**Embargoed until 3 p.m. CT/ 4 p.m. ET, Wednesday, March 6, 2019**

Video transcript:

How often do you shop in the produce aisle?

A recent study showed that adding high-quality plant-based foods to your diet decreases deaths from heart disease. Even in middle age, adding healthy plant-based foods such as, whole grains fruits and vegetables… seemed to lower risk, even among people who started off with low quality diets. It’s never too late to increase your longevity!

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