
10 Tips to a Healthy Heart

Posted by Ancient - 2007/11/13 09:15

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Think delicious thin-crust pizzas, creamy pastries and burgers... sounds mouth watering, doesn't it?

Now think clogged arteries, heart attack, stroke, high blood pressure and cholesterol... sounds scary, right?

You already know what you have to do to avoid these conditions. But just in case, here is a quick checklist on how to keep your heart healthy.

Post this on the refrigerator or above the oil dispenser... that ought to help! Or at least give you the occasional guilt pang.

1. Junk the Junk Food

These foods are low on nutrients and high on calories. Keep those pizzas and burgers for special occasions.

2. Go Veggie

Two to three servings per day will provide your body with all the essential nutrients, help you stay young and strengthen your immune system.

3. Fruity Delight

Chop them, juice them, stew or poach them... just make sure you have 1-2 cups of fibre rich fruits a day.

4. Limit Red Meat

Say no to pork and beef and yes to white meats such as deskinning chicken, egg whites and lean meats. Limit your intake to two servings per week - about the size of a deck of cards.

5. Mad About Sea-food

There is good news for seafood lovers. Clams, mussels, oysters and fish containing omega-3 fatty acids such as salmon, sardines, mackerel (bangda) and herring (bhing machli) are good for your heart. But limit their intake to one serving every two weeks.

6. Eat Less Fat

Avoid saturated fat and Trans-fat. This means fewer pastries, biscuits, doughnuts and other packaged food. Choose healthy snacks like fruit salad, carrot and cucumber sticks, etc.

size=3]7. Use Less Oil

If possible, avoid frying your food. Steam, poach, roast or grill food instead. Use oil very sparingly and fry in a non-stick pan. A blend of rice-bran and sunflower oil is good for your heart.

8. Switch to Low Fat Substitutes

Go with low fat cheese and yogurt, skimmed milk, calorie-free sugar, etc. Enjoy your morning toast with a sugar-free fruit spread. Indulge in those garma garm parathas with a dollop of low fat spread instead of ghee or butter.

9. Make Friends with Grains and Nuts

Eat potatoes, lentils, pulses, cereals, pastas, rice, noodles, whole grain bread, soy and nuts. These help you reduce cholesterol and improve your heart health.

10. Drink Moderately

Limit alcohol to one drink (one ounce) per day. If possible, switch to red wine. They are rich in flavonoids and other antioxidants that help keep heart diseases at bay.

Re:10 Tips to a Healthy Heart

Posted by Meli - 2007/11/13 09:28

11. Love somebody.

vinegar

Posted by omumbejja - 2007/12/22 01:32

Egimu ku migaso gya vinegar giggya

basil omujaaja guwonya bingi

Posted by omumbejja - 2007/12/22 01:34

Omujaaja guvumula olubuto, alusa, omusujja n'obugeregere

Omujaaja guwonya olubuto ne ssennyiga

OMUJAJA tegukoma ku kuwoomesa caayi ddagala ku bulwadde obutali bumu. Singa olubuto lukuluma, ekifuba, olubuto okwesiba noga ebikoola obisse mu mazzi agookya okumala eddakiika 10 oluvannyuma onywe amazzi ago ojja kutereera. Oluusi oyinza okuniga ebikoola n'ogaaya naky'o kikuyamba okwejjanja.

Ku bulwadde bwa alusa noga omujaaja ne ssere obisse mu mazzi agookya bwe gawola onywe egiraasi emu emirundi esatu olunaku.

Bw'oba otawaanyizibwa obugeregere ebikoola bikaze ofunemu ensaano gy'ossa awali amabwa. Oba oyinza okukunya ebikoola amazzi agavaamu ogatonnyeze ku bbwa.

Bw'oba owulira omusujjasujja noga ebikoola obigatte ne kalittunsi otabulemu n'ensaano y'omujaaja obisse mu mazzi agookya ojja kuwona

Ku ssennyiga ebikoola bisse mu mazzi agookya w'eyooteze. Bw'oba owunya akamwa, ekikeeto, ofunye amabwa mu kamwa, olina pulesa oba ng'oyisibwa bubi ng'oli mu nsonga gaaya ebikoola buli w'ofunira obudde.

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Re:10 Tips to a Healthy Heart

Posted by Richie - 2007/12/22 04:05

Thanks a lot....Ancient! Its always good to know some of this stuff and to keep in mind.

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