

HEART DISEASE & HEALTHY EATING

**Eating well to protect
your heart is important**



You can find some great
recipes at:
heartfoundation.org.au



A HEALTHY HEART MATTERS

Top 5 tips

- 1 - Aim for 5 servings of vegetables a day. You can add vegetables to salads, soups and casseroles or try them as a snack.
- 2- Go for grain. Replace white bread and rice with wholegrain or seeded bread, brown rice or high fibre breakfast cereals.
- 3- Eat more legumes like lentils, chickpeas and beans.
- 4- Aim for 2-3 servings of fish a week. Canned fish in spring water or olive oil can be used.
- 5- Try introducing at least one meat-free day a week. You can find lots of tasty recipes at the heart foundation website.

Risk factors for heart disease

- 1 -Family history
- 2- Overweight or obesity
- 3- Inactivity or Age
- 5- High blood pressure or High cholesterol

Prevention

- 1- Maintain a healthy weight
- 2- Exercise regularly
- 3- Eat a balanced diet
- 4- Avoid smoking
- 5- Control blood pressure and cholesterol

FOR MORE INFORMATION
HEAD TO
HEARTFOUNDATION.ORG.AU

Healthy eating habits

1- Use healthy oils made from plants or seeds for cooking. Use olive, canola, peanut, sunflower, soybean, sesame and safflower oils.



2 - Fill 1/2 of your plate with a variety of colourful vegetables and fruits.

3 - 1/4 of your plate should contain wholegrains.

4 - Add flavours by using herbs and spices instead of salt.

5 - 1/4 of your plate should include healthy protein such as beans, lentils, fish, seafood or smaller amounts of eggs and lean protein.

6- If you eat red meat, its preferred to choose the lean option and limit eating this protein to 1-3times per week.

NUTRITION AND YOUR HEART

Eating healthy is one of the easiest and most effective ways to reduce your risk of heart disease.

What's recommended?

Substitute fish instead of meat or poultry twice a week



Eat 4.5 cups of fruits and vegetables per day



Don't eat more than 2 servings of processed meats a week

Go for whole grains, lean meats and low- or fat-free dairy products



Cut out sugary drinks like soda and juice

Ditch the fast food for home-cooked meals with the family

Snack Time

Choose sensible, nutrient-rich snacks to satisfy cravings.

Fresh apples, grapes or a banana

Unsalted almonds, walnuts or sunflower seeds

Raisins or dried fruit

Carrots, broccoli or celery sticks

Cherry or grape tomatoes

Yogurt, low-fat or fat-free cheese



The Scoop on Salt

Do you know how much salt you eat each day? The average American eats nearly 3,400 milligrams of sodium a day – more than double the recommended amount of 1,500 milligrams.

Eating too much salt can cause a variety of problems, including high blood pressure, a major cause of heart disease and stroke.



Be aware of these salty foods identified by the American Heart Association:



PULSE CARDIAC CARE

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