Healthy Heart

As we get older, it’s important to look after our heart. If your doctor has told you that you have high cholesterol, it can mean you’re more at risk of heart problems.

Here are some ideas to keep your heart healthy:

* Choosing foods high in soluble fibre can help reduce your cholesterol. Examples of foods are, chickpeas, lentils, baked beans, grains fruits and vegetables. .
* Eat fish twice a week (either fresh or tinned fish).
* Choose olive, canola or sunflower oils, and use margarine or avocado instead of butter.
* Choose fatty foods like sausages, salami, fried foods, biscuits and chocolate less often.
* Moving for 30 minutes a day on most days each week. This can include gardening, enjoying a walk with friends or trying a yoga or tai chi class.
* When choosing packaged foods look for labels such as low salt, no added salt or salt reduced.

If you’re looking for some easy heart-healthy meal ideas, why not try these tasty suggestions:

* S Avocado or baked beans on wholegrain toast.
* Top a bowl of porridge with sliced banana or stewed fruit.
* Have a salmon and salad sandwich with multigrain bread.
* Snack on fresh fruit or a handful of unsalted nuts.
* Have a hearty minestrone soup and a slice of wholegrain bread.
* Serve grilled chicken breast or fish with vegetables.

*Updated June 2019*