

Study Explores Popular Foods and Heart Health

Evidence suggests benefits of coffee, tea and mushrooms while raising concern about sugar, dairy and energy drinks

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National Jewish Health

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NEWS PACKAGE

SUGGESTED TEASE

WHAT FOOD TRENDS ARE ACTUALLY HEALTHY FOR YOUR HEART?

COMING UP, THE SURPRISING THINGS DOCTORS RECOMMEND YOU EAT MORE OF AND WHICH FOODS YOU SHOULD PASS ON.

ANCHOR LEAD

WITH SO MUCH CONFLICTING INFORMATION OUT THERE, IT'S CAN BE CONFUSING TO TO DECIPHER WHICH FOODS ARE ACTUALLY GOOD FOR YOU AND WHICH CAN COMPROMISE YOUR HEALTH.

BUT NEW RESEARCH PUBLISHED IN THE JOURNAL OF THE AMERICAN COLLEGE OF CARDIOLOGY REVEALS THE BOTTOM LINE ON SOME OF THE MOST POPULAR FOODS AND THEIR HEART HEALTH BENEFITS. :16

-----**(START VO)**-----

CG: Courtesy: National Jewish Health

THE STUDY SAYS CONSUMING UNSWEETENED COFFEE, TEA AND EVEN LOW TO MODERATE AMOUNTS OF ALCOHOL CAN BE GOOD FOR YOUR HEART.

DOCTORS ALSO SAY EATING MORE MUSHROOMS AND LEGUMES - LIKE BEANS AND HUMMUS - ARE GOOD FOR THE TICKER TOO.

DR. ANDREW FREEMAN, A CARDIOLOGIST AT NATIONAL JEWISH HEALTH IN DENVER, LED THE RESEARCH. HE SAYS IT IS BEST TO STEER CLEAR OF ANYTHING WITH ADDED SUGAR - AND A GOOD RULE OF THUMB IS TO CHOOSE WHOLE FOODS OVER ANYTHING PROCESSED. :25

-----**(SOT)**-----

**CG: Andrew Freeman, MD
National Jewish Health**

"Before you reach for a box or a package or some microwavable something-or-other, just try your best to eat the unprocessed and minimally-processed version of plant foods and limit the animal products if consuming them at all." :13

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<p>------(CONT VO)-----</p> <p>-----ANCHOR TAG -----</p>	<p>FREEMAN SAYS THERE’S NO CLEAR CONSENSUS ON WHETHER DAIRY PRODUCTS HELP OR HURT YOUR HEART, BUT RECOMMENDS YOU CONSUME WITH CAUTION AND TRY TO AVOID FULL-FAT DAIRY. :08</p> <hr/> <p>THE STUDY ALSO LOOKED AT SEAWEED AND FERMENTED FOOD LIKE KIMCHI AND FOUND GROWING EVIDENCE THAT THEY CAN BE BENEFICIAL TO YOUR HEART.</p> <p>AS A GENERAL RULE OF THUMB, EXPERTS RECOMMEND LOTS OF FRUITS, VEGETABLES AND WHOLE GRAINS IN YOUR DIET TO MAINTAIN A HEALTHY HEART. :11</p>
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EXTRA BITES

<p>CG: Andrew Freeman, MD National Jewish Health</p>	<p>Freeman lists some of the foods the paper focused on: <i>“We took a look at dairy, added sugar, fermented foods, energy drinks, legumes and a bunch of other foods and tried to figure out if they have an effect for cardiovascular, and if they do, what’s the magnitude of that.”</i></p> <p>Freeman say dairy is a major source of fat and salt in diets: <i>“Dairy appears to be one of the number one sources of saturated fat; that’s the type of fat that clogs arteries, and also a huge source of salt in the American diet. So you know, when you go out to dinner, not only do they put cheese on the bread, they bring out butter, they add more cheese, and before long you have five, six servings of dairy at dinner, and so, that’s a harmful way to eat.”</i></p> <p>Freeman says omega-3s are good but consider the source: <i>“It’s beneficial to have these in the diet, but there’s some controversy and worry about marine sources because they do contain heavy metals and organophosphates and other contaminants, whereas the plant-based ones appear to have less. So omega-3 fatty acids appear to be beneficial, and then what source you get them from, plant or marine, you have to kind really weigh some of the other factors, and we’re careful to talk about that.”</i></p> <p>Freeman says only take B12 supplements if you’re deficient: <i>“B12 seems to be one of these things where people are taking in enormous quantities, and what we found is you really only need B12 added to the diet as a supplement when its deficient, and if it’s not deficient you probably don’t need to add it. In fact, there’s even a study recently that we sited that suggests that in men too much B12 might be linked to lung cancer, as an example.”</i></p>
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CG: Andrew Freeman, MD
National Jewish Health

Freeman says Americans don't eat enough legumes:
"Legumes, beans, are actually very minimally-consumed in the United States versus, say, in Europe or South America or other parts of the world, but they're healthful, and they're a great source of a complex carb as well as protein, all in one convenient package."

Freeman says food is just one aspect of cardiovascular health:
"When you're looking at cardiovascular health and health as a whole, it's not just food. It's food, it's exercise, it's mindfulness and stress and it's connection and support. It's all four of those things that work synergistically together."

Freeman suggests eating whole foods over processed foods:
"Before you reach for a box or a package or some microwavable something-or-other, just try your best to eat the unprocessed and minimally-processed version of plant foods and limit the animal products if consuming them at all."

References

¹TA Clinician's Guide for Trending Cardiovascular Nutrition Controversies, Journal of the American College of Cardiology, Volume 72, Issue 5, July 2018. Online:
<http://www.onlinejacc.org/content/72/5/553>

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