

TOP 12 TIPS FOR A HEALTHY HEART



1

EAT THE RIGHT FATS

Avocado and nuts are good examples of healthy fats. Reduce your intake of unhealthy fats including saturated and trans fats such as fatty meats, cakes and pies.



2

CHOOSE WHOLEGRAINS

Wholegrain foods with fibre and rich in nutrients can help your heart health. Replace refined grains in your diet with wholegrains such as rolled oats, brown rice and pasta and quinoa.

3

INCREASE FRUITS AND VEGETABLES

Fruits and vegetables contain important antioxidants and phytochemicals that help protect your heart. Choose a variety of fruits and vegetables for your diet.



4

INCREASE PLANT STEROLS

Plant sterols are found in very small amounts in plant foods such as nuts, seeds, wholegrains, breads, legumes, fruits and vegetables.

5

HAVE MORE SOLUBLE FIBRES

Soluble fibres such as oats, barley, eggplant, chia seeds and legumes help catch cholesterol in your gut which prevents it from being absorbed into your bloodstream.



6

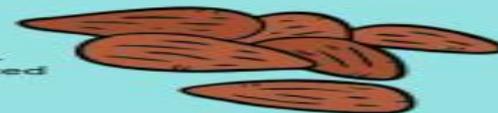
EAT SOY

Soy beans, soy milk and tofu can help lower your cholesterol, improve blood pressure and help keep your blood vessels flexible.

7

MUNCH ON NUTS AND PEANUTS

Nuts and peanuts are important for protecting your heart. They contain fundamental amounts of fibre, polyunsaturated fats, magnesium, and vitamin E.



8

THE PORTFOLIO FOODS

Portfolio foods include all the key dietary foods such as plant sterols, soluble fibres, soy protein and nuts. These foods lower cholesterol when eaten in combination.

9

REDUCE SALT INTAKE

High salt intake can increase your blood pressure levels and put you at risk of heart disease. Limit your intake by avoiding processed foods.



10

BE ACTIVE!

Aim for at least 30-40 minutes of physical exercise a day to reduce your risk of heart attack by one third.



11

KEEP A HEALTHY BODY WEIGHT

Try and keep your weight within the healthy weight range. This will improve your cholesterol levels, reduce blood pressure and reduce inflammation.

12

LIMIT ALCOHOL AND AVOID TOBACCO

Keep to 2 standard drinks on any occasion. If you're a smoker, speak to your doctor on ways to quit.



Your Healthy Heart

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Your Healthy Heart:

Unveiling the Magic of Words: A Report on "**Your Healthy Heart**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Your Healthy Heart**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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