Your Name

Instructor Name

Course Number

Date

**Response**

The authors of this article try to classify the potential food targets for the prevention of cardiovascular health (Casas et al.). The foremost cause of death, contributing to thirty percent of deaths all over the world, is reported to be a cardiovascular disease (CVD). Studies depict that the anticipation of CVD can be done efficiently by adopting a healthy lifestyle and diet. The anticipation of CVD through lifestyle mediations has emerged as a leading health priority during the last 25 years. Numerous studies have shown the association of a healthy diet with a low amount of pro-inflammatory markers. With the different combinations of various foods and nutrition, cardiovascular health can be maintained. It is evident from many studies that there are similarities between the dietary patterns adopted to reduce the risk of cardiovascular disease. It includes higher consumption of fiber, vitamins, antioxidants, polyphenols, minerals, polyunsaturated, and monounsaturated fatty acids and lower consumption of salt, saturated fatty acids, and carbs having the low glycemic index. This corresponds to the greater consumption of seafood, legumes, vegetables, nuts, seeds, whole grains, dairy food, vegetable oils, and low consumption of processed meat, soft drinks, and pastries, etc. Such dietary patterns reduce the prevalence of cardiovascular disease via maintenance of body weight and controlling other risk factors.

The Fight BAC! campaign developed by the USDA and Partnership for Food Safety Education provides consumers with basic rules for handling, preparing, and storing food (*About Us | Fight Bac!*). The four principles of this campaign are:

1. **Clean:** This principle aims towards maintaining the cleanliness of hands and surfaces. It is realized that various surfaces, things around the person, as well as their hands, may be home to various bacteria that is why they should be washed 20 seconds before food handling. Foods should be washed properly. Wash all the things and surfaces used for handling food such as knives, cutting boards, etc.
2. **Separate:** One of the principles of the campaign is to keep the food away from the surfaces otherwise, it can lead to cross-contamination of germs. Separate the raw food from cooked food and place it in a proper shopping bag. Do not use the same surfaces for cooked food that previously had uncooked food.
3. **Cook:** The third principle of the campaign is to cook the food properly to get rid of bacteria that might be present in the food. Fight BAC! makes use of the thermometer which ensures that the food is cooked at a proper heat.
4. **Refrigerate:** It is advised to chill the food to slow the growth of unnecessary bacteria present in the food. Do not over freeze the food and discard the food that is not used daily.

**Works Cited:**

*About Us | Fight Bac!* https://www.fightbac.org/about-us/. Accessed 27 Nov. 2019.

Casas, Rosa, et al. “Nutrition and Cardiovascular Health.” *International Journal of Molecular Sciences*, vol. 19, no. 12, Dec. 2018. *PubMed Central*, doi:10.3390/ijms19123988.