

9 Tips For A Healthier Heart

- 1 EAT LESS SATURATED FAT**
Choose lean cut of meat, remove skin from meat, substitute coconut milk with low fat milk, skim off fat layer from soup before drinking.
- 2 CHOOSE YOUR COOKING OIL**
Avoid using animal fat for cooking, incorporate unsaturated fat-rich oil in your diet.
- 3 INCLUDE UNSATURATED FAT INTO DIET**
Eat more fish (twice a week), take unsalted nuts moderately as good alternative to trans fat snacks.
- 4 EAT LESS DIETARY CHOLESTEROL**
Consume crabs, squids, shellfish, prawn sparingly, remove prawn head, limit intake of internal organs.
- 5 AVOID TRANS FAT PRODUCTS**
Aware of hidden trans-fat in cookies, doughnuts, instant noodles, fries, pastry, frozen processed foods.
- 6 EAT MORE FIBER**
Consume oatmeal, oat bran, wholegrain products, legumes, at least **3 servings of vegetables**, 1-2 servings of fruits.
- 7 REDUCE SALT INTAKE**
Reduce high sodium products commonly found in table salt, stock cubes, MSG, soy sauces, chili & tomato sauces, oyster sauce, salted fish, fast foods.
- 8 LIMIT ALCOHOL INTAKE**
Alcohol is best avoided.
- 9 BE PHYSICALLY ACTIVE**
Regular physical activity increase HDL cholesterol & decrease triglycerides level.
30-45 minutes per session at least 5 times a week.

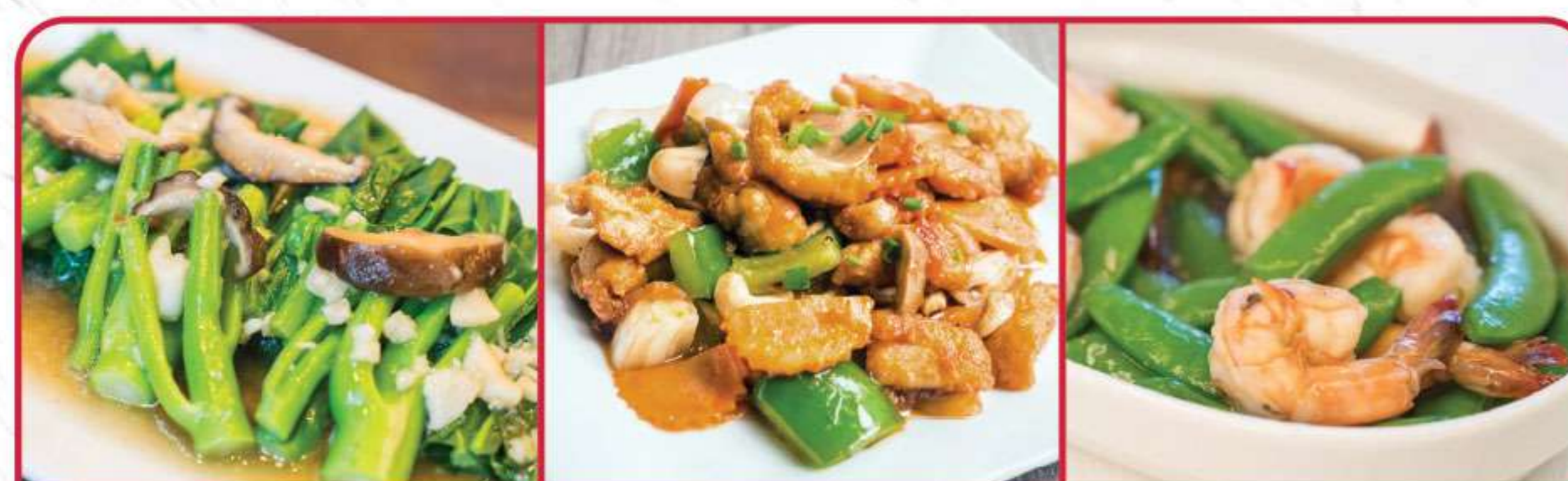
Go For Healthier Cooking Methods



Soup (clear)



Steamed



Stir-fried



Baked / Roasted

For individualised dietary counselling, please make an appointment with the dietitian.

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For internal circulation only.



Eat Smart — for a — Healthy Heart



Dietary Cholesterol X

Cholesterol naturally occurring in animals



Egg yolk



Prawn head



Crab



Squid



Shell fish



Internal organ

Saturated Fats XX

Clog arteries & directly raise total cholesterol & LDL (bad) cholesterol



Beef / lamb



Pork lard



Butter



Chicken skin



Coconut milk products



Ghee products



Cream



Full cream milk



Creamer



Evaporated milk

Trans Fats XXX

Raise overall cholesterol level and LDL (bad), while reducing HDL (good) level 2-10 times worst than saturated fats



Fried foods



Cookies



Cakes



Chips



Pastries



Buns

Unsaturated Fats ✓

Consists of mono-unsaturated (MUFA) & poly-unsaturated (PUFA) fats. Reduce overall cholesterol levels, especially LDL (bad) cholesterol.



Olive oil



Corn oil



Avocado



Cashew nut



Canola oil



Sunflower oil



Macadamia



Walnut



Soybean oil



Peanut oil



Hazelnut



Pistachios



Rice bran oil



Almond



Peanut

Omega-3 ✓✓✓

Reduce LDL (bad) cholesterol, lower plasma triglyceride, prevent blood clotting, regulate heart rhythm, improve heart survival after heart attack.



Salmon



Mackerel



Herring



Fresh sardine



Flaxseed



Flaxseed oil



Chia seed



Edamame



Soybean

Soluble Fiber ✓✓✓

Increase in soluble fiber of 5-10g/day reduce ~5% LDL (bad) cholesterol level



Brown rice, cooked 1/2 cup



Oat bran, cooked 1/2 cup



Oatmeal, cooked 1/2 cup



Barley, cooked 1/2 cup



Kidney bean, cooked 1/2 cup



Black bean, cooked 1/2 cup



Flax seed 1/2 cup



Chickpea, cooked 1/2 cup



Avocado 1/2 fruit

For further enquiries on portion size, please consult our dietitian.