

ADDENDUM

Addendum to: 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: Executive Summary

A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines

The purpose of this addendum is to clarify the definition of processed meat. The AHA and ACC anticipate a number of questions around this recommendation and want to clarify the definition across the many educational and scientific programs hosted at the AHA and ACC. These changes will be incorporated into the guideline when it is published in an issue.

TOP 10 TAKE-HOME MESSAGES FOR THE PRIMARY PREVENTION OF CARDIOVASCULAR DISEASE (PAGE 4)

4. All adults should consume a healthy diet that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of *trans* fats, red meat and processed red meats, refined carbohydrates, and sweetened beverages. For adults with overweight and obesity, counseling and caloric restriction are recommended for achieving and maintaining weight loss.