Nutrition and heart health, of course we’ve been hearing a lot about on the news. The types of foods that have been primarily linked to heart health and nutrition are foods that are low in fat and high in fiber, so in many ways, reducing the amount of animal proteins in our diet and increasing the amount of vegetables and fruits in the diet is a really smart thing to do. And again if you can incorporate those things early in life, you’re really making a difference. If you think about the types of foods that you’re consuming, and primarily middle school children eat a lot of fast food, high fat foods, and they’re all the same. It doesn’t matter where you purchase those foods, they all basically have the same type of calorie content. And if you think of your arteries as an open hose or a lawn hose, and the more fat you consume, that fat builds up on the inside of that lawn hose. And as you get older, the amount of fluid, or in the case of a body, the blood that goes through that is reduced and therefore causes more pressure on the heart. So the choices that you make be reducing the amount of fats in your diet really does make a difference in the long term health. We used to see arteriosclerosis only in older individuals, 60, 70 years old and now we are seeing arteriosclerosis in children as young as 6 and 7 because of the types of diets they’re consuming early on. So choosing diets that are lower in fat can help keep those arteries clean and allow you to live a healthier life.