

Formulated cardiovascular health

**Tips for Supporting
a Healthy Heart**



What is Heart Disease?

Heart disease is Australia's leading single cause of death, with

18,590

deaths attributed to heart disease in 2017 and the condition killing one Australian every

28 minutes.¹



Heart disease refers to a range of conditions that affect the normal function of your heart, including blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias) and heart defects you're born with (congenital heart defects), among others.¹ More broadly, cardiovascular disease describes a range of conditions that affect the heart and blood vessels throughout the body, leading to a heart attack, chest pain (angina), stroke and other disorders.^{1,2}

Risk Factors

90% of Australians have at least one risk factor for heart disease. The more risk factors you have, the greater your chance of developing it.¹



Smoking



Being inactive



Cholesterol



Diabetes



High blood pressure



Being overweight



Unhealthy diet



Ethnic background

People of some origins (e.g. from the Indian sub-continent) have higher risk. Aboriginal and Torres Strait Islander people have more risk because of lifestyle factors.



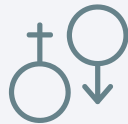
Age

As you get older, your risk of heart disease increase.



Family history

If someone in your family has cardiovascular disease, speak to your doctor about your risk.



Gender

Men are at higher risk of heart disease. Women's risk grows and may be equal to men after menopause.

The good news is...

that you can reduce your risk. Even if you have two or more risk factors, such as high blood pressure or high cholesterol you can still make changes that will reduce your chances of developing heart problems.¹

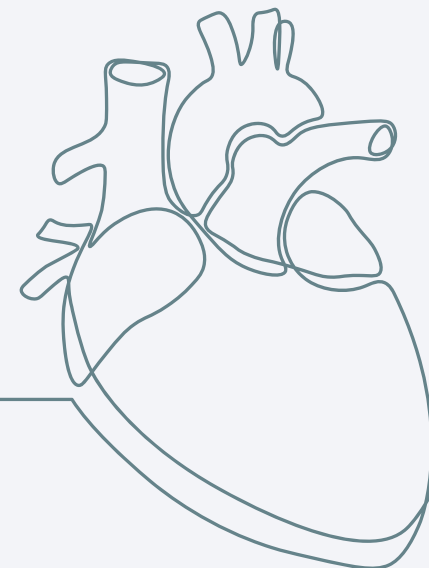
Did you know

There is more than one form of cholesterol²

- * HDL (high-density lipoprotein) is a 'good' cholesterol. It picks up excess cholesterol and takes it back to the liver, and lowers the risk of heart disease.
- * LDL (low-density lipoprotein) is a 'bad' one. If too much of this cholesterol builds up in your arteries it reduces blood flow and can cause a heart attack or stroke.



Tips to Support a Healthy Heart



The key pillars for heart health



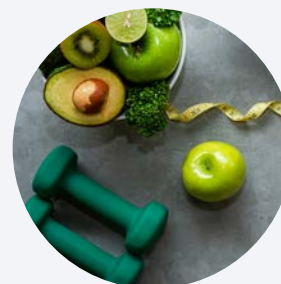
Eat a healthy diet



Get good sleep



Manage stress



Maintain a healthy weight



Stay hydrated



Look after your gums



Exercise regularly



Stop smoking



Reduce alcohol consumption

Eat a Healthy Diet

What and how much you eat can affect your heart health and impact other risk factors for heart disease, such as your cholesterol, blood pressure, weight and if you develop diabetes.³

Eating well to protect your heart involves eating foods and drinks that are naturally low in unhealthy fats, salt and added sugar and rich in whole grains, fibre, healthy fats, vitamins, minerals, antioxidants and other nutrients. It is about making small changes that you can continue long term.³

Nutrients to Support Heart Health



Magnesium: regulates contraction of the heart, can expand the arteries of the heart and other arteries to lower blood pressure.⁴



Potassium: aids contraction of the heart.⁴



Vitamin E: reduces oxidation of a bad cholesterol, reduces platelets from aggregating and sticking in the blood vessels, assists healthy blood circulation.^{4,5}



B Vitamins: work together to regulate homocysteine, high levels of which increase the risk of cardiovascular disease. Vitamin B3 also regulates cholesterol metabolism.⁵



Vitamin C: is involved in the metabolism of cholesterol, and helps ensure proper functioning of the blood vessel walls.^{4,6}



Calcium: is needed for proper contraction of the heart, also regulates blood pressure.^{4,5}



Coenzyme Q10: is needed for proper contraction of the heart, reduces oxidation of a bad cholesterol, can protect the antioxidant action of vitamin E.⁵



Acetyl-L-Carnitine: is a source of carnitine which is involved in providing energy to the cells of the heart muscle.⁵



Omega 3 Fatty Acids: helps reduce the risk factors of heart disease e.g. by reducing blood pressure and triglycerides (a type of fat), and delaying the build-up of fatty substances in your arteries.³



Vitamin D: deficiency of this vitamin has been linked to some heart diseases.⁷



Foods that contain key nutrients to support heart health

Magnesium

Green leafy vegetables, legumes, eggs, cocoa, nuts, seeds, whole grains^{5,8}

Potassium

Vegetables, apricots, avocado, bananas, almonds, cashews⁵

Vitamin E

Vegetable oils, avocado, meat, almonds, whole grains, green leafy vegetables^{5,9}

B Vitamins

Legumes, whole grains, nuts, green leafy vegetables⁵

Vitamin C

Citrus fruit, kiwi fruit, strawberries, mango, broccoli, capsicum^{4,5}

Calcium

Dairy products (milk, yoghurt, cheese), sesame seeds, tahini (sesame seed spread/paste), tinned salmon and sardines (with the bones), green leafy vegetables^{4,5}

Coenzyme Q10

Small amounts in fish (salmon, sardines), nuts, sesame seeds, rice bran^{4,5}

Acetyl-L-Carnitine

Avocado, beef, chicken, fish, milk⁵

Omega-3 Fatty Acids

Fish, walnuts, linseed, eggs³

See also pages 14-15: Good and Bad Fats

Vitamin D

Small amounts in salmon, tuna, sardines, eggs, butter, foods with added vitamin D such as milk, margarine¹⁰

A General Healthy Diet³

Eat More

- ↑ Fresh and unprocessed food, including plenty of fruit and vegetables
- ↑ Whole grains e.g. brown rice, wholemeal pasta, grainy bread, oats, cracked wheat, buckwheat
- ↑ Fibre
- ↑ Foods with high amounts of healthy ('good') fats e.g. avocados, olives, nuts, seeds
- ↑ Plant-based and marine protein-rich foods: chickpeas, lentils, beans (legumes), nuts, seeds, fish, seafood

Eat Less

- ↓ Unhealthy ('bad') fats
- ↓ Sugar
- ↓ Salt
- ↓ Refined grains e.g. white bread, white rice
- ↓ Red meat – limit to 1-3 meals per week
- ↓ Processed foods e.g. baked goods (cakes, biscuits and pastries), chocolate, chips, lollies, sugary drinks (soft drinks, energy drinks, sports drinks), takeaway food (pizza, burgers)

Ok to eat

- ✓ Lean poultry
- ✓ Eggs
- ✓ Unflavoured milk, yoghurt, cheese
- ✓ Herbs and spices for flavouring

Avoid

- ✗ Processed meats such as sausages, bacon, ham, other deli meats

Avoid overeating:

In general, the size of our meals has grown over time. The amount you should eat depends on many factors, including the type of food served. An example of a healthy eating plate is made up of one-half (1/2) vegetables, one-quarter (1/4) carbohydrates (whole grains) and one-quarter (1/4) protein (lean or plant-based).³ See Figure 1 and page 26: *Maintain a Healthy Weight*.

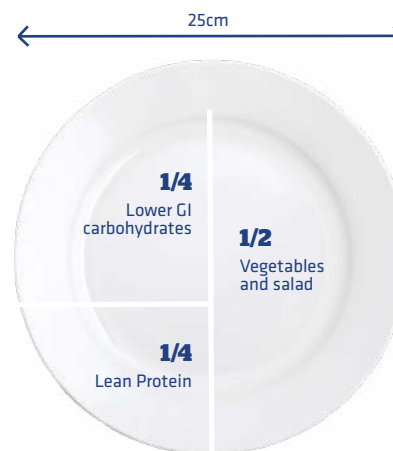


Figure 1. The right sized plate, and proportion of healthy foods.¹¹

For beverages, make water your drink of choice, but green tea and unprocessed cocoa powder are great options as they contain antioxidants and other substances that support heart health.^{3,10}

For a wide range of heart healthy recipes, visit: www.heartfoundation.org.au/recipes and www.healthyliving.nsw.gov.au/food/healthy-recipes

Tips for how to eat more plant-based foods³

Add some more legumes

- Beans make a great addition to tacos (instead of meat)
- Use canned, dried or frozen versions
- Add lentils, chickpeas or beans to soups
- Snack on small tins of mixed beans, or add them to salads
- Snack on hummus with vegetable sticks (carrot, celery)

Replace some meat with lentils, beans (legumes), tofu

- Use tofu instead of meat in stir fries or curries
- Use lentils or beans instead of meat in meals like pasta sauces and curries
- Try veggie patties made from legumes instead of meat patties

Other ideas

- Snack on unsalted nuts and seeds or roasted chickpeas
- Include vegetables with all of your meals
- Try out meat-free recipes
- When adding legumes start with one type like chickpeas first, then add in a new variety the following week

Good and Bad Fats

While eating fatty food may sound like a bad thing, some fats help keep your heart healthy.³

Use healthy fats for salad dressings and low-medium temperature cooking e.g. olive, canola, sunflower, peanut, sesame, soybean and safflower oils.³ Try swapping butter for avocado or hummus on your bread, and sour cream for Greek yoghurt (good on steamed potatoes or sweet or savoury dishes).¹²



Healthy 'good' fats

- tend to be liquid at room temperature
- include monounsaturated fats and polyunsaturated fats (the main ones are omega-3 and omega-6 fatty acids)

Food sources of monounsaturated fats:

- Avocados
- Unsalted nuts such as almonds, cashews and peanuts
- Olives
- Cooking oils made from plants or seeds including: olive, canola, peanut, sunflower, soybean, sesame and safflower

Food sources of polyunsaturated fats:

- Fish
- Tahini (sesame seed paste/spread)
- Linseed (flaxseed) and chia seeds
- Soybean, sunflower, safflower, canola oil and margarine spreads made from these oils
- Pine nuts, walnuts and brazil nuts

Aim for omega-3 fatty acids from all 3 sources:

- Marine: oily fish (such as tuna, salmon, sardines), barramundi, flathead, scallops, mussels
- Plant: walnuts, linseeds (flaxseeds), chia seeds, oils and spreads
- Animal: eggs, chicken, beef



Unhealthy 'bad' fats

- tend to be solid at room temperature
- include saturated fat and trans fat

Foods that commonly contain saturated fats:

- Butter
- Palm oil (often called vegetable oil in products)
- Processed foods, such as biscuits, cakes, pastries, pies and takeaway foods
- Lard, ghee, dripping
- Copha
- Fat on meat

- The skin on chicken and other poultry
- Processed or deli meats, such as salami, ham, and bacon
- Cream, ice cream

Foods that commonly contain trans fats:

- Deep-fried foods
- Biscuits, cakes and pastries
- Butter
- Takeaway foods, such as hamburgers, pizza and hot chips
- Foods that list 'hydrogenated oils' or 'partially hydrogenated vegetable oils' on the ingredients list

Specific Diets

Some specific patterns of eating, such as the Mediterranean, DASH and Portfolio diets have been found to protect against getting heart and cardiovascular diseases.¹³

Mediterranean diet

This diet incorporates the traditional flavours and cooking methods of Greece, Italy and other countries that border the Mediterranean Sea. It is characterised by the high consumption of fruits, vegetables, legumes, whole grains and nuts together with moderate intake of seafood and red wine, as well as the primary use of olive oil. For more information, visit: https://www.health.qld.gov.au/__data/assets/pdf_file/0032/946049/cardiac-meddiet.pdf

DASH diet

The DASH (Dietary Approaches to Stop Hypertension) diet is low in salt and high in fruits, vegetables, whole grains, low-fat dairy and lean protein. The diet was created to help lower high blood pressure, but it is also a healthy way to lose weight. For more information, visit: <https://www.nhlbi.nih.gov/resources/week-dash-eating-plan>

Portfolio diet

This is an eating pattern designed to lower cholesterol levels and promote heart health by adding certain cholesterol-lowering foods to your diet: soy protein, plant sterols, tree nuts and soluble fibre. For more information, visit: https://childnutrition.utoronto.ca/sites/default/files/Portfolio%20Diet%20Scroll%20Editable_eng2.pdf

Gut Function, the Microbiome and Heart Health

The gut microbiome is made up of trillions of microorganisms that live in our gut. Adverse changes in the gut microbiome can increase the risk of getting diabetes and cardiovascular disease.^{7,14}

We can help to feed and nourish the beneficial bacteria within our gut, for example, by including prebiotic and probiotic foods in our diet.

Prebiotic foods^{14,15}

- help feed and nourish our beneficial bacteria
- rich in a certain type of fibre



Garlic



Leeks



Onions



Asparagus



Beetroot



Peas



Corn



Jerusalem artichokes



Legumes (e.g. chickpeas)



Peaches



Raisins



oats



Barley



Rye Bread



Pasta



Cashew



Yoghurt



Kefir



Sauerkraut



Miso

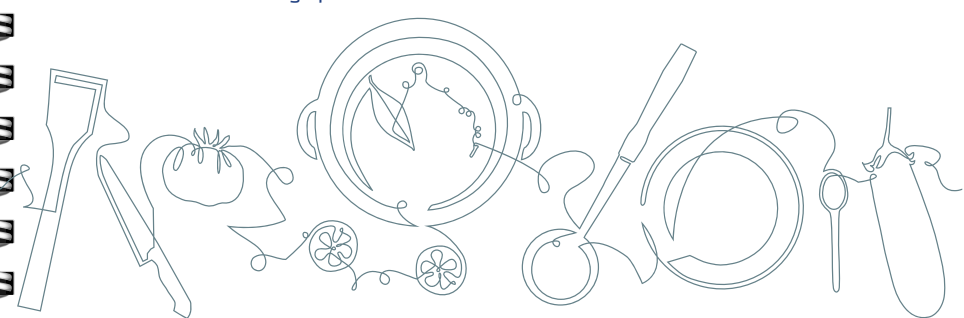


Pickles



Kombucha

* Not all fermented foods contain live active organisms, and some may contain high levels of sodium, or intense sweeteners so check the label.¹⁴



Get Good Sleep

If you don't get enough sleep, you raise your risk of high blood pressure, obesity and diabetes – three things that can raise your risk for heart disease.¹⁶

Adults should aim for 7 to 9 hours of sleep per night.²



Tips for good sleep^{2,17}

***1**

Create a calming environment that promotes sleep: a comfortable temperature, pleasant smells such as lavender oil

***2**

Take the time to relax before you go to bed, whether it's taking a warm bath, reading a book or listening to soothing music

***3**

Avoid caffeine, nicotine and alcohol in the hours before bedtime

***4**

Aim for regular sleep hours and a routine: set a specific time to go to bed and stick to it

***5**

Introduce sleep rituals that prompt your body to prepare for sleep: things to remind your body that it is time to sleep e.g. do relaxing stretches or breathing exercises for 15 minutes before bed

***6**

Keep the bed for sleep and sex only

***7**

Ban your smart phone, computer and TV from your bedroom, and avoid looking at them for an hour before bed

***8**

Don't drink too many liquids before going to bed (you'll break your sleep cycle, and the quality, by having to go to the toilet)

***9**

Get up and do something relaxing if you're having trouble falling asleep

***10**

Don't clock watch: remind yourself you are resting, focus on calming thoughts

***11**

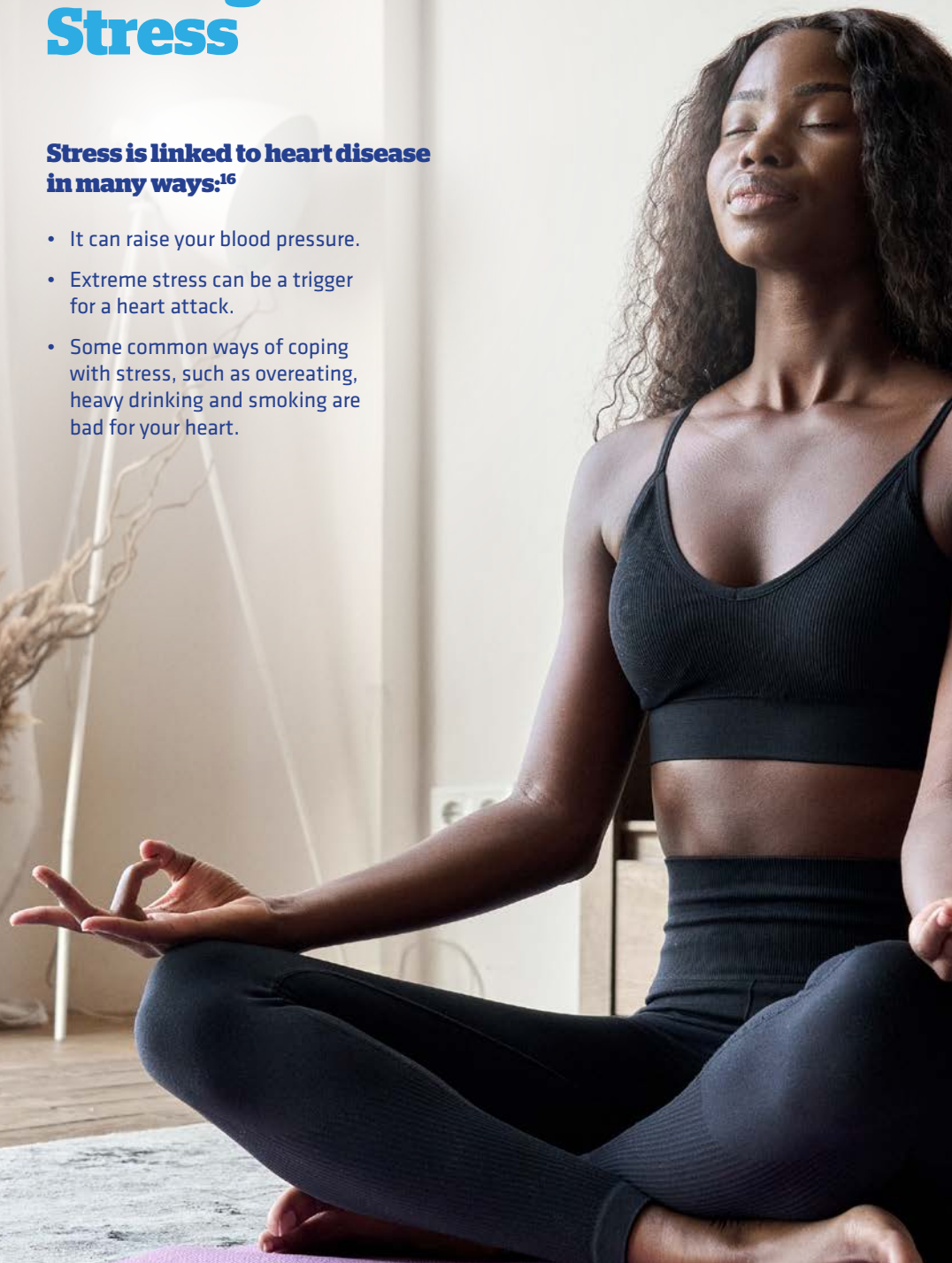
Have the room darkened: use lamps with a dimmer, heavy curtains or blackout blinds

See your doctor if you have frequent sleep problems, as you may have obstructive sleep apnoea, which also increases your risk of heart disease.^{2,16}

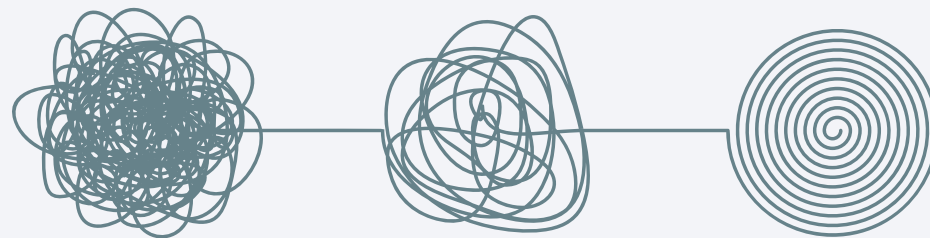
Manage Stress

Stress is linked to heart disease in many ways:¹⁶

- It can raise your blood pressure.
- Extreme stress can be a trigger for a heart attack.
- Some common ways of coping with stress, such as overeating, heavy drinking and smoking are bad for your heart.



Tips to Manage Stress Include:^{16,18}



***1**

Listening to music

***2**

Slow breathing

***3**

Progressive muscle relaxation

***4**

Getting enough sleep (see pages 18-19)

***5**

Exercise (see page 22)

***6**

Yoga

***7**

Meditation

***8**

Mindfulness

***9**

Get help from a professional

such as a counsellor, psychologist or organisations such as Beyond Blue (1300 22 4636) or Lifeline (13 11 14)

For more information on mindfulness, visit: <https://www.healthdirect.gov.au/mindfulness>

Exercise Regularly

Doing regular physical activity or exercise can cut your risk of having a heart attack and help control heart disease risk factors, including high blood pressure, high cholesterol and being overweight.³

Did you know

Long-term aerobic exercise changes the heart.²

- The heart's mass and size increase allowing it to pump much more blood.
- This has a flow-on effect on the health of the body's main arteries.
- It can also lead to changes in skeletal muscles that can trigger an increase in mitochondrial networks – the body's main powerhouse.

What to aim for:^{3,17}

- 150 to 300 minutes (2½ to 5 hours) of moderate physical activity each week (like brisk walking or cycling), or 75 to 150 minutes (1¼ to 2½ hours) of vigorous physical activity (like jogging), or an equivalent combination.
- You can spread out the 150 minutes over the week, and even do short bursts of activity – every minute counts.
- If you've already reached the recommended 30 minutes of activity a day for adults, try gradually building your minutes and/or intensity for even more benefits.
- It's also a good idea to do some muscle-strengthening activities on at least 2 days each week.



Tips for Exercising:^{3,19}

*1

Set realistic goals.

*2

Start slowly and gradually increase.

*3

Schedule time into your day to exercise.

*4

Do activities you enjoy.

*5

Exercise with friends, family or your local community (e.g. a walking group).

*6

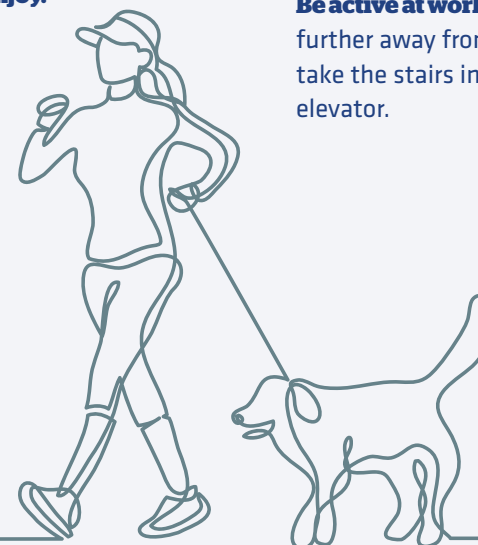
Change your routine e.g. add in some yoga or tai chi.

*7

Stay active year-round. Mix up your activity between indoors and outdoors to be ready for any weather.

*8

Be active at work e.g. park further away from work and take the stairs instead of the elevator.

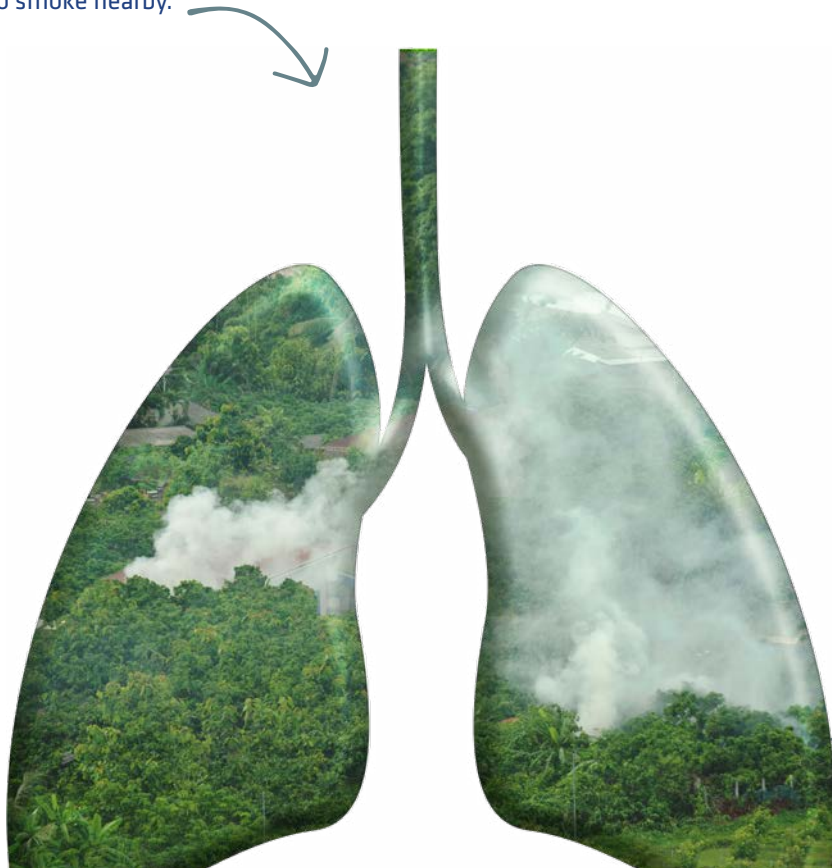


Stop Smoking

Smoking raises your blood pressure and damages the blood vessels to your heart, brain and other parts of your body. The risk to your heart health goes down a lot after you stop smoking.^{3,16}

For support contact Quitline (13 78 48) or <https://www.quit.org.au/>

Second-hand smoke is also harmful, particularly for children.¹⁷ Avoid second-hand smoke where possible, and if you have children, do not allow others to smoke nearby.

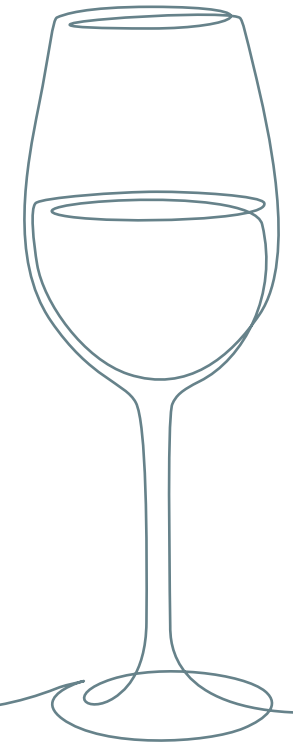


Reduce Alcohol Consumption

Heavy drinking can increase your chances of developing heart disease. Drinking a lot over the long term can increase your heart rate, blood pressure, weaken your heart muscle and increase the level of some bad fats in your blood (triglycerides).³

Limit yourself (men and women) to no more than 10 standard drinks per week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of alcohol-related harm.³

If you choose to drink, red wine may be a good choice. Red wine is part of the healthy Mediterranean diet and contains antioxidants and other constituents like flavonoids and resveratrol that have protective effects for the heart.^{20,21} But, it, like other forms of alcohol, should be consumed in moderation (within the above guidelines).^{3,22,23}



Maintain a Healthy Weight

Being overweight or obese can increase your chances of developing heart disease. It can lead to high blood pressure, high cholesterol, diabetes and a fatty build-up in your arteries – conditions that increase your chances of having a heart attack.³

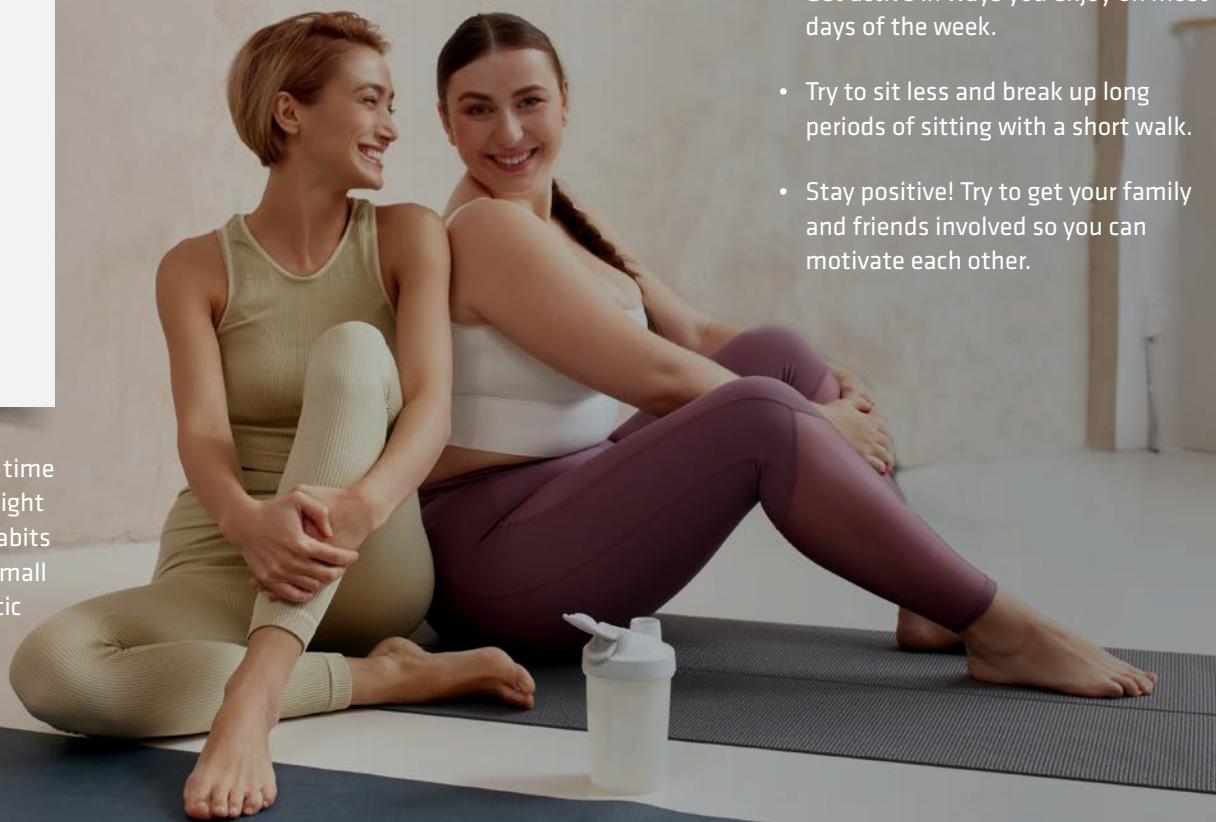
AIM FOR A WAIST SIZE
OF LESS THAN

**80 cm for
women**

AND

**94 cm or less
for men.³**

Losing weight can be hard. It takes time and effort. The best way to lose weight is by slowly changing your eating habits and being more active. Start with small changes to your diet, aim for realistic goals and build-up from there.³



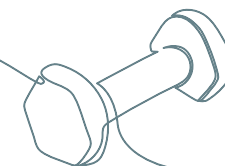
It can help to have a plan³

- Set realistic goals for weight loss or lifestyle.
- Start eating more fresh foods and less highly processed and junk foods.
- Find new ways to increase the number of steps you take.
- Get active in ways you enjoy on most days of the week.
- Try to sit less and break up long periods of sitting with a short walk.
- Stay positive! Try to get your family and friends involved so you can motivate each other.

Get the support of your health professional to help realise your goal and maintain your weight.

Eating the right amount of food helps you reach or maintain a healthy weight. For more information on portion sizes, visit: <https://baker.edu.au/health-hub/fact-sheets/the-portion-guide>

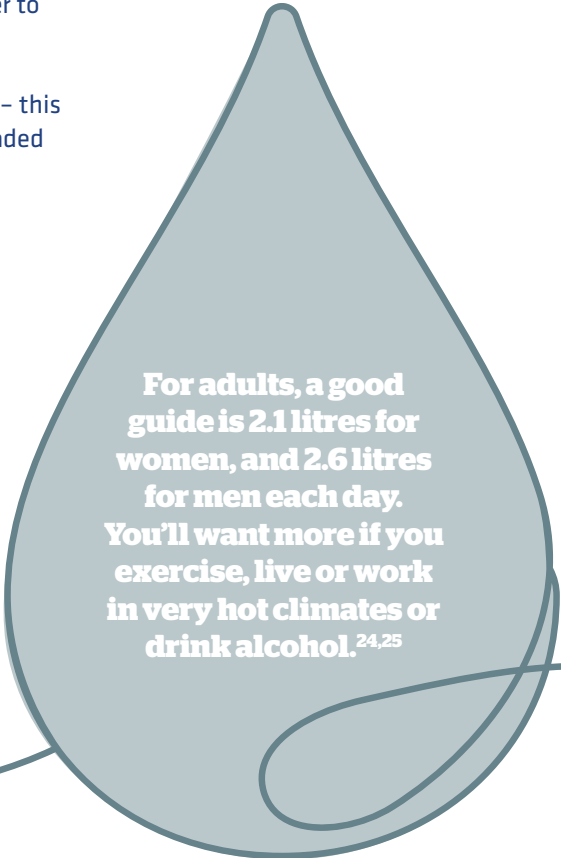
Sometimes people turn to food for comfort when facing a difficult problem, feeling stressed or even feeling bored. For more information on emotional eating and how to overcome it, visit: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342?p=1>



Stay Hydrated

Keeping the body hydrated helps the heart pump blood more efficiently through the blood vessels to the muscles. If you don't drink enough water you may affect your heart by:²

- making your blood thicker – this can cause the heart to work harder to pump blood around the body
- dropping your blood pressure – this could lead to feeling light-headed and even cause fainting



For adults, a good guide is 2.1 litres for women, and 2.6 litres for men each day. You'll want more if you exercise, live or work in very hot climates or drink alcohol.^{24,25}

Look after Your Gums

There is a link between gum disease and heart disease.

Bacteria in the mouth can narrow blood vessels and increase the risk of heart attacks. Some medicines can also increase the risk of having gum disease.²⁶



Tips to help prevent gum disease:²⁶

***1**

Brush your teeth with toothpaste two times a day

***3**

If you wear dentures, clean them daily

***2**

Clean between your teeth using floss or an interdental toothbrush

***4**

Have regular dental check-ups



Other Things You Can Do

Have a yearly heart health check with your doctor, naturopath or other healthcare provider.

Consider getting a test for a type of 'bad' cholesterol called lipoprotein(a). It is a major cause of atherosclerosis (hardening of the arteries), and is more associated with genetics rather than lifestyle factors. It is not monitored in the standard cholesterol testing, but can be ordered by your doctor, and is a good idea if you have a family history of heart disease.²

Look after your mental health: anxiety, depression and social isolation can increase the risk of developing heart disease. Reach out to friends, family or organisations like Beyond Blue (1300 22 4636), or talk to your doctor.²⁷



Did you know

The most common signs of a heart attack can be different in men and women.²

- Only one in three women will experience the typical crushing chest pain. When they do experience chest pain it tends to be described as an uncomfortable pressure or tightness.
- Instead, women often experience pain in their neck, jaw, shoulder, upper back, or abdominal pain, shortness of breath, nausea, sweating or dizziness.

Talk to your healthcare professional for advice about herbs or supplements that may further support your heart and cardiovascular system.

Australia

Customer Care and Clinical Support: 1300 654 336

Order Online: www.myintegria.com

eaglenaturalhealth.com.au

For Practitioner Dispensing Only

Practitioner Details:

References available
on our website via:
<https://bit.ly/HealTHH>
or scan QR code

