

HEALTHY SWAPS

8 HEART-FRIENDLY FOODS

Keep your heart in tip-top shape with these low-cholesterol food swaps

Around 7.4m people in the UK are living with heart or circulatory disease, says the British Heart Foundation, and research shows that simple changes could help to reduce this. Our experts share some easy switches to look after this key organ.

SWAP

WHITE ONIONS



FOR LEEKS

While leeks and onions are packed with antioxidants and polyphenols, leeks push ahead. 'They are rich in kaempferol [higher than in white onions] - a powerful flavonoid associated with a lower risk of heart attacks or death due to heart disease,' says Miguel.

THE PERFECT PORTION: A couple of medium leeks a week.

Meet the experts



MIGUEL TORIBIO-MATEAS
Nutritionist for preventative health care company Atlas Biomed.



LAURA CLARK,
Registered dietician, sports nutritionist, and founder of Laura Clark Nutrition.

SWAP

TINNED TUNA

FOR

TINNED SARDINES

'Oily fish, rich in omega-3 fatty acids, are associated with reducing risk of heart disease and maintaining healthy cholesterol,' says Laura. 'But the same can't be said for tuna.'

THE PERFECT PORTION:

Aim for 1-2 servings of 140g per week.



SWAP

ORANGES

FOR

PERSIMMONS

Persimmons are from China. 'They are a richer source of vitamin C when compared to oranges, but they also have higher iron levels,' says Miguel. **THE PERFECT PORTION:** One persimmon contains 20% of the recommended vitamin C daily intake.

