



THE SIGNIFICANCE OF DIET IN HEART DISEASES

A HEALTHY DIET -> BIG BENEFITS



Reducing the workload on your heart.



Better cholesterol levels



Normal blood pressure



Look Fabulous

AN UNHEALTHY DIET -> CARDIOVASCULAR DISEASES



Accumulation of excess cholesterol



Increased blood pressure



Increased sugar levels

FOOD FOR THE HEART

72% decrease in major cardiovascular conditions.



Rich in Vitamins, Iron and Carbohydrates, low in cholesterol and fat. Heart does not work extra hard.



Transfats increase your bad cholesterol levels (LDLs).



Heart Healthy food with High Density Lipoproteins.



Chew and enjoy the food you eat because properly chewed food is easier to digest.



Your heart will not be in need of pumping excess blood for digesting the large amount of food if you eat small meals.



Avoid Salty food to control blood pressure.

A weight loss program involves 60% diet and 40% exercise. Understand the importance of a good diet and its impact on the heart and focus on eating right!

Nutrition Hypertension And Cardiovascular Disease

Puja Mehta

A decorative red circular graphic with a gradient, partially obscured by the light blue bar, located to the right of the author's name.

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