

# Top Tips for a Healthy Heart

In the UK, someone will have a heart attack every 7 mins and a stroke every 12 minutes. The good news is that our lifestyle and diet are significant modifiable risk factors. This means that we can each take steps to prevent heart disease and increase our chances of a longer and healthier life.

Studies have consistently shown substantial risk reduction when following a Mediterranean style of diet, known to reduce inflammation, blood sugar and BMI. Here it is in a nutshell:

Choose foods rich in monounsaturated fats such as olive oil (avoid heating extra virgin olive oil) or tahini (from sesame seeds)

Enjoy meals with family and friends

Meat free days and modest amounts of dairy

Plenty of exercise: at least 30 minutes a day

Swap salt for herbs and spices (max recommended salt intake is 6g per day for adults)

A handful of raw nuts a day: almonds, walnuts, hazelnuts

Beans and pulses

Red wine in small amounts once in a while

