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- Cut back on processed meats - such as sausages and burgers. - Minimise your intake of cakes, biscuits and pastries. - Keep your alcohol consumption within government guidelines - try to have at least two consecutive days a week alcohol-free. Discover more in our guide from Drinkaware - how to drink responsibly. - Watch your intake of salt and trans fats - that means cutting ...

What to eat for... A healthy heart - BBC Good Food

Eating a diet rich in a range of fruits and vegetables can help to lower the risk of heart disease. Fruit and vegetables are full of vitamins, minerals, fibre and other nutrients, all of which may play a role in helping to reduce our risk of coronary heart disease in different ways. Fresh, frozen, chilled, canned or dried fruit and vegetables along with beans, pulses and 100%, unsweetened juice ...

Spotlight on... heart disease - BBC Good Food

Eating a diet with the right number of calories and amount of fat is an important part of taking care of your heart, and some foods are particularly attractive in this regard because of their nutrient profiles.. The American Heart Association suggests a diet rich in fruits and vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts.

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Guide to Good Food: Nutrition and Food Preparation, 14th Edition Pageviii(8of 784)

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