

## DID YOU KNOW?

- If you have a heart condition, you can still benefit from a heart friendly diet.
- A heart healthy diet can help lower cholesterol level and reduce the risk of diabetes and certain cancers .
- Eating a diet high in salt can increase blood pressure, a risk factor for cardiovascular disease.
- The salt recommendation for a healthy adult is about a teaspoon full of salt per day.
- Eating a diet high in fat, can cause high blood cholesterol levels which can lead to a buildup of plaque. This in turn can increase the risk of a heart attack or stroke..

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## HEART HEALTHY DIET

### WHAT YOU SHOULD KNOW

A healthy diet and lifestyle are one of the best ways to fight heart disease. Making simple changes to our diet and lifestyle can have a huge impact on our heart health and it's not as hard as you might think.

### HOW TO EAT A HEART FRIENDLY DIET

- 1) **Portion Control:** Use smaller plates, giving preference to low calorie foods like fruits and vegetables and cutting down on high calorie starchy foods.
- 2) **Fruits and Vegetables:** Aim to get at least 5 portions of different fruits and vegetables every day.
- 3) **Choose Wholegrain foods:** which are good sources of fiber and other nutrients which promote heart health, e.g. Millet, sorghum, guineacorn, ofada rice etc.
- 4) **Choose Healthy fats:** limit the amounts of solid fats like butter and margarine in your diet. When using oils, use healthier options like olive oil, canola oil, soya bean oil etc. Eat fish like tuna, mackerel, titus, etc. which contain healthy oils like omega 3 fatty acids, and avoid pastries, fried foods and biscuits.
- 5) **Eat Low Fat Protein sources:** such as lean portions of meat, skinless poultry, fish, low fat dairy products and eggs. Legumes such as beans and peas are also good sources of protein which contain little fat and no cholesterol.
- 6) **Reduce Salt consumption:** reduce the amount of salt in meals using healthier options like spices and herbs.

