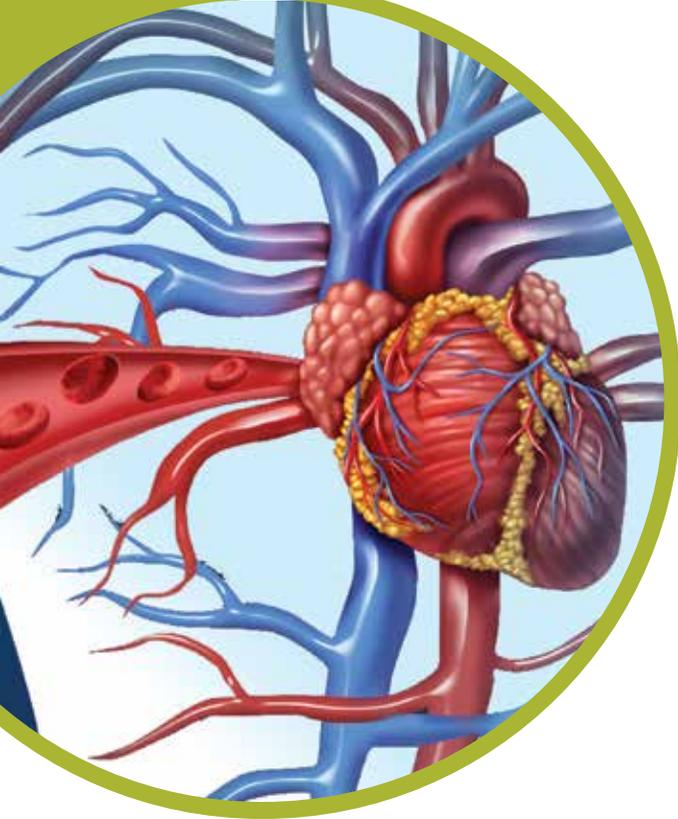


Healthy Living for a Strong Heart



Let's learn about it

Your heart muscle pumps blood through your body. Blood travels in rivers (big tubes called arteries) and streams (little tubes called veins), and carries oxygen from your breath and nutrients from your food to all parts of your body.

Did you know?

- Healthy eating and living keeps your heart strong.
- Unhealthy eating and living can cause high blood pressure, high cholesterol and diabetes. These can lead to heart attack and stroke.



Let's learn what to do



Pick foods with healthy fats

Healthy fats are liquid or soft at room temperature. They come from plants and sea animals.

Choose more often

- Canola, olive and vegetable oils
- Nuts and seeds
- Avocado
- Non-hydrogenated margarine
- Fish: Arctic char, halibut, turbot, salmon, sardines, tuna, herring, trout, mackerel
- Fat and skin from seal, narwhal, beluga, walrus
- Seal heart and seal intestines
- Mussels and clams



Nutrition
tips

Food ideas

- In bannock, use oil and not lard or shortening.
- Add seeds or nuts to salads and baking.
- Eat fish at least 2 times a week.
- Eat sea animals often.



✓ Limit unhealthy fats

Unhealthy fats are saturated fats and trans fats. Saturated fats come from lard, bacon and fat in store-bought meats. Trans fats are mostly in processed foods like coffee whitener, shortening and processed meats.

Unhealthy fats can build up in your heart and slow or stop the flow of blood.

Foods high in **unhealthy fats**:

- Whole milk, cream, whipping cream, ice cream, cream cheese
- Fries, chips, cheese twists, tortilla chips
- Fatty store-bought meat including regular ground beef, ribs, chicken wings, chicken or turkey skin
- Processed meats like bacon, salami, pepperoni, hot dogs, wieners, canned meats, sausages
- Instant noodles
- Butter, lard, animal drippings (like bacon fat)
- Coffee whitener (powder and liquid)
- Hydrogenated margarine
- Many store-bought pastries and cookies
- Deep-fried foods like breaded chicken or fish
- Ready-to-eat foods like poutine, subs, sandwiches, burgers and breakfast sandwiches



✓ Choose foods with more fibre

- Fibre sticks to unhealthy fat and carries it out of your body when you poop.
- 100% whole grain products, vegetables, fruits (not juice) and beans have fibre.

✓ Enjoy country foods and a variety of healthy foods from all 4 food groups

✓ Choose low sodium (salt) foods to keep blood pressure on target

- ✓ Be physically active.
- ✓ Aim for a healthy body weight.
- ✓ Get regular medical checkups.
- ✓ Check blood pressure and cholesterol levels.
- ✓ Be tobacco-free. See *Tobacco Has No Place Here* on Facebook, or call the Nunavut QuitLine at 1-866-368-7848.
- ✓ Limit alcohol to 2 drinks per day (women) or 3 drinks per day (men).

Lifestyle tips

What 1 drink looks like



Wine
142 ml (5 oz.)
12% alcohol content



Distilled Alcohol
43 ml (1.5 oz.)
40% alcohol content



Beer
341 ml (12 oz.)
5% alcohol content



Wine
142ml (5 oz.)



Distilled Alcohol
43ml (1.5 oz.)