



## Heart health

Even though you can't see it, your heart is always working. It beats approximately 100,000 times per day, pumping oxygen-rich blood to organs such as your lungs, kidneys and brain.

With all the good things that your heart does for you, it pays to give it some tender loving care.

This year aim to be a little kinder to your heart with some of these helpful tips.



### Eat more of the good stuff.



**Omega-3s** - these fatty acids reduce triglyceride levels. Try fish like salmon, tuna or mackerel, or flaxseed, chia seeds and walnuts.



**Green vegetables** - spinach, kale, broccoli and peas. They are filled with mighty nutrients such as vitamins C and E, potassium, folate, calcium and fibre.



**Whole grains** - oats, whole grain bread, brown rice and pasta. An extra 1 or 2 servings per day of these foods decreases heart health risks by approximately 10% to 20%.



**Berries** - strawberries, blueberries, blackberries and raspberries. They are rich in antioxidants, which protect against oxidative stress and inflammation, two contributing factors for heart disease.



# Take medication for your heart?

A 2021 survey found that in Australia eight of the most used medications taken over one 12-month period were for lowering cholesterol and blood pressure.

With that in mind, it is important to know that the repercussions of not taking prescribed medications as directed can be severe. There may be a number of barriers that make it a challenge to adhere to taking your medications as prescribed. However, you could be putting your present and future health at risk if you do not take them as instructed.

If you are having trouble taking your medication as directed, speak with your doctor or pharmacist for advice.

## Small changes for big rewards.

- **Maintain a healthy weight.** Scientists know that by far the most effective means of reducing elevated blood pressure is to lose weight. Losing as little as 4.5kg can lower your blood pressure.
- **Get moving.** It doesn't take much activity to make a big difference to your health. In fact just 150 minutes per week (30 minutes, five times per week) can provide benefits.
- **Read food labels to weed out high-sodium foods.** As a general guide:
  1. Foods with less than 120mg per 100g of sodium is considered low.
  2. Foods with more than 400mg per 100g is considered high.

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
<b>Energy</b>	<b>432kJ</b>	<b>1441kJ</b>
<b>Protein</b>	2.8g	9.3g
<b>Fat</b>		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
<b>Carbohydrate</b>		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
<b>Fibre</b>	6.4g	21.2g
<b>Sodium</b>	65mg	215mg