



HEALTHY, WEALTHY & WISE

LOVE THIS TIME OF YEAR

- KEEP THE HEART PUMPING!

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN AUSTRALIA AND SITTING STILL IN THE CAB FOR LONG PERIODS OF TIME AND EATING THE WRONG FOODS CAN INCREASE YOUR CHANCE OF GETTING THE DISEASE.

Both men and women can get heart disease. It can run in your family or it might develop as you get older and as plaque builds up in your arteries. You can get heart disease if you are overweight or if you have high blood pressure or diabetes. High cholesterol may also lead to heart disease or it can stem from making unhealthy choices such as smoking, eating a high-fat diet and not exercising enough.

Here are some tips to keep your pump in prime condition.

GO LOW

Avoid high fat foods and choose healthy options for your meal breaks.

Heart disease is caused by cholesterol and fat being deposited in the walls of the arteries that supply nutrients and oxygen to the heart. Like any muscle, the heart needs a constant supply of oxygen and nutrients, which are carried to it by the blood in the coronary arteries.

Cholesterol is a waxy substance that your body makes to protect nerves, make cell tissues and produce hormones. It is also present in meat and dairy foods you eat. There are two main types of cholesterol: LDL cholesterol is called "bad" cholesterol because it can build up on the inside of your arteries, causing them to become narrow from plaque.

HDL is called "good" cholesterol because it protects your arteries from plaque build up.

Many foods, even if they don't contain cholesterol, contain fats that can lower or raise cholesterol. Foods that lower cholesterol are oatmeal, fish, walnuts and olive oil. The best fruits are available now so try something different. Pineapple, pawpaw, passionfruit, kiwifruit and guava are all in season.

CUT IT OUT

In a culture hooked on the convenience of processed food, many Australians are heavily overdosing on salt which they probably don't even realise is in there.

The recommended maximum amount of salt for an adult per day is about 1 teaspoon or 6 grams.

A good start would be to cut your salt intake in half. Limit your intake of cured foods such as bacon and ham; foods packed in brine such as pickles, pickled vegetables, olives and condiments such as mustard, horseradish, ketchup, and barbecue sauce and choose low or reduced-sodium, or no-salt-added versions of foods and condiments when available.

Choose fresh, frozen, or canned low-sodium or no-salt-added vegetables and use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types. If you do eat canned foods like tuna or beans, rinse the contents to remove some of the sodium. Choose ready-to-eat breakfast cereals that are lower in sodium and try to cook rice, pasta, and hot cereals without salt. Choose "convenience" foods that are lower in sodium and cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings. Use spices instead of salt in cooking and at the table, flavour foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.

GO FISH

Some foods increase the risk of coronary heart disease, others may protect against it.

Oily fish like mackerel and salmon is an excellent source of omega 3 fatty acids, which can help protect against heart disease. Other than fish, fruit and vegetables, garlic, some oils including olive oil, fibre from wholegrain cereals, legumes and soy, nuts and seeds and tea may help protect against heart disease.

QUIT SMOKING

Give up smoking and help your heart.

Nicotine raises your blood pressure because it causes your body to release adrenaline, which makes your blood vessels constrict and your heart beat faster. New Year is a great time to give up. Think of the money you will save.

GET YOUR DANCING SHOES ON

In an American Heart Association study, people with heart failure who took up waltzing breathed better, exercised longer, and generally felt better.

Dancing boosts heart health just as much as exercise and it helps your sense of well-being so when you are not driving take that special someone dancing.



President of The Gut Foundation, Professor Terry Bolin, says nutrition has been overlooked in the prevention and treatment of gastrointestinal disease, cardiovascular disease, diabetes and obesity.

"OUR OVERALL MESSAGE IS THAT IT IS POSSIBLE, 'TO EAT YOUR WAY TO GOOD HEALTH' BY MAKING SIMPLE CHANGES TO YOUR DIET OR SIMPLY AWARENESS OF WHOLESOME DELICIOUS FOODS," PROFESSOR BOLIN SAID.

We are giving away *The Gut Foundation Cookbook* as part of this edition's Team Taxi (R) competition – see page 35 for details.

