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Six diet tips for a healthy heart 1. Eat a balanced diet. Let's start by aiming for a well-balanced diet. It's important to eat a range of foods to make... 2. Try a

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rainbow of fruit and vegetables.

Having a colourful variety of fruit and vegetables in your diet is also... 3. Cut back on salt. If ...

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Eating at least five portions of fruit and vegetables each day is linked to a lower risk of heart disease. If you find it difficult to eat fresh produce, remember that there are five ways you can get your 5-a-day: fresh, frozen, tinned, dried and juiced.

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~~Top 10 tips for a healthy heart - BBC Good Food~~

Eating foods rich in monounsaturated and polyunsaturated fat can improve blood cholesterol levels and lower your risk of heart disease. Eat omega 3 fatty acids every day, from fatty fish

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such as salmon, trout, or herring, or from flaxseed, kale, spinach, or walnuts. Other sources of healthy fats include olive oil, avocados, nuts, and nut butters.

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some milk and dairy products. some meat, fish, eggs, beans and other non-dairy sources of protein. only a small amount of foods and drinks high in fats and/or sugar. Choose options that are lower in fat , salt and sugar whenever you can.

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~~Healthy eating – reduce your risk of developing heart disease~~

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It's a strict diet, also called the 'Greenlane' or 'Sacred Heart' diet, that claims to help people lose up to 4.5kg (10lb) over three days. It requires followers to eat specific combinations of foods across the three days, many of which aren't particularly

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healthy, including hot dogs, salty crackers and ice cream.

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added amount animal antioxidants  
arms arteries avoid blockages blood  
body boiled bread butter calcium  
called calories carbohydrates cause  
cereals cholesterol chutney completely  
consume contain cooking coronary  
cream deposition diabetes ...

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Diet Tips for a Healthy Heart # 3: Eat more fruits and vegetables Fruits and vegetables are low in calories, high in fibre and are power packed with vitamins and minerals. The fibre and antioxidant properties of various fruits

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and vegetables helps in the prevention of heart diseases.

~~Heart Health: Top 20 Diet Tips for a Healthy Heart~~

A complete diet plan for heart patient.  
Strong Ruqyah for Heart Disease and heart blockage and pain in Body -

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Fruits and vegetables are high in nutrients and low in fat and calories. Aim for at least 4 1/2 servings a day. To boost nutrition, mix colors -- such

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as green from broccoli and Brussels sprouts,...

~~How to Eat Right and Exercise With Heart Disease~~

The American Heart Association offers these guidelines for how much fat to include in a heart-healthy diet: You

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Can reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat. You can also add less butter, margarine and shortening when cooking and serving.

~~Heart healthy diet: 8 steps to prevent~~

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~~heart disease ...~~

Research shows that adding heart-saving foods is just as important as cutting back on others. These nine strategies will help you plan meals for someone with heart disease: 1. Serve more...

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~~Eating Right With Heart Disease~~  
~~WebMD~~

Achieving heart health through diet simply means consuming fresh food, avoiding processed foods, and choosing healthier low-fat, low-salt and low-sugar options whilst shopping or in restaurants," ...



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