



# Community Dietitians In Action!

Quarterly Newsletter Issue 6

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DEPARTMENT OF NUTRITION & DIETETICS

## 29th September— World Heart Day



### Fuel your Heart

♥ **Drink Green Tea**— It contains several powerful antioxidants that lower cholesterol and may even lower blood pressure.



♥ **Fibre up**— Dietary fibre is thought to affect several heart disease risk factors such as high cholesterol, diabetes and obesity, since it decreases cholesterol concentrations, improves insulin resistance and it also keeps you feeling fuller longer and therefore helps to control your appetite. High fibre options are provisions, whole grains, peas, beans, vegetables and fruit.

♥ **Feast on Fish**— Fish such as Salmon, Herring, King Fish, Carite, Bonito, and Ancho are loaded with the omega-3 fatty acids. Having even one serving of fish high in omega-3's a week could reduce your risk of a heart attack significantly!

♥ **Eat your Vegetables**— Aim to make vegetables 50% of your meals, especially cruciferous vegetables such as broccoli, cauliflower, pak choi, cabbage and watercress. They are a gold mine of antioxidants and other heart-saving phytochemicals.



♥ **Snack on Nuts**— Nuts are tiny but nutrient dense, packed with healthful fats and Vitamin E so its no surprise that several of the largest studies, including the Adventist Study, the Iowa Women's Health Study, the Nurses' Health Study, and the Physicians' Health Study have shown a consistent 30% to 50% lower risk of cardiovascular disease associated with eating nuts several times a week. Choose those that are unsalted, baked, lightly roasted or raw and remember nuts are a high in calories so it's important to be mindful of your portions.

### Move Your Heart

SIT LESS, STAND MORE  
START NOW!!

- Take a brisk walk at lunchtime for 15 minutes
- Interrupt sitting whenever you can—Stretch, walk in place, take every opportunity to walk



### Know your Heart

Be aware of your risk for heart disease by knowing all your important health numbers:

- ♥ **Blood Sugar**
- ♥ **Blood Pressure**
- ♥ **Total Cholesterol**
- ♥ **BMI**
- ♥ **Waist Circumference**

Knowledge is power.

### Love your Heart

Avoid these habits that negatively affect heart health:

1. Not dealing with feelings of hostility, depression.
2. Not flossing, there is a strong link between gum disease and heart disease.
3. Drinking (too much) alcohol or binge-drinking.
4. Smoking or living with a smoker.
5. Assuming you're not at risk.
6. Being a health procrastinator.
7. Stopping or skipping medication especially high blood pressure pills when you think you feel fine.
8. Ignoring physical symptoms like sudden chest pain.

“Just because you're not sick doesn't mean you're healthy”

♥ Know your heart ♥ Fuel your heart ♥ Move your heart ♥ Love your heart ♥