**Food and Your Heart Review**

*“What you eat and your heart health are tightly linked together.”*

The Heart

* The heart is the organ that pumps blood and *\_\_\_\_\_\_\_* throughout the body.
* The heart is divided into *\_\_\_\_\_\_\_\_\_\_* that blood flows through.
	+ 2 *\_\_\_\_\_\_*
	+ 2 *\_\_\_\_\_\_\_\_\_\_*
* In the blood we’ll find:
	+ \_\_\_\_\_\_\_\_
	+ Nutrients (Some good, some bad)

The Heart: Arteries

* To transport the oxygen and nutrients to our body *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
* *\_\_\_\_\_\_\_\_\_* are the small *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that deliver blood from the heart to the tissues of the body.

Nutrients

* Components found in food necessary to proper bodily functioning
* Nutrients can be divided into 2 categories: Macronutrients and Micronutrients (Vitamins & Minerals)
* Macronutrients: the three biggest nutrients in the body
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Your body’s biggest source of energy
	+ \_\_\_\_\_\_\_\_\_\_\_\_- the building blocks of growth and development. Promote growth and repair
	+ \_\_\_\_\_\_\_\_\_\_\_\_ also a source of energy for our body but mostly stored and provide*\_\_\_\_\_\_\_\_\_*  for your organs.

***There are many substances that can impact your heart health in a negative way***

* *Fat- Increases cholesterol levels and makes it harder for your organs to function (think about insulation)*
* *\_\_\_\_\_\_\_\_\_\_\_ Overtime clogs your arteries and restricts blood flow*
* *\_\_\_\_\_\_\_\_ Should be limited for people with high blood pressure*

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