

That binge makes me feel good!



**It's
not OK**



Binge eating is to frequently eat large amount of food in a short amount of time, to the **point of discomfort** and **feel unable to control eating**¹

Binge eating can lead to conditions like **diabetes, obesity, hypertension** and **dyslipidemia** and these risk factors, alone and together, increases the chance of getting a **heart attack** and **stroke**¹

Effective interventions for binge eating could have beneficial effects on health outcomes



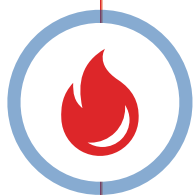
Avoid **packaged and **processed** foods loaded with salt or fats**

Eating *less salt* can reduce the risk for high blood pressure and risk of heart attack



An average intake of 1.5gm/day sodium could result in a 25.6% overall decrease in blood pressure²

Reduce *saturated fat* to less than 6% of total daily calories³



Approx. for 2,000 calories a day, that's about 11-13g of saturated fat³



Binge eating should be avoided by **avoiding skipping meals, reducing portion sizes, reducing stress, proper sleep & adequate hydration¹**

Improve your lifestyle by following these heart healthy steps to reduce the risks of Heart Attack and Stroke¹

¹Eat right foods



Watch your calories¹



Stick to upper limit of 25 gm of sugar per day.⁴



Quit smoking & manage cravings⁵



Stick to 3.8 gm of salt per day⁵



Control Cholesterol⁶



Ensure 30 minutes of exercise⁶



References:

1. Am J Clin Nutr. 2010 Jun; 91(6): 1568–1573.
2. North Carolina medical journal Nov-Dec 2012;73(6):466-8.
3. Nutrients. 2018 Oct; 10(10): 1486.
4. WHO Guideline: sugars intake for adults and children. 2015.
5. Circulation. 2014 Jun 24;129(25):e660-79.
6. Circulation Vol. 140, Issue 11, 10 September 2019; Pages e563-e595.

Take healthy steps to be
HeartSTRONG!