



HOT HACKS FOR A HEALTHY HEART

Heart disease is preventable with a few small changes in your lifestyle. Decide what is important for you to change and enjoy it.



EAT MORE FRUIT AND VEGETABLES

Aim for those you enjoy. Have a small portion with lunch and evening meal. Snack on fruit where possible.



CUT BACK ON ALCOHOL

Aim to drink no more than 1-2 units daily with at least 2 alcohol free days. One unit is 125ml glass of wine, 1 pub measure of spirits or half pint of beer or lager.



EAT 2 SERVINGS OF OIL RICH FISH WEEKLY.

Rich in omega 3 oils. Good for protecting against heart disease. Avoid those tinned in oil. Include mackerel, herring, sardines, pilchards, salmon and/or fresh tuna



TRY HEALTHIER SNACKS.

Keep fatty snacks like crisps, biscuits, cakes, and pastries to an occasional treat. Replace them with healthier alternatives. Fruit; fresh, tinned, or dried, fruit loaf, pancakes or small handful of nuts.



EAT MORE OATS, LENTILS, BEANS, & PEAS

Rich in soluble fibre shown to improve cholesterol levels.



INCREASE YOUR EXERCISE

As a minimum aim to walk for 30 minutes daily on 5 days of the week.