

HEALTHY EATING & EXERCISE FOR HEART HEALTH

Did you know?

People of South Asian descent in Canada have higher rates of heart disease and diabetes. They are also at a much higher risk of a heart attack before the age of 50.

Although we can't change our genetics, we can modify our lifestyle to reduce risk factors such as high blood pressure, high cholesterol, diabetes and a large waist size. Know your personal risk factors and numbers. Consult with your doctor at the earliest signs of high blood pressure, cholesterol or blood sugars. Manage your stress levels, get enough sleep, and lead a lifestyle that includes regular physical activity and healthy eating. Use the tips below, and check out the links for more information and short videos on exercise and choosing healthy foods.



Exercise

- Sit less, move more. Sitting for long periods of time increases your chance for heart disease. Take short breaks to stand up and stretch or move around when you are sitting at your desk or watching tv. Find ways to move throughout your day like taking the stairs or parking a little farther away.
- Find an activity you enjoy to get your heart pumping every day – walking, swimming, cycling or going to the gym. Find a friend or family member to join you to keep up your motivation. Aim for 150-200 minutes per week.
- Include resistance training a couple of times per week to strengthen muscles and bones.

Source: www.healthuniversity.ca/EN/CardiacCollege/Active

Healthy Eating

- As a first step, focus on foods you can add to your diet, rather than ones you need to cut out.
- Cook at home more often. This makes it easier to eat healthier whole foods, and less processed food.
- Enjoy meals with others. Avoid distractions like the phone or TV when you are eating.
- Include a variety of fruits and vegetables (fresh, frozen, raw or cooked) at each meal and snack. Aim for half your plate full!
- Choose 100% whole grain breads, roti, cereals and pasta. Try brown basmati rice.
- Include legumes like daal, chickpeas, and beans a few times per week. Try meatless meals more often.
- Have a small handful of nuts or seeds or natural nut butter almost every day.
- Include fish 2-3 times per week. Cold water fish such as salmon, trout and sardines (fresh/frozen/canned low sodium) are all good choices.
- Use olive oil as your main oil for cooking, baking and on salads.



Source: www.healthuniversity.ca/EN/CardiacCollege/Eating/Pages/mediterranean_way.aspx

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