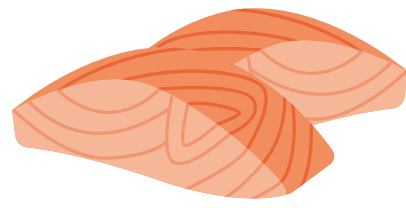


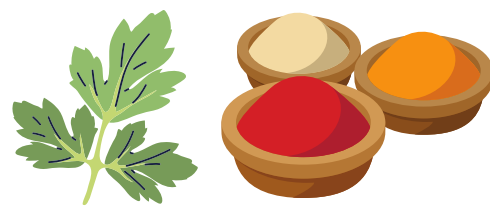


Here are some great options to incorporate into your diet:



Oily fish

Oily fish such as salmon, contain beneficial fats, which help manage blood clotting, improve blood triglyceride levels (a type of fat in your blood) and boost circulation. Use methods of cooking such as poaching and baking to protect the heart-healthy oils. Aim for two servings a week.



Herbs and spices

Ginger, chilli, cinnamon, oregano and allspice can help reduce inflammation and protect the cardiovascular system.



Fruit & vegetables

Fruit and vegetables are packed with potassium to help manage blood pressure, as well as protective antioxidants, which help minimise damage to your arteries. Enjoy a wide mix of including red cabbage, aubergine, tomatoes, berries and watermelon as well as green leafy veg such as kale and watercress.



Fibre

Pulses and whole-grains are a good source of magnesium, which helps to relax blood vessels while the fibre they supply manages cholesterol levels. Porridge, unsweetened muesli, pulses and beans can be eaten regularly. Aim for about three portions of whole grains daily.



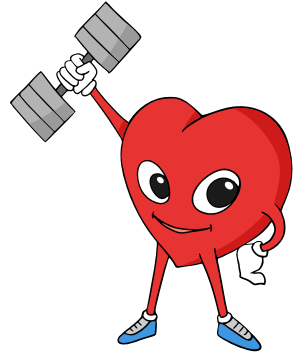
Calcium-rich foods

Foods such as dairy, tofu, and tahini can all support heart health as calcium helps to lower blood pressure and regulate the heart muscle.

To lower your risk of a heart attack, Just add 7g of extra fibre into your diet per day. That's 100g serving of Brussel sprouts and a large sweet potato!



What else can I do to protect my heart?



Stay hydrated

Drinking lots of fluid this will help maintain blood flow.



Minimise your sugar intake

Items such as cakes, biscuits, sweets and pastries.



Get moving

Exercise that raises your heart rate. Aim for 30 minutes of exercise most days.



Reduce stress

Take time to figure out what works for you to manage your stress.

Source: BBC Good Food's 'How to' Guide