

# keep your heart in shape this month



September is heart awareness month and Osumo is dedicated to informing everyone about the importance of taking care of your heart. It is vital that we become more aware of the high risk factors and preventative measures related to heart and stroke disease

## Some interesting heart facts:

- each year 8.6 million women globally die of heart & stroke disease (more than total no. who die from cancers, TB, HIV / AIDS & malaria combined)
- in 2006 heart disease and stroke killed 17.5 million people
- currently more than half the deaths in SA attributed to heart disease occur in individuals younger than 65 years old
- about 1/3rd of young people ages 10 to 19 have high cholesterol levels - a risk factor for developing heart disease

## Basis of a heart healthy diet?

- eat a variety of fruits and vegetables every day
- eat more fibre (oats, beans, citrus fruit)
- choose fats with 2 gm or less of saturated fats per serving (canola/olive oil, margarine)
- choose lean meats - chicken, fish, turkey, ostrich, lean pork and beef
- maintain a level of physical activity that keeps you fit
- limit your intake of foods high in calories and low in nutrients
- eat less than 6 grams of salt a day
- have no more than one alcoholic drink a day
- increase intake of monounsaturated fat, omega 3 fatty acids and soluble fibre

## Risk factors that I can control

- High blood pressure
- High Cholesterol levels
- Obesity
- Diabetes
- Lack of physical activity
- Smoking
- Alcohol intake
- Stress

## What do we need fat in our diet for?

certain fats are essential for good nutrition and health  
fats provide essential fatty acids which the body can not manufacture  
fats play a huge role in maintaining our correct body temperature  
fats carry fat soluble vitamins – A, D, E, and K  
they provide the greatest energy output per gram (9 cal)  
they improve the palatability of food and promote digestion

## What is the difference between the fats?

**saturated fats** - solid at room temperature. (eg butter) are BAD

- increase levels of LDL (low density lipoprotein – bad cholesterol) & decrease levels of HDL (high density lipoprotein- good cholesterol), ie increase total cholesterol.

**polyunsaturated fats** - liquid at room temp & in a fridge, are GOOD

- help the body get rid of newly formed cholesterol.

**monounsaturated fats** - liquid at room temp but start to solidify in fridge, are GOOD

- decrease total cholesterol & lower levels of LDL (bad cholesterol)

**trans fatty acids** - tend to raise LDL levels. Found in fast-foods, are BAD

**omega 3 fats** - may lower blood pressure and serum triglycerides (a blood fat related to cholesterol). They are GOOD for you. Found in fish such as salmon, tuna and herring.

## some healthy heart nutrients I should include in my diet?

- **Vitamin E:** powerful anti-oxidant that protects against development of heart disease  
(chunky chicken wrap with sunflower seeds & leafy greens or a packet of raw almonds)
- **Vitamin C:** works in conjunction with vitamin E to promote heart strength.  
(try our only orange freshly squeezed sumo or a healthy heart juice)
- **Fish oil:** contains omega 3 fatty acids which can protect the heart  
(try our osumo tuna or smoked salmon sandwich, salad or wrap)
- **Calcium:** assists in heart functions among other health benefits  
(there's plenty of calcium in all our dairy smoothies also in oranges and almonds)
- **Magnesium:** stabilises the heart's rhythm  
(there's plenty of magnesium in our bread and in the spinach in our fillings)
- **Selenium:** promotes a healthy heart by facilitating circulation  
(try the sticky or chunky chicken or our breakfast easy oats)
- **B6 and B12:** help lower homocysteine (high levels are related to heart disease)  
(try the osumo tuna, sticky or chunky chicken, there's plenty of vit B6 in avo too.)

### ·Did you know

ginger helps reduce inflammation?  
It helps relax muscles surrounding  
our blood vessels and thus  
facilitates circulation –  
HEALTHY HEART sumo  
: carrot, apple, ginger