

Healthy Living Focus

Heart Health!



Hello and welcome to the healthy living focus, Heart Health edition. Here we will discuss what Heart Health means, how to keep your heart healthy, foods to eat to lower cholesterol, and tips to reduce blood pressure. Keeping your heart healthy can reduce the risk of developing heart disease, so let's look at this in more detail.

What is heart disease?

Heart disease is a condition that happens when your heart's blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries.

Over time, the walls of your arteries can become furred up with fatty deposits. Heart disease can be caused by lifestyle factors, such as smoking and drinking excessive amounts of alcohol, having high cholesterol, high blood pressure or diabetes.



Over half of U.K adults have high cholesterol!



Keeping your heart healthy will also have other health benefits, such as helping reduce your risk of stroke and dementia! It will also make you feel good!

Heart health

Keep your heart healthy by making some simple lifestyle changes.

These could be...

- eating a healthy, balanced diet.
- being physically active.
- giving up smoking.
- controlling blood cholesterol and sugar levels.
- reducing alcohol intake.
- keeping diabetes under control.

Top 5 foods to lower cholesterol!

1. Oats – the perfect breakfast staple!
2. Beans and lentils – try today's recipe!
3. Green salad, a great side dish for a yummy dinner!
4. Berries – sprinkle on breakfast or create a pudding with natural yogurt.
5. Fish – tuna or salmon contains omega 3 fatty acids which has been proven to lower cholesterol!

Tips to lower blood pressure by reducing your salt intake!

- Opt for reduced salt baked beans and sauces (ketchup / BBQ sauce).
- Choose fresh snacks rather than prepacked.
- Avoid adding salt when cooking.
- Check food labels for the salt content.

Being active is a major part of looking after your cholesterol levels, keeping your heart healthy and preventing heart disease. Aim for 150 minutes a week, or 30 minutes a day, at least five days a week.



75% of the salt we eat is in everyday products such as bread and ready meals



Expert Support

Cholesterol helpline: 0345 450 5988



Visit www.bhf.org.uk for a live chat service or for more information and support for all heart and circulatory conditions.



Open Monday –Friday 9am-3pm

Recipe of the week!

Carrot and Coriander Soup

Ingredients

- 1 tablespoon sunflower or rapeseed oil
- 1 clove garlic, crushed
- 1 onion, chopped
- 2 medium carrots, grated
- 2 celery sticks, chopped
- 2 tomatoes, chopped
- 600mls low-salt vegetable stock
- 300mls orange juice
- 3 tablespoons freshly chopped coriander
- Black pepper to season



Method

1. Heat the oil, add the garlic, onion, carrot, celery and tomatoes and cook for a few minutes until softened.
2. Add the stock, season and simmer for 20-25 minutes.
3. Add the coriander and orange juice.
4. Pulse in a blender, reheat, check the seasoning and serve.
5. Serve with chunks of wholegrain bread

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthylivingnorton@icloud.com

