

HEALTHY EATING TIPS

ACCORDING TO DIETITIAN AND CARDIOLOGIST

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Choose

Fresh over processed

food that may have excessive sugar, salt or fats

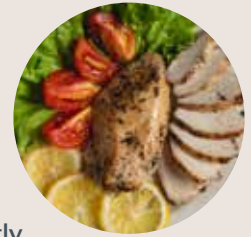
Heavily processed food carries potential health effects because of how they have been altered during production.

Cook whole grains, lean meats and vegetables using **low-fat cooking methods**.



Skip the skin

Consuming saturated fat contained within fried chicken skin directly relates to weight gain.



When cooking chicken, **remove the skin**.

Maintain a healthy ratio of

Omega-3 and Omega-6

INTAKE OF OMEGA-3 FATTY ACIDS



INTAKE OF OMEGA-6 FATTY ACIDS

may contribute to **obesity, insulin insensitivity, inflammation and chronic diseases**

e.g. rheumatoid arthritis, atherosclerosis and heart failure



↓ OMEGA-3 FATTY ACIDS

↑ OMEGA-6 FATTY ACIDS

will contribute to your **overall well-being**

Fish are the **best food sources** of Omega-3 fatty acids

e.g. salmon, mackerel, sardines, tuna and halibut



Use dietary vegetable oils **high in Omega-3**

flax, perilla, chia, canola

Incorporate fish **twice per week** into your diet



Omega-3 and Omega-6 are **essential fats** that are not produced by our bodies, therefore we have to get them from our diet.



Omega-3 fatty acids are an **energy source** that keep your heart, lungs, blood vessels, and immune system functioning well.

Omega-6 fatty acids provide energy and play a **key role** in the **immune system**.

Omega-3 can improve your cardiovascular health



Decreases triglycerides
a type of fat in your blood



Lowers blood pressure slightly



Reduces blood clotting



Decreases your risk of strokes and heart failure risk



Reduces irregular heartbeat