Diet

Overview
What is a healthy balanced diet?
Smart fat choices
Whole grains are awesome!
Fibre is important
Eat a variety of vegetables and fruits everyday!
Eat sugar out of your diet
Curb the salt
Limit alcohol intake
Plant sterols are powerful cholesterol-lowering agents too
Probiotics help to maintain a healthy digestive system
Additional tips for healthy eating
References

Overview

Over one of developing cardiovascular disease (CVD), including heart disease and stroke, is influenced by our diet. Eating healthy can help to lower your risk of developing CVD and improve your health and well-being.

Simply put, a healthy diet is a balanced diet that provides us with the energy we need to stay healthy and active, and the nutrients we need to grow, develop and maintain our health.

Constantly does say, diets that are high in saturated fat and trans fat, or high in salt and sugar increase the risk of developing CVD. Eating too much of any of these things can also lead to other health problems such as obesity and diabetes, which can increase the risk of developing CVD.

Fortunately, there are many ways we can make healthier choices in our diet to reduce our risk of developing CVD. Making healthier choices does not mean that we must give up our favourite foods, or that we must eat boring food. It simply means that we need to be more aware of what we eat, and make some changes to our diet.

What is a healthy, balanced diet?

The number of servings and calories listed is based on 1800 and 2000 calorie food guidelines. 2000 calorie food guidelines are for people who are active and want to maintain their weight. Eating 1800 calories per day or less and 2000 calories per day or more is healthy.

Figure 2 shows how you can make a balanced diet at a glance.

Figure 2. Healthy eating at a glance

Milk and other dairy products
Choose low-fat or fat-free products
Meat, poultry, fish, dry beans, eggs and nuts
Choose lean meat and poultry
Bake, broil, or boil instead of frying
Trim fat from meat
Remove skin from poultry
Limit eggs to 4 per week
Fruits
Eat whole fruits
Limit fruit juice
Vegetables
Eat a variety of vegetables
Eat dark green, orange, and dry beans and peas
Grains, cereals, and potatoes
Choose whole grains
Limit refined grains
Limit potatoes and other starchy vegetables
Fats, oils, and sweets
Limit saturated and trans fats
Limit added sugars
Choose unsaturated fats
Limit sweets and other foods with added sugars
Be active every day
Be active for at least 30 minutes most days of the week
Be active in ways that are fun for you
Be active in ways that are good for your health
Be active in ways that are safe for you
Be active in ways that are good for your family
Be active in ways that are good for your community
Be active in ways that are good for your environment
Be active in ways that are good for your mind
Be active in ways that are good for your spirit
Be active in ways that are good for your body
Be active in ways that are good for your relationships
Be active in ways that are good for your work
Be active in ways that are good for your school
Be active in ways that are good for your home