

Good fats



Poly and mono-unsaturated fats:

- Oily fish (herring, salmon, tuna, mackerel)
- Avocado
- Seeds (sunflower, linseed, flaxseed)
- Olive oil
- Nuts (walnuts, almonds, brazil nuts)

Key benefits:

- Moderates cholesterol levels - increases the good and decreases the bad
- Exerts an anti-inflammatory effect in the body
- Supports a healthy circulation

Bad fats



Saturated fat, trans/hydrogenated fats:

- Processed foods / ready made meals
- Fatty foods (i.e. red meat) cooked at very high temperatures (bbq / baked / fried) - as this can lead to the formation of trans/hydrogenated fats
- Dairy (cheese, cream, sauces) - eat in moderation
- Pastry based foods (pasties /desserts / pies)
- Red meat (particularly processed meats (sausage/bacon etc) - eat in moderation

Effects:

- An excess of "bad" fats can increase the level of cholesterol in the body
- Too much saturated fat can lead to weight gain
- An excess of saturated fat intake can also lead to the development of atherosclerosis (where plaque begins to build within the artery walls)
- Too much saturated fat can also lead to excess inflammation within the body

The Nuffield Health topic 2 - Healthy Heart.

Healthy Heart



10 Steps to getting smart for a healthy heart

If you are currently taking medication to treat a heart condition, please consult your GP before making dietary or lifestyle changes.

1



Stop smoking

Smoking not only increases cholesterol and is a cause of elevated blood pressure, but it also affects the circulation and the delivery of nutrients and oxygen to vital organs (including the heart) in the body.

2



Balance your fats

Increasing your intake of essential (good) fats and reducing your intake of saturated (bad) fats can help keep cholesterol levels in check and prevent plaque from forming along the arteries.

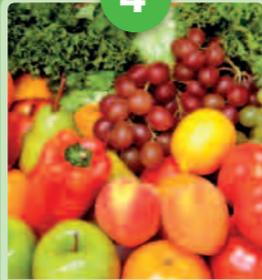
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Increase your intake of wholegrains

Eating a diet high in wholegrains (brown bread, pasta, rice, barley, oats, millet) provides good sources of the B vitamins and Folic acid. These nutrients support processes in the body which protect the heart.

4



Boost your antioxidant intake

Antioxidants exert a protective, anti-inflammatory effect in the body. Eating a diet rich in fruit and vegetables has been proven to promote heart health.

5



Watch your salt intake

Too much salt in the diet can increase blood pressure. Always check packaging and watch out for high levels of salt hidden in ready made and processed foods.

6



Cut down on alcohol & sugar consumption

Alcohol is classed as an anti-nutrient, as it actively prevents the body from absorbing vital nutrients. It also has an adverse effect on blood sugar levels, which can be a precursor to diabetes (a known risk factor for heart disease).

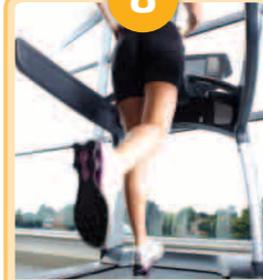
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Get a GP check

If heart conditions run in your family or you are concerned about your general heart health, book in for a heart health check with your GP.

8



Get active

Getting physically active might involve going swimming, doing an exercise class, or playing a sport. But it also includes everyday things such as walking, gardening and climbing stairs. You can gain the heart health benefits of activity from all these different activity types.

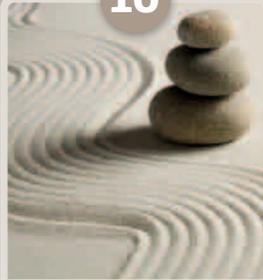
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Manage your stress

Both blood sugar and blood pressure levels increase when the body is under stress.

10



Make time for relaxation

Relaxation is key to health and wellbeing. It gives the heart a rest by slowing the heart rate, it decreases blood pressure and at the same time increases the flow of blood to muscles. Make time for relaxation every day - even if just 10 mins of deep breathing.