

Tip's for Healthy Heart

Cardiovascular disease (CVD) continues to be the leading cause of death and disability in the world today: over 17.5 million people die from cardiovascular disease every year. Most of the major cardiovascular disease risk factors can be controlled. Here are a few tips on how to control those risk factors and protect your heart:

- ✓ Give up smoking-Smoking is one of the main causes of coronary heart disease.
- ✓ Getting – and staying – active can reduce your risk of developing heart disease.
- ✓ Manage your weight - Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.
- ✓ Eat fibre from a variety of sources, such as oats and wholegrain cereals, and plenty of fruit and veg. Eat at least five portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals.
- ✓ Cut down on saturated fat.
- ✓ Eating too many foods that are high in saturated fat can raise the level of cholesterol in blood.
- ✓ To maintain healthy blood pressure, avoid using salt at the table and try adding less to cooking.

“Power your life with healthy heart...”