

World Heart Day: eat your way to a healthier heart

Cardiovascular disease (CVD) is the number one cause of death globally.¹

A broad term for all diseases of the heart & blood vessels, including heart attack & stroke. Most deaths caused by CVD are preventable, so this World Heart Day is the time to act to protect your heart and the hearts of those you love.

Heart Disease: fast facts

Globally

1 in 10 

people aged 30 to 70 years old die from heart disease²

Over

17.5M

people died from heart disease in 2015¹



A number expected to grow to over

23.6M

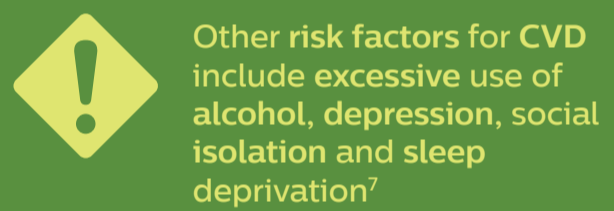
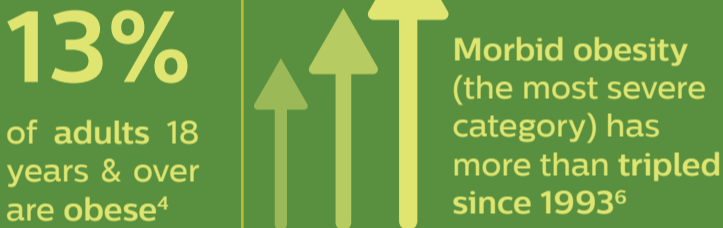
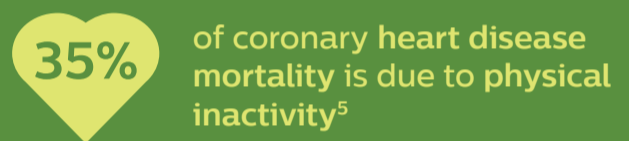
by 2030¹

The subtle symptoms of heart disease³

- | | |
|---|---|
| 1 Extreme fatigue | 5 Shortness of breath |
| 2 Swollen feet | 6 Depression |
| 3 Pain or cramping when climbing, walking, or moving | 7 Migraines |
| 4 Feeling dizzy or light-headed | 8 Loud heart beat |
| | 9 Combined anxiety, sweating & nausea attack |

Risk factors: matters of the heart

Being over-weight or obese is one of the major risk factors associated with CVD. Modern lifestyles mean we're consuming higher calorie, processed, pre-packaged and sugary food & drinks; which can lead to higher blood pressure, raised blood sugar & raised blood fats.



Get to the heart of it by making a small change today

However small behavioral changes, such as eating a balanced diet, can help you maintain a healthy weight & reduce the risk of developing heart disease. In fact, a heart-healthy diet may reduce the risk of someone developing heart disease or having a stroke by 80%⁸.

Try these healthy eating tips to help reduce your risk of CVD:

Try to restrict your intake of salt and sugar by not adding this to food unless necessary

Homemade cooking also brings families and friends together, enhancing relationships and building healthy routines for life

Your daily fat intake shouldn't exceed 30% of your total daily energy intake to avoid unhealthy weight gain⁹

Use an appliance such as the Philips Airfryer to reduce your fat intake – it helps you to prepare tasty, but healthier food at home, with little to no oil

Avoid fast food and other processed foods that are high in saturated fats

Include plenty of fruit and vegetables, nuts, whole grains, lean meat, fish

Prepare homemade food as it gives you control over the ingredients you're using



Enjoy a tasty, heart healthy diet

At Philips we think food & drink are the building blocks of a healthy life; but this doesn't mean we shouldn't be able to enjoy the delicious foods that we love. Our kitchen appliances are designed to make preparing nourishing but tasty meals at home easier, helping everyone to have a balanced, nutritious, heart-healthy diet.

¹ American Heart Association: Heart Disease and Stroke Statistics, 2017:

https://www.heart.org/idc/groups/ahamamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_491265.pdf

² World Health Organization 2012

³ Health Magazine: 9 Subtle Signs You Could Have a Heart Problem, February 2015:

<http://www.health.com/health/gallery/0,,20902284,00.html#you-re-extremely-trying-0>

⁴ World Health Organization: <http://www.who.int/mediacentre/factsheets/fs311/en/>

⁵ <https://www.health.ny.gov/diseases/chronic/cvd.htm>

⁶ <http://content.digital.nhs.uk/catalogue/PUB20562/obes-phys-acti-diet-eng-2016-rep.pdf>

⁷ World Heart Federation Fact Sheet, May 2017: <https://www.world-heart-federation.org/resources/diet-overweight-obesity/>

⁸ <https://www.helpguide.org/articles/diets/heart-healthy-diet-tips.htm>

⁹ <http://www.who.int/mediacentre/factsheets/fs394/en/>

