Follow a healthy diet for a healthy heart

New Delhi, October 16, 2016: Every wondered why wild animals do not suffer from common lifestyle disorders such as a high blood pressure, diabetes, obesity, cancers, osteoporosis, heart attack, metabolic syndrome, fatty liver and polycystic ovarian disease amongst others. The reason for this is that they live in accordance with the laws of the nature.

Speaking about the issue, Padma Shri Awardee Dr KK Aggarwal, President HCFI & President Elect IMA said, “A balanced and healthy lifestyle is the key to preventing and reversing any of the diseases mentioned above. And the first step towards living a healthy life is to maintain an ideal weight”.

A fad of going on crash diets, stressful work environments encouraging people to eat comfort foods, all day desk jobs and size zero concept have increasingly distorted a person’s definition of an ideal weight and wholesome eating. What most people do not understand is that a healthy diet not just requires consuming calories equivalent to thirty times their current weight; it also means that the right balance of macro and micronutrients should be eaten.

While macronutrients are the chemical components of food such as carbohydrates, proteins and fats that provide the body with energy and are needed in large quantities; micronutrients are required in small amounts and include several minerals and vitamins. When consumed in the right quantities and balanced with adequate physical exercise, these can help a person prevent most common lifestyle disorders.

“My formula for ensuring a healthy diet is to consume a mixture of seven colours and six tastes in every meal. Each food colour represents a type of vitamin so red apples are a source of lycopene, green leafy vegetables and fruits provide the body with B complex and orange food items are a source of vitamin C. Similarly the sweet, sour and salt taste promotes weight gain and on the contrary pungent, astringent and bitter tastes reduce weight” he added.

Diet tips for a healthy heart

- An ideal diet should also be low in sodium and no person should consume more than 6 gm of sodium chloride in a day.
- The consumption of trans fat, which is found in hydrogenated oils or vanaspati ghee, should be minimal as it is bad for the heart and reduces the good HDL cholesterol levels and increases the bad LDL cholesterol.
- A person should avoid eating out as much as possible since the food in most restaurants and hotels is high on trans fat and usually will be bad for the heart.
- Refined carbohydrates like white bread, white flour, white rice and refined sweetened cereals and white sugar should be avoided and replaced with options like whole grain flour, healthy green cereals and oat meal.
• Any sweet item containing more than 10% sugar should be limited. On an average the sugar content in soft drinks is 10%, Indian sweets is 30-50% sugar

An ideal diet should be

1. One only fruits meal
2. One meal which has a mix of besan products, fruits, salads and a portion of fish, chicken or mix vegetables
3. And the third meal should be a regular meal comprising of two mixed grain chapattis/brown rice with vegetables and dal

In between meals, one can consume fruits, salads, black tea/coffee and dark chocolates without added sugar or milk

More information and special insights about this issue will be discussed in the upcoming MTNL Perfect Health Mela from 25-29th October, 2016 at Talkatora indoor stadium, New Delhi.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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