

Pick n Pay

Happy HEARTS

Making heart-healthy choices for you and your family
is easier than you think.

LIVE
WELL



The "C" word

WHAT EXACTLY IS CHOLESTEROL AND HOW DOES IT AFFECT YOUR HEART?

Produced mainly by the liver, cholesterol is a wax-like substance found in all cells of the body. Having high blood cholesterol can lead to a serious condition known as atherosclerosis. Cholesterol forms deposits on the arteries that supply blood to the heart. These deposits, called plaque, narrow or block the arteries and can

lead to the formation of a blood clot. Most heart attacks occur when a clot completely blocks a coronary artery, cutting off the supply of blood and oxygen to the heart. Most strokes occur when an artery in the brain is narrowed or blocked, preventing oxygen-rich blood from reaching brain cells.

TWO TYPES OF CHOLESTEROL



Not all cholesterol is "bad" – there's a "good" kind too.

➔ **LOW-DENSITY LIPOPROTEIN (LDL).**
Known as "bad" cholesterol, high levels of LDL result in deposits of plaque that build up in the arteries. It can lead to strokes and coronary artery disease.

➔ **HIGH-DENSITY LIPOPROTEIN (HDL).**
Often referred to as "good" cholesterol, high levels of HDL help to "mop up" excess cholesterol, after which it gets broken down and removed from the body.

DID YOU KNOW?

- ➔ Happiness can reduce your risk of heart disease.
- ➔ Your heart is roughly the size of your two hands clasped together. In children, it's roughly the size of their fist.
- ➔ Your heart beats about 100 000 times a day.
- ➔ Exercise is the single most important influence on heart health. Next are diet and stress levels (and not smoking!).



Where does cholesterol come from?

The body actually produces its own cholesterol, as it is used to make certain hormones. Dietary cholesterol comes from animal sources, such as meat, poultry, cream, butter, seafood and eggs.

It was originally thought that cholesterol from food was the main reason for high blood cholesterol levels. However, there are many other reasons for this build-up of plaque, including genetics, body weight and lack of exercise.

Some preventable risk factors for heart disease

- ➔ Being overweight, especially fat around your waist
- ➔ Inadequate exercise
- ➔ Smoking
- ➔ Uncontrolled blood pressure
- ➔ Elevated blood-sugar levels over a long period of time (diabetes)
- ➔ Poor dietary habits
- ➔ High alcohol consumption





HOW TO REDUCE THE RISK

A HEALTHY DIET ALONG WITH REGULAR EXERCISE CAN SIGNIFICANTLY REDUCE THE RISK OF HEART DISEASE

1 LOSE WEIGHT

Reducing your weight by just 5–10% results in a lower blood cholesterol level and increased “good” HDL.

2 QUIT SMOKING

Quitting smoking can significantly reduce the risk of stroke and heart attack – in some cases by up to 50%.

3 BE FAR MORE ACTIVE

Being more active every day not only helps you to lose weight, it can also lower your cholesterol and increase your “good” HDL levels. Try to sit less and then plan five 30-minute sessions per week to do some brisk exercise, such as walking, swimming or running.

Be aware of these important measurements:

- 🕒 Waist circumference should be no more than 88cm for women and 102cm for men.
- 🕒 Waist-to-hip ratio should be no more than 0.85 for women and 0.90 for men.

EAT 100G OF FISH AT LEAST TWICE A WEEK

This includes all fish, but fatty fish is especially healthy. Try:

- 👉 pilchards
- 👉 sardines
- 👉 herring
- 👉 salmon
- 👉 mackerel

TRY THIS

PnP LENTIL & VEGETABLE COTTAGE PIE (350g)



DID YOU KNOW?

Research has found that keeping a daily food diary is one of the most effective methods for changing your diet and eating behaviours.

TRY THIS

PnP PINK SALMON IN BRINE (290g)



CHOOSE MORE PLANT-BASED FOODS

Some plant-based foods are rich in fibre while others are rich in the “healthy” mono unsaturated fats. To lower cholesterol, use fewer animal products, plan meals around wholegrains, fruit, vegetables and legumes, and use olive oil, canola oil, avocado, nuts and seeds to provide the good fats in your diet.



CAUTION

Some plant-based oils, such as palm oil and coconut oil, have a high saturated fat content and should be avoided on a cholesterol-lowering diet.

USE LESS MEAT AND AVOID ANIMAL FATS

Saturated fats, which mostly come from animal products, are known to increase cholesterol levels. Large quantities of these “bad” fats can be found in fatty meat, chicken skin, cream, butter, ghee, cheese and processed meats such as sausage, boerewors, polony and salami.



FACT the heart-healthy fats in fish, known as Omega-3 fatty acids, are linked to a reduced risk of stroke and heart disease.

IF YOU DRINK ALCOHOL, DO SO ONLY IN MODERATION.

For healthy adults, moderation means no more than one drink a day for women and men older than 65, and up to two drinks a day for men under 65. Too much alcohol leads to weight gain and an increase in blood pressure, so consume it with care.



EAT FOOD HIGH IN FIBRE

Fibre-rich food can lower cholesterol levels, so switch to:

- ➔ bran cereals ➔ seed bread ➔ oats ➔ barley ➔ fruit ➔ vegetables
- ➔ legumes, such as chickpeas, kidney beans, lentils and baked beans

TRY THIS

PNP FRUIT & NUT BARS AND PEANUT BUTTER BOMBS (WITH NO ADDED SUGAR) (20g)



EAT A HANDFUL OF UNSALTED NUTS AND SEEDS FIVE TIMES A WEEK

A daily intake of nuts and seeds, such as almonds, peanuts, walnuts, pumpkin seeds, pecans and sunflower seeds, can help decrease cholesterol levels. Have them unsalted as a snack, or add them to main dishes or salads.

TOP PICK

PnP FREE RANGE CANOLA EGGS (18s)



EAT HOME-COOKED MEALS MORE OFTEN

Often, takeaway meals and convenience food are high in unhealthy saturated fats and trans fats. Frequent consumption is known to contribute to weight gain and increase the risk of developing heart disease and Type 2 diabetes. Food to avoid includes pastry, pies, burgers, crumbed chicken and fish, deep-fried food, doughnuts, vetkoek and French fries.

INCLUDE EGGS AS PART OF YOUR HEART-HEALTH DIET

Unless otherwise advised by a health practitioner, five to seven eggs a week can be included as part of a balanced and varied heart-health diet.

BE CAREFUL WITH YOUR SALT INTAKE

Take care to manage your blood pressure and cut back on your use of salt (sodium) even if your blood pressure is normal. Use little to no salt in cooking and be careful about how much is added to food at the table.

Disclaimer: The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment. Please visit your healthcare professional for advice specific to your individual requirements.

HAKE POKÉ BOWL

For variety, swap hake with cooked or raw salmon or shredded rotisserie chicken.

SERVES 1

Ingredients:

Glug **olive oil**
Salt and milled pepper
 1 (about 200–250g)
Hake fillet, skin on and cubed
 Handful **baby spinach**
 Handful **fresh peas**, blanched
 Handful shredded **red cabbage**
 3–4 **radishes**, sliced
 5–6 PnP Crafted Collection **mixed medley tomatoes**, halved

½ **avocado**, cubed
 Toasted **sesame seeds**, for serving (optional)

Dressing:

¼ cup (60ml) **canola** or **olive oil**
 2 tsp (10ml) **Dijon** or **wholegrain mustard**

Juice (30ml) of 1 **lime** or ½ **lemon**
 2 tsp (10ml) chopped **chives**
 ½ **red chilli**, chopped (optional)

Method:

Heat oil in a large pan over medium heat.

Season hake cubes well and fry skin-side down in batches until golden and cooked through.

Arrange vegetables, avocado and hake cubes in a bowl, grouping separate ingredients together in

the poké style.

Combine dressing ingredients and season to taste.

Drizzle hake poké with dressing and sprinkle with toasted sesame seeds, if using, before serving.

TRY THIS

PnP UNCOOKED
 HAKE FILLETS
 (500g)

