

Mayo Clinic Minute

The four A's of food for heart health

Video	Audio
Vivien Williams	Heart-healthy food plans often focus on what you should eat. Dr. Stephen Kopecky created a plan that reminds you of what to avoid: ...
Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic	"... the four A's of foods. There are four A's you need to be worried about. One is the addictive foods."
Vivien Williams	Processed foods. Think store-bought cookies, chips, french fries, etc.
Stephen Kopecky, M.D.	"You get a surge of energy from the fat and the sugar in them and you want to eat them again. The second is the add-on calories."
Vivien Williams	Sugary drinks and alcohol are major sources of add-on, extra calories.
Stephen Kopecky, M.D.	"The third is the automatic foods. You go to the restaurant. You order, And getting ready, you look at the menu. They bring you some bread. All of a sudden you say, 'Who ate all this bread?' And it was me. You know, I ate it. And, so, you do things automatically."
Vivien Williams	And the fourth "A" is adulterated food: food that looks better than it really is.
Stephen Kopecky, M.D.	"They resemble real food, but it's the chemicals in processing we put in these foods that make them able to be transported and last a long time on the shelf and in our pantry. But they aren't that healthy for us."
Vivien Williams	So pay attention to the four A's of food for better heart health.
	For the Mayo Clinic News Network, I'm Vivien Williams.

