

STAYFIT[®]

MAGAZINE

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HOW TO DEAL WITH YOUR PARTNER'S MOOD SWINGS?

MAKE YOUR GYM VISITS ALLERGY-FREE!

WHAT DO MEN FEAR MOST ABOUT AGEING...

VERSATILE WITH KETTLEBELL WORKOUTS

WORKOUT IN WATER

RAISING HEALTHY KIDS

STAYING FIT TO BE A PERFECT BRIDE

HEART-FRIENDLY MEAL PLAN

BOOST YOUR IMMUNITY

Family

Health

Wellness

Nutrition

Lifestyle



Heart-Friendly Meal Plan for Your Family



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The Heart of Our Body:

We all know that the heart is one of the most important organs of our body. The heart pumps blood through a network of blood vessels to every part of the body. No part of the body can function properly and effectively without constant and adequate supply of blood. It is evident that a poor cardiovascular system can cause serious health problems. It can even lead to premature death.

The Culprits:

Lack of exercise, increasingly sedentary life style and improper eating habits can cause long lasting damage to our heart. Consumption of foods high in fat and sugar and foods devoid of essential nutrients and contain only empty calories is rampant among current generation of children and adults alike. We are so involved in our busy lives that we hardly give a thought to the engine that keeps us running. Remember that severely high cholesterol and blocked arteries might need an operation and drastic lifestyle changes. You will probably repent at a later stage.

Choose To Be Choosy:

Food is predominant in the line of defense against heart diseases. A healthy selection of food is not limited to a person with heart problems. It is for everyone. You can greatly reduce the risk of developing heart disease or having a heart attack by keeping track of how much you eat and what you eat. It is a matter of choice. Your choice!

Foods to be avoided or eaten occasionally are maida and its products, fruit juices which contain no fibre and added sugar, sweets, red meat, pork, organ meats (liver, kidney), egg yolk, full fat milk, cream, coconut (fresh and dry), margarine, mayonnaise, dalda, junk food, fried snacks (like vada pav and samosa), baking powder, canned foods, sausages, papad, salted pickles, soft drinks, and MSG (ajinomoto).

Which foods to avoid has become common knowledge. But we hardly know what to eat to keep your heart healthy. Choose healthy cooking methods and learn your portion size! Sautéing and stir-frying are great methods, but don't dip your foods in batter and fry them. No more cream, sauces or lots of butter either. Try squeezing lemon juice on your vegetables or use your favourite seasonings.

To Start Your Day:

- Barley water removes excess water from the body during edema.
- Daily intake of 1 -2 tsp of fenugreek seeds lowers cholesterol.
- Watermelon seeds help in hypertension.
- Chewing wheat grass or drinking wheat grass juice is an effective remedy for hypertension and atherosclerosis.





Breakfast:

- Complex cereals such as lapsi, bran, oats, nachni in the form of porridge made in low fat or skimmed milk. They are beneficial along with fruit such as apricots, black currants, cherries, guava, pineapple, orange, sweet lime, plum and pomegranate.
- Citrus fruits are rich in antioxidants that prevent blood clots thereby protecting the heart.
- Apple fibre helps in reducing the mildly elevated total and LDL cholesterol levels.
- You can also include a hot snack such as peas poha, veg upma, moong dal idli or dosa or sprouts chaat with a cup of low fat or skimmed milk or mild tea or coffee made of skimmed milk.
- Egg white omelette along with whole wheat bread toast and fruit can be a breakfast alternative.

Mid Morning:

- Yoghurt reduces synthesis of cholesterol.
- Coconut water is high in potassium and can help reduce blood pressure in cases of hypertension. However, people with diabetes must avoid its intake.

Snacks:

Green tea protects against heart disease because it is a powerful antioxidant. It prevents the build-up of plaque in the arteries. It can be accompanied with nuts such as almonds and walnuts. Walnuts contain omega 3 fatty acids, which help you get your cholesterol to a healthy level. However, one must keep in mind that they are high in fat too.

Lunch and Dinner:

- For rotis, use an atta mix made out of wheat, jowar, bajra, or nachni with curd or milk.
- Use brown rice / red rice with a good amount of vegetables and pulses.
- Pulses are a rich source of b-vitamin, minerals like iron, potassium, phosphorus, magnesium and manganese. They are low in fat and a good alternative to meat for vegetarians. The combination with whole cereal grains increases the nutritional value of their protein content.
- Soy protein helps people with hyperhomocysteinemia.
- Instead of dal, you can eat fish such as salmon, herring and sardines up to 2 – 3 times in a week.
- They are all great sources of omega-3 fatty acids.
- Egg white can be incorporated in the form of bhurji.
- Remove the skin from chicken or turkey and bake in the oven covered in foil.
- Bake fish instead of frying.
- Steam your vegetables to retain most nutrients.

As you make these dietary changes remember that it takes time for these changes to become habits. Once this becomes a lifestyle choice along with exercise, you are bound to reduce the incidence of heart diseases significantly.

