

Week

1

Eat your way to a
healthy heart



Week

2

Week

3

HEALTHY FOOD TO MELT YOUR HEART

Delicious ways to reduce high blood pressure

Week 2: How to eat your way to a happy heart



IN YOUR WEEK 2 PROGRAMME YOU WILL:

- FIND**
Your eating style
- TRY**
Ways to make meals heart healthy
- SPOT**
Your food stressors
- KEEP**
A healthy heart eating plan

<https://www.greasternlife.com/my/en>

**LIVE
GREAT**
PROGRAMME



WELLNESS TOOLS



HEALTH TIPS



MOBILE APPS




WORKSHOPS & EVENTS



EXCLUSIVE PRIVILEGES

Keeping the pressure off – how to keep your heart fit

WEEK 1	WEEK 2	WEEK 3
Understanding high blood pressure	 Eat your way to a healthy heart	The active way to a healthy heart

Eat your way to a healthy heart – Week 2

In Week Two of your three week journey, we'll help you discover how eating well gives you the taste for a healthier life and helps you to control your blood pressure.

It's said that 'we are what we eat' and what we put inside us has long-term effects on our health. The earlier we start eating healthily, the sooner our bodies reward us with extraordinary results.

Food is an integral part of our lives and eating healthily doesn't mean you have to give up food; it's just about taking a healthier option. Once we understand what our favourite foods can (or can't) do for our bodies it's easier to make a better choice.

In this week's programme we will help you find ways to make your meals healthier whether you like to eat on the go, or prefer the gourmet option.

We'll also help you spot the foods that cause your blood pressure to rise, along with a healthy heart plan to fill in and keep – to see where you can make lower calorie choices to keep your heart happy.

Start small, live great.

FAST FACT



A diet that is rich in potassium helps to fuel your heart to combat the negative effects of salt. Potassium reduces blood pressure and normalizes heart rhythms. Best thing is, it's readily available in lots of different foods, including:

- Potatoes (especially with their skins on)
- Sweet potatoes
- White beans, greens and spinach
- Mushrooms
- Tomatoes
- Bananas
- Cantaloupe and honeydew melons
- Oranges, prunes and apricots (and as juice)
- Raisins and dates
- Fat-free yoghurt

Find **your** eating style

Before you downloaded this programme, you completed a short questionnaire to find out how you enjoy your meals. (If you haven't taken it yet, [click here to do it now](#). When you discover how and why you eat, it's so much easier to change unhealthy habits.



To refresh, here's how you enjoy your food:

The Gatherer

You are well-prepared for every eventuality (such as buying extra food in case the kids have their friends round). This is great, but you could find that you're buying too much – and end up having to eat it to avoid it going to waste – which leads to an unhappy heart as far as blood pressure is concerned. Try to buy what you need instead of filling the cupboards with snacks that provide unhealthy temptation.

The Muncher

You eat to live rather than live to eat. While you may not be so obsessed or particular about the food you eat, grabbing meals on the go suggests that you see food as a necessary fuel and you're not monitoring what you're eating. Part of having a balanced diet for a healthy heart is being mindful of what and how you eat. By taking small healthy eating steps you can control food instead of food controlling you.

The Connoisseur

You certainly take pleasure in the finer foods and appreciate gourmet dishes and top quality. However, dining out regularly could lead to a diet that could be richer rather than healthier. Take up cooking lessons or learn some healthy favourites from friends and family to add to your recipe repertoire. Dining in doesn't need to be any less enjoyable. By enjoying more home cooked food you will do your heart a big favour.

Try ways to make your meals healthier

Eating healthily is great for maintaining regular blood pressure. Limit processed foods and stick to the natural alternatives and you'll soon be as happy as your newly energetic heart.



Tasty Ideas for The Gatherer

You like to feed others and are always prepared for unannounced visitors. To avoid over buying and unhealthy choices try to:

- Keep your shopping list to a minimum. Stick only to the healthy items you need and cross them off when they're in the basket – avoid temptation to buy unhealthy snacks that contribute to high blood pressure.
- Explore the myriad of fresh fruit and vegetables available in your local store or market. If you're looking for happy heart crowd pleasers swap creamy dips for heart healthy guacamole or tangy tomato salsa.
- Stop lingering, save time. The quicker you finish grocery shopping, the less you will be tempted by bags of crisps or gummy candies! The whole family's health will benefit.
- Take it online. To avoid the unhealthy extras that can push up your blood pressure, try doing your weekly grocery shopping online or on mobile and contain your browsing to the fresh food section.



Healthy Options for The Muncher

You see food as fuel rather than a joy to be savoured, but a quick fix can sometimes be less nutritious. To enjoy healthy eating at a pace try to:

- Check first. Before you reach for the nearest treat, have a look at the nutrition label – what's inside might not be what you want in your body after all (see the Fooduate app)
- Try trimming down sugary carbohydrates and salty snacks and after a while, you will begin to notice that your palate will not crave these high calorie foods, making it easier to monitor your intake and maintain a balanced diet to help you look and feel great.
- Keep a well-stocked fruit basket. Keep fruit and/or vegetables such as oranges and carrots at home or by your work desk.
- Eat breakfast. Running on an empty stomach in the morning may be the reason why you snack in between meals and don't eat on time regularly. Why not try our healthy fish congee [recipe](#) for a great start to the day.



Dining Decisions for The Connoisseur

Food for you is both a hobby and a joy. You can still enjoy the finer things in life – but perhaps not all the time. Nature's bounty can be delicious in all its guises. To help reduce the richness in your diet try to:

- Opt for lean proteins (grilled or steamed fish is excellent) or lean meat such as grilled or steamed skinless chicken over red meats such as beef and lamb. Cut down on coffee and soda, and pick the reduced-fat milk and yoghurt at the grocery instead of the full-fat options.
- Choose healthy. At restaurants, order the healthier menu options and find out more about the preparation. Perhaps simply going without oil and reducing salt would do!
- Eat slower and don't binge. Bear in mind that there is no need to consume a portion size more than the size of your fist. Chew slowly and savour the meal.
- Make it at home. Re-invent your favourite dishes with a healthy twist. Try the DASH diet (Diet Approaches to Stop Hypertension) for delicious ways to help reduce high blood pressure. <http://dashdiet.org/>

Remember to come back next week for handy exercise hints in the final week of this three week programme!

Spot **your food stressors**

We all know what we should be eating to maintain a healthy heart, but change can be challenging. Here are some reminders of what you should be looking out for:



Salt - The recommended daily amount of salt is no more than 6g – that's around a full teaspoon – and much of that is already in the foods we buy. Note the labels that read 1.5g salt per 100g - is high. 0.3g of salt per 100g or below should be the healthy amount of salt intake. A 30g packet of crisps contains around 0.5g of salt – a single ready meal can contain around 7g.

Try and minimise salt by shaking these from your diet:

- **Deli meat** – those thin slices may look harmless, but when they're processed, they're loaded with salt. Just 55g of luncheon meat contains about 0.6g of salt.
- **Frozen pizza** – the combination of meat, cheese, bread and tomato sauce makes pizzas heavy on salt; and to retain the flavour in frozen pizzas, manufacturers often add even more. One sixth of a frozen pizza could contain as much as 1g – even more if it has a thick crust and a pile of toppings.

Trash the can! – Check your cans of soup or tomato products; they're often high in salt. If you must have them, check for low-sodium varieties.

Caffeine - Coffee and other caffeinated drinks cause a short, but dramatic increase in your blood pressure, even if you don't have high blood pressure. Caffeine can also block a hormone that helps keep your arteries open. Try limiting yourself to 200 mg of caffeine - or two tall servings of brewed coffee a day.

Sugar – Especially when added as a sweetener to drink – contributes to obesity, which in turn is a risk factor for high blood pressure. The American Heart Association recommends a maximum of 100 calories of added sugar (6 tsp) a day for women and 150 calories (9 tsp) for men.

Pickles – They're just vegetables, aren't they? Yes, but they soak up the salt they're preserved in, and one pickle could contain 0.3g of salt. If you still want something with bite look for low-salt options.

Keep a healthy heart eating plan

Making healthier choices at every meal doesn't have to be extreme. Start with small steps and you'll soon find that you will enjoy the cleaner diet you have adopted.

Keep a note of the healthier choices you make this week, and what works for you.

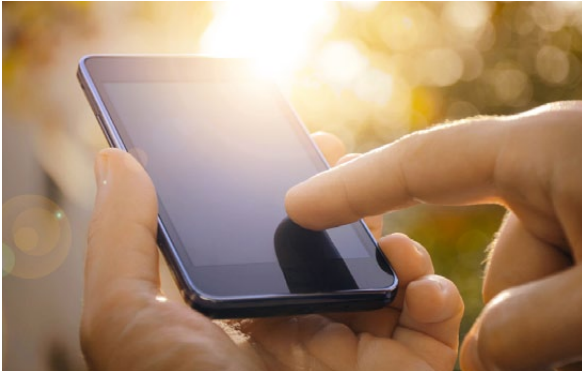
	MY HEALTHY CHOICES	LESS OIL	LESS SUGAR	LESS SNACKS	LESS CAFFEINE
EXAMPLE	<i>LUNCH WITH THE FAMILY AT A NEW VEGETARIAN RESTAURANT. EVEN THE KIDS LIKED IT!</i>	✓			
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



Print this out and use it keep a record of how you are making your diet healthier - the more ideas you have the better! And remember – nobody's perfect – small steps will lead to great results.

Help keep your blood pressure on the down low

Go to [Live Great Reads](#) for more helpful articles, features and content.



Top 4 Apps to Measure Blood Pressure

High tech help for a healthy heart



Eat your way to a healthy heart?

Take our quiz and find out!



Top 6 Apps to Boost Workout

Creative ways to make workouts fun



5 Ways to Lower Blood Pressure Naturally

Nature's way to a healthy heart



Understanding high blood pressure and managing how you deal with it is a key to a happy heart.

Next week...



Now you've learned some delicious ways to make your diet more healthy, you'll be feeling good on the inside and will have plenty more energy.

With that in mind, next week we'll look at exercise - a key way to keep the pressure off your heart. Join us again to find out some fun ways to move your way to fitness.

How?

- Try fun ways to get your body moving
- Spot if you're getting enough exercise
- Keep a fitness diary



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