



Eat Well, Feel Great

SWAP WHITE RICE FOR QUINOA

Quinoa has a low glycaemic index (GI), while white rice has a high GI, meaning that it affects blood sugar (glucose) levels more quickly. Quinoa also has a much higher fibre content. Both low-GI foods and high-fibre diets have been shown to be good for heart health. 'Quinoa has the flavonoids quercetin and kaempferol, which are known for anti-inflammatory properties. There's some evidence that quinoa may help blood sugar, insulin and triglyceride stay in a healthy range,' says Miguel. **THE PERFECT PORTION:** 100g uncooked quinoa.



SWAP BAKED BEANS FOR EDAMAME BEANS

All pulses can help lower cholesterol as they're a source of soluble fibre. But traditional baked beans can often be in a sauce, which is high in salt and sugar. 'Edamame beans contain soya protein, which has its own cholesterol-lowering benefits,' says Laura. 'It works by interfering with how "bad" LDL cholesterol is made in the liver.' **THE PERFECT PORTION:** 15-25g of soya protein per day has been shown to lower cholesterol levels by around 6%. A handful of beans counts as a serving.

SWAP MILK CHOCOLATE FOR DARK CHOCOLATE

Dark chocolate has a higher percentage of cocoa solids than milk chocolate. 'A growing number of studies have found that antioxidants in cocoa (called flavanols, a type of polyphenol), help in the production of nitric oxide, a natural compound that relaxes muscles in blood vessels - thus supporting the heart by easing blood pressure and helping circulation,' says Miguel. **THE PERFECT PORTION:** 35g of dark chocolate (at least 70% cocoa) daily would be enough to give your heart a little bit of oomph.



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IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP.

SWAP COCONUT OIL FOR RAPESEED OIL

Despite being thought of as a 'healthy oil', coconut oil is still a saturated fat and can affect cholesterol. 'Although it can raise levels of good cholesterol it also raises bad stuff too (LDL). 'Swapping saturated fats with polyunsaturated or mono-unsaturated will lower your total and LDL cholesterol by 5-10%', says Laura. **THE PERFECT PORTION:** Aim for no more than a teaspoon per person, per meal.



SWAP BEEF MINCE FOR TURKEY MINCE

Turkey mince is a fantastic source of lean - so, not too fatty - protein. 'Fat is not a problem per se, but meat that's fatty can contribute to a higher number of calories, and thus weight gain. Being overweight is a main risk factor of cardiovascular disease,' Miguel explains. 'In addition, turkey is a rich source of all B vitamins, known to contribute to heart and brain health.' **THE PERFECT PORTION:** 100g of turkey mince will give you 30g of protein.

