Feel Well

Top tips for preventing heart disease.

Eat for health

1. **5 portions of fruit and veg per day.** Some contain antioxidant vitamins which can prevent fat turning into cholesterol
2. **Cut down on saturated fat.** This raises bad cholesterol in your blood, so try to cut down on foods such as butter, cream, hard cheese, pies, sausages, cakes and biscuits
3. **Eat foods that can help lower cholesterol.** Foods such as pulses, beans, oats, lentils and some types of nuts.
4. **Take care with sugar.** Too much sugar can cause type 2 diabetes, which increases your risk of developing heart disease.

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For more information visit www.westfieldhealth.com