

## Reduce Sodium and Salt

Excess sodium and salt can lead to an increase in blood pressure (hypertension).

**Read Nutrition Facts labels** and choose products with less **sodium**.

### Tips for Reducing Salt in Meal Preparation

#### Instead of this:

Lime and salt marinade

Regular Bajan seasoning

Salt meat and pig tail

Bouillon cubes

Cooking butter or margarine

Ketchup

Soy sauce

#### Try this:

Lime only - NO SALT

Salt-free Bajan seasoning

Onion, garlic, celery, sweet pepper

Marjoram, thyme, chives, parsley

Salt-free low calorie spread

No Added Salt tomato paste

Allspice or Five Spice powder

## Healthy Eating Tips

- Use less sugary foods and beverages as sugar can also increase cholesterol and lead to excess weight (obesity)
- Exercise regularly, at least 30 minutes daily
- Lose weight if necessary
- Eat three smaller meals daily rather than one large meal
- Use canola, olive or sunflower oil; measure with a tablespoon rather than pouring straight from the container
- You can eat eggs, including the yolk - just watch the fat when frying or scrambling
- Enjoy avocado pear when in season - but in moderate amounts ( $\frac{1}{4}$  small pear)
- Keep alcohol to a minimum - no more than 2 drinks a day for men and 1 drink for women

NATIONAL NUTRITION CENTRE

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## Nutrition Series



## Protect Your Heart: Manage Your Cholesterol

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## Protect Your Heart

### Make Wise Food Choices

High cholesterol and hypertension (high blood pressure) can cause heart attacks, strokes, kidney failure and blindness.

Some of the foods you eat, along with regular exercise, can help you lower your cholesterol and maintain normal blood pressure.

### Limit Saturated Fat and Trans Fat

- **Read Nutrition Facts labels** and choose items with less **Saturated Fat** and **Trans Fat**
- Eat fish more often, including canned fish (drained); skinless chicken and turkey; lean meat—trim fat; skimmed or 1% milk
- Limit fried foods. Try no-stick cooking sprays for light frying and sautéing
- Avoid fatty foods like bacon, cheese, corned beef, hamburger, hot dog, luncheon meat, pig tail
- Limit convenience baked goods, snack foods and fast foods

### Increase Soluble Fibre

- Use oat bran, oats, barley or ground linseed in porridge or shakes daily
- Try oat and barley flour in pancakes, bakes, dumplings and baked goods
- Add barley to soup or cook with rice
- Add peas and beans to rice, soup, stew, salad; use as a side dish or to replace meat
- Include provisions like breadfruit and sweet potato
- Make half of your plate vegetables, including broccoli, eggplant and okras
- Eat fruit for snacks or dessert - fresh, canned, frozen and dried



### Add Soy Protein

- Use soy milk or yogurt for beverages, shakes or cereal
- Mix soy granules with minced meat. Add soy chunks to stews
- Experiment with tofu
- Try soy beans (also known as edamame) or soy nuts



### Include Nuts

- A handful of nuts, any kind, can be eaten daily



**Consider Supplements -** but talk to your doctor first

- ***Psyllium*** fibre
- ***Plant sterols or stanols*** in fortified yogurt and margarine