

## Food for Heart

Sunday, 24 February 2008

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No matter how hard we try, it seems impossible for us to eat only healthy food for the whole life. Some of us may experience the problem of cholesterol due to bad diet. To restore health and to reduce chances of getting heart attacks, it's worth minding what you eat. Eat healthy diet meals can save your heart from disease.

### - Food VS Heart

- We all know that one of the causes of high cholesterol is food full of saturated fat. People with the problem of obesity are prone to heart disease. Moreover, food high in sodium can elevate blood pressure which leads to inflammation and heart disease.

- To maintain good health and to prevent you from the problem of heart disease, be careful in what you eat. Various kinds of fish; herring, sardine and salmon are useful for your health and your heart. These fish have plenty of Omega 3 essential fatty acid. Omega 3 can bring back your cholesterol down to normal level.

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### - How to Choose Fat and Oil

- Too much saturated fat can increase your risks of getting heart disease. This kind of fat is found plenty in meat, butter and coconut oil. If you have a problem of high cholesterol, you are advised to avoid all these foods. Meat lovers may need to change their eating habits by eating more seafood and nuts to receive

- sufficient protein.

- Olive oil that is full of monounsaturated fat can help protect your heart. Olive oil is your good choice for cooking, dressing and as dipping sauce.

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### - Abundance of Fiber

- Fiber is good for controlling cholesterol in our body. Fiber can be found in whole grain products. Furthermore, fiber also helps control sugar absorption leading to healthy digestive system.

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### - Carbohydrate

- To save your heart from disease, you should stay away from sweets; candy, cookies, cake and pastries, etc. High sugar consumption is not good for your health at all. Carbohydrate can be found in whole grain bread, whole grain pasta, brown rice and vegetables. You are advised to make fruits and vegetables your first choice if you are heading to save your heart from disease.

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### - Methods of Cooking

- Stir frying and sautéing with olive oil are recommended methods for healthy cooking. Stop dipping food in batter and frying it. For chicken menu, remove its skin and bake it in foil.

- Try to have a proper diet and understand that people need some times to change their eating habit that they get used to for a long time.

- Healthy diet does not only help maintain your preferable lifestyle but it helps prevent your heart from diseases