease."
	Dr. Pollak recommends the Mediterranean diet
	"Complex carbohydrates, whole grains, fish two to three times per week; lots of fresh fruits and vegetables – really five servings per day of fruits and vegetables; a lot of olive oil; nuts like almonds and walnuts; Those are the hallmarks of the Mediterranean diet."
	So what about that pizza? Dr. Pollak says go ahead and enjoy an occasional slice but make heart-healthy food choices more often than not.
	"Those healthy eating choices become a habit, and it doesn't seem cumbersome to have fish instead of a hamburger, or to reduce the amount of carbohydrates, or have less of the simple sugars in our diets."
	For the Mayo Clinic News Network, I'm Vivien Williams.