

A Guide to Manage Heart Health

Start NOW!

By Lap Fung Lam, Marta Retuerto Felipe, Musfirah Shariff and Natalie Kwong MMU MSc Dietetics (Pre-registration) Students

Heart Health Management

There are more than 7.6 million people currently living with heart disease in the UK. Heart and Circulatory diseases account for 1 in 4 deaths in the UK, which is even higher in Greater Manchester.

Your heart is your body's engine, and what you eat and how you move play a huge role in keeping it strong and healthy.

Nutrition

What you eat directly impacts your heart health and diet plays a key role in prevention. Eating a healthy, wellbalanced diet can lower your risk of heart disease, high blood pressure, and high cholesterol.2

You could find below information throughout our booklet

- Fibre, fats and sodium intake
- Portion size guide
- Affordable and easy-to-prep recipes

Physical Activity

Regular exercise strengthens your heart, improves circulation, and helps maintain a healthy weight.



Take the stairs, walk during lunch, or try a 10-minute home workout. Every bit counts!

- 1 https://www.bhf.org.uk/what-we-do/news-from-the-bhf/contact-the-press-office/facts-and-figures

- Intps://www.bn.torg.uk/wnat-we-oonews-trom-tne-on/contact-tne-press-office/pacts-and-ingures 2.https://www.bh.org.uk/informationsupport/support/healthy-living/healthy-esting 3.https://www.bh.org.uk/informationsupport/support/healthy-living/healthy-esting 3.https://www.bh.org.uk/informationsupport/support/healthy-living/staying-active https://www.bn.buk/live-well/excretise/hysical-activity-guidelines-for-adults-aped-19-to-64/
 5.https://www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults-and-ol

Why Fibre?

Dietary fibre is the part of the plants that is not completely broken down or digested in the small intestine. Instead, it is broken down by your beneficial bacteria in your gut (see below for more information). Fibre is exclusively found in plant-based sources such as fruits, vegetables, nuts, seeds, beans, legumes and pulses.

Benefits of eating enough fibre

Higher intakes of dietary fibre are associated with a lower risk of heart and circulatory disease, type 2 diabetes and some cancers.

It also helps to reduce cholesterol levels by preventing the cholesterol being absorbed into the bloodstream, and promoting its excretion through faeces.

Soluble Fibre



Insoluble Fibre

Forms a gel-like substance in the gut. Helps to lower blood pressure and cholesterol levels by preventing it from absorbing into the blood stream. This is the most beneficial for your heart. Found in foods like fruits, oats and pulses.

Helps with digestion directly with heart health - but still essential for health. Found in foods like wheat bran and nuts.





Diagram of the gut microbiome.

What is the gut microbiome?

The microbiome is made up of trillions of microorganisms that exist in a particular environment,

in this case the gut. There are beneficial bacteria play a role in how to break down the food you eat, by creating useful chemicals needed for the body to work properly. These chemicals help with processes like blood clotting and maintain bone, nerve, and brain health. Fibre feeds the beneficial bacteria.

- 1.https://www.bda.uk.com/resource/fibre.html
- 2.https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/fibre
- 3. https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/how-can-i-improve-my-gut-health

Am I eating enough fibre?

What to look for in a nutrition label?¹

High Fibre: 6g of fibre per 100g of food.

Source of fibre: 3g or more of fibre per 100g of food.

How much does 30g of fibre a day look like?¹

Meal	Portion Size	Fibre per portion
Breakfast:	50g frozen berries	1.3g
Frozen Raspberries Smoothie made with milk and yogurt with added raw porridge oats and nut toppings (walnuts/almonds)	50g raw porridge oats	4g
	40-50g nuts	4g
Lunch: Baked potato with baked beans and tinned sweetcorn	180g potato medium cooked	5g
	80g baked beans	3g
	80g sweetcorn	2g
Dinner:	150g Spaghetti	6g
Wholemeal spaghetti with pesto and broccoli and cherry tomatoes	80g Vegetables	2g
Snacks: Wholemeal bread with peanut butter A banana or apple	2 slices bread	7g
	1 tablespoon peanut butter	1g
	1 medium sized banana or apple	2g

Total= around 37g of fibre

Current UK guidelines are 30g a day. Actual UK fibre intake is 18g. 1

How can you increase your fibre intake? 1

Add:

- fruit and nuts to your breakfast cereal.
- seeds such as linseeds or chia seeds to your yoghurt.
- extra vegetables and pulses for example add half a tin of lentils into sauces for Bolognese, curry or chilli.

Swap:

- white flour for wholegrain wheat flour or oat flour when baking.
- white bread and pasta for wholemeal options.
- white crackers for veggie sticks (such as carrots or celery) to have with hummus.

Top Tips when increasing fibre 1

- Remember to drink plenty of water when eating more fibre.
- Increase fibre gradually in your diet, only add one spoonful of a high fibre food a day so your gut gets used to it.
- Have a variety of 5 fruits and vegetables a day.
- Try to leave the skin on your fruit and vegetables for extra fibre.

How much Fat should I be having?

Types of fats'

Healthy fats

- Monounsaturated fats
- Polyunsaturated fats
- Found in avocado, nuts and seeds, olive oil and oil fish



Unhealthy fats

- Saturated fat usually found in processed meats, fatty meats, hard cheese and full fat dairy.
- Trans fat usually found in deep fried foods and snacks



Why it is important?

- Saturated fat and trans fat increase low density lipoproteins (LDL)
- LDL is one of the cause of plaque in blood vessel
- Plaque blocks blood flow
- Leading to heart attack or stroke

Guidelines'

- Total saturated fats is <30g/day for men and <20g/day for women
- Total trans fat is <5g/day

Reading Food labels (per 100g)

	Low	Medium	High
Fat	≤3g	3 - 17.5g	>17.5g
Saturated fat	≤1.5g	1.5 - 5g	>5g

Simple swaps

	Limit	Preferred
Protein	Red meat	 Lean meat Skinless meat Meat with fat trimmed Poultry Seafood Plant-based proteins such as lentils
Dairy product (milk, cheese, yoghurt)	Full fat	Semi-skimmedSkimmed
Cooking method	High heat cookingDeep fryingOvenAir fryer	BoilingSteamingGrilling
Butter and dairy spreads	ButterMargarineLard	 Vegetable oil spreads such as olive or sunflower spreads

Some more tips!

Choose omega-3 rich food



- Nuts and seeds such as almond, cashew, chia seed and flaxseed
- Avocado
- · Salmon, canned tuna and prawn





Use **plant-based oil** such as olive oil / canola oil

How much salt should I be having?

How does salt intake affect heart health?

- Too much salt raises blood pressure, which can damage blood vessels.
- This leads to thick buildup of fat and cholesterol in arteries
- This leads to formation of clot which if lodged in blood vessel leading to heart causes causing chest pain, heart attacks, and if lodged in blood vessel leading to brain causes strokes.

Current UK guidelines

no more than **6g of salt** or **2300mg of sodium** per day i.e. I teaspoon

Food label

(per 100g)

	Low	Medium	High
Salt	≤0.3g	0.3 - 1.5g	>1.5g
Sodium	0-0.1g	0.1-0.6g	>0.6g

- Try limiting food with red label on sodium
- Opt for green and amber labels
- Opt for low-sodium versions of soups, broths and sauces.
- Watch for hidden sodium in bread, cheese, and packaged foods.

Mayo Clinic. High blood pressure (hypertension). Mayo Clinic. Available from: https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-

British Heart Foundation. Salt. British Heart Foundation. Available from:https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/salt

British Dietetic Association. Salt. British Dietetic Association. Available from:

³ https://www.bda.uk.com/resource/salt.html#:~:text=2g%2Fday%20for%20infants%20aged.healtby%20people%20over%2011%20years

What can I do to moderate my salt intake? Food Swaps!

Limit	Preferred
Processed meats like bacon, sausages	Fresh roasted turkey/chickenUnsalted lean meats
 American Feta Parmesan cheese	MozzarellaSwissRicottacottage cheese
Potato chipsPetzelsSalted nuts	Unsalted popcornBaked chipsUnsalted nuts
SaltSaucesCondiments	HerbsSpicesCitrusVinegar

Practical Tips



Focus on fresh foods which are naturally lower in sodium



Rinse canned foods to reduce sodium or opt for low sodium version.



Ask for no added salt when dining out.



Reduce salt gradually to help your taste buds adjust.



Check medications for hidden sodium and consult your doctor if needed.

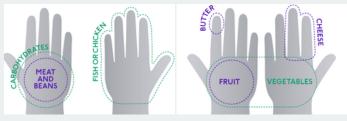
Portion size guide

Eating a balanced diet means enjoying a wide variety of foods in the right amounts, eating too much or too little of any food can increase your risk of health problems.

The ideal number of portions varies depending on age, gender, size, health, and other factors. Use this guide as a starting point to build your personalized healthy eating plan.



Your hands are good tools to help!





Numbers to guide you through^{2,3}

Type of food	Portion Size	What does this look like?
Salad leaves	80g	2 heaped handful
Root vegetables	80g	3 heaped tablespoons
Small fruits	80g	A handful
Bread	35g	1 medium slice
Baked potato (with skin)	180g	1 medium
Potatoes (boiled with skin)	175g	Three (egg-sized) or five to six (thumb-sized new potatoes)
Rice (boiled)	50g uncooked / 150g cooked	2 tablespoon cooked
Pasta (boiled)	75g uncooked / 150g cooked	1 handful uncooked / 2 tablespoon cooked
Beans & pulses, soya / tofu	150g	4 tablespoons
Cooked meat	90g	A deck of cards
Cooked fish or canned fish	140g	Palm of hand
Eggs	120g	2 medium
Milk/alternative	200ml (1/3 pint)	1 glass
Yoghurt	125g-150g	1 standard pot / 3 tablespoons
Cheese (hard)	30g	A small matchbox-sized piece
Butter or spread	5g	1 teaspoon
Oil	5ml/3g	1 teaspoon

Reference

 $^{1\,}https://www.bhf.org.uk/information support/support/healthy-living/healthy-eating/healthy-eating-toolkit/food-portions-properties and the support of the$

² https://www.nutrition.org.uk/creating-a-healthy-diet/portion-sizes/

³ https://www.bda.uk.com/resource/food-facts-portion-sizes.html



Apple Mug Cake - Microwaved 🛦

Servings: 1 | Time: 10min | Estimated cost per person: £1

Equipment



Bowl



Microwave



Blender

Ingredients





1 tsp baking powder





1 tbsp of cocoa powder Instructions

Top tips

Great idea for a quick breakfast or dessert

Add toppings like nuts or fruit for extra fibre and beneficial fats!



1. Blend the oats until they turn to flour or use oat flour.

- 2. First, blend the apple and the egg until bubbles appear. Then, add the rest of the ingredients.
- 3. Serve the mixture into a microwave save bowl and microwave for 3mins.
- 4.Let it cool for a minute, then add your desired toppings. Enjoy while warm!

Allergens (in bold): eggs, gluten (oats)



Avocado tuna salad 🗪



Servings: 1 | Time: 10-mins | Estimated cost: £3

Equipment



Bowl



Kinfe and

Ingredients

1 can tuna in water Tomato, lettuce 1 avocado (optional)



Top tips

Unripened avocado is cheaper Match with any salad you like Omega 3: tuna, olive oil.

avocado

Good protein: tuna Anti-inflammation: tuna, olive oil, avocado, salad, lemon

Instructions



- 1. Buy can tuna in water with low sodium (better than in oil and regular brine)
- 2. Prepare and cut the salad, avocado in the size you like
- 3. Dressing with lemon juice, pepper, a pinch of salt and olive oil
- 4. Enjoy with wholegrain bread

Allergens (in bold): fish, gluten



Vegetable and mince curry





Serving: 2-3 | Time: 30 min | Estimated cost per serving: £3

Equipment



pot



stove

Ingredients

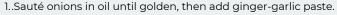
- 250g minced lamb or chicken
- 2 diced potatoes
- ¼ cup peas, 2 bell peppers, 1 small onion, 1 tomato (or 2 tbsp puree)
- 1/4 tsp black pepper, 1/2 tsp salt
- 1 tsp ginger-garlic paste, 1 tbsp oil
- 1/2 cup water

Optional ingredients for extra flavours

- 1/2 tsp turmeric powder, cumin powder & coriander powder
- 1/4 tsp garam masala
- Red chili for more heat
- Yoghurt to reduce spice
- Fresh coriander



Instructions



- Cook minced meat until browned and lumps are broken , add seasoning and tomatoes.
- 3.Add your choice of vegetables and water, simmer for 15–20 minutes.
- 4.Add peas in the last 5 minutes, sprinkle garam masala (if using). 5.Serve with **chapati**, rice, or **pitta bread**.

Allergens (in bold): Dairy (if yogurt added) gluten (if accompanied by bread/chappati)



Light & Wholesome Tiramist





Equipment



Bowl



Spoon



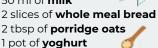
Sieve

Ingredients



50 ml of Black coffee 50 ml of **milk**

1 tsp of cocoa powder



Top tips

Could use some vanilla or other flavoured fatfree Greek yogurt to add a little sweetness

Instructions



- 1. Mix the black coffee and milk well and soak the bread.
- 2. Place the soaked bread into another bowl
- 3. Place the oats and then yoghurt on top of the soaked bread
- 4. Repeat steps 2 & 3
- 5.Chill for 2 hours
- 6. Sift the cocoa powder on top, enjoy!

Allergens (**in bold**): dairy (milk, yoghurt), gluten (bread, oats)

Small Changes, Big Impact

Combining good nutrition with regular physical activity is the best way to protect your heart.

Start with one healthy swap or a 10-minute walk today — your heart will thank you!

Where to find more information

For nutrition and heart health information:

British heart foundation website:

https://www.bhf.org.uk/

British dietetic association website:

https://www.bda.uk.com/

More information about this campaign - Scan the QR code or follow us on:

Facebook page: Eating for a Healthy Heart **Instagram Page:** @eating.for.a.healthy.heart

Website:

https://healthydietforhear.wixsite.com/eating4ahealthyheart

By Lap Fung Lam, Marta Retuerto Felipe, Musfirah Shariff and Natalie Kwong MMU MSc Dietetics (Pre-registration) Students 2025



