

World Heart Day: Healthy Cooking Tips

Overview

These tips on how to cook healthy, homemade food have been designed for use as part of your media relations outreach around World Heart Day. They can be placed editorially with relevant media (e.g. cooking & lifestyle titles) and used as content for bloggers. Also consider using them on owned and social media channels to drive discussion about how to have a heart healthy diet.

Ten Heart Healthy Cooking Tips for World Heart Day

1. Instead of frying chicken in a pan, try frying with air! The Philips Airfryer uses little to no oil, so you can prepare healthier meals. The hot air ensures that the meat is quickly sealed, so that the moisture and flavor are retained and the chicken remains deliciously juicy
2. Two servings of different types of fish each week can reduce the risk of heart disease¹. To make fish family-friendly, try creating cod nuggets in light breadcrumbs for a perfect family dinner packed with beneficial omega-3 fatty acids. Make sure to have at least one serving a week of fatty fish such as salmon or mackerel, as these types of fish contain more omega-3¹
3. If you eat carbohydrates, which are an indispensable fuel for your body and brain, select the wholegrain varieties such as whole grain pasta, or brown rice for example. Instead of high carbohydrate sides such as creamy mash potato or pasta, you can add heart healthier options such as savory vegetables to bring flavor to a meal. Spinach is a filling and tasty way to get iron and fiber in your diet, while kale is packed full of vitamins and nutrients²
4. Replace potato fries with air fried sweet potato fries. Sweet potato contains soluble fiber, which can help to reduce the risk of heart disease. It is also an excellent source of vitamin A, B6 and potassium. Using the Philips Airfryer to cook sweet potatoes keeps them crispy without using a lot of oil³

¹ <http://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/omega-3-content-frequently-consumed-seafood-products>

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5. Sodium has been shown to add to the development of cardiovascular disease⁴, so it's important to avoid pre-made sauces, packaged and canned foods which are known to have high levels of salt. (Canned vegetables can be OK since more and more food producers strongly reduced the amount of salt in those products, so always good to check the label!) By cooking at home using fresh, washed produce, you are able to monitor the amount of salt going into your meal
6. Getting your recommended five-a-day portion of fruit and vegetables can be tricky when you are on the go, but making smoothies and juices at home is quick and easy. Mixing frozen berries, banana and low-fat yoghurt in a Philips blender is a delicious way to get more fruit in your diet
7. The Mediterranean diet has been widely credited as heart-healthy – not only does it include lean protein options such as fish, beans and egg, but also fruit, vegetables and good fats such as plant oils
8. For a filling accompaniment to any dish, add beans. Beans are a great protein choice as they provide little to no fat. Beans are also an excellent source of soluble fiber, which can help decrease the risk of heart disease. Be sure to rinse all canned beans before using to lower the sodium levels in your meal⁵
9. Instead of cooking with butter, use a vegetable-oil based spread or olive oil. Olive oil is a source of monounsaturated fats – the type of fat that can help reduce blood cholesterol⁶
10. A tasty alternative to white rice is quinoa, as it keeps you fuller for longer and contains fewer carbohydrates, more protein and more fiber – which helps to decrease blood cholesterol⁷. It can also be mixed with roasted vegetables to make a heart-healthy salad option

¹ Recommended weekly allowance from the American Heart Association; http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp#.WZWQ7jOGOM8

² Heart disease health center; <http://www.webmd.boots.com/heart-disease/features/superfoods-for-your-heart?page=4>

³ Philips Healthy Heart recipe for Sweet Potato Air Fries

⁴ World Health Organisation; http://www.who.int/elena/titles/sodium_cvd_adults/en/

⁵ Philips Healthy Heart recipe for Vegetarian Chilli

⁶ Medical News Today; <http://www.medicalnewstoday.com/articles/266258.php>

⁷ Forbes; <https://www.forbes.com/sites/juliewilcox/2012/06/26/7-benefits-of-quinoa-the-supergrain-of-the-future/#7189572e5a1b>