

It's Ok,  
bad eating  
habits has  
not affected  
me!



**It's  
not OK**



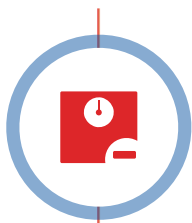
**Unhealthy eating habits** mostly outnumber  
heart healthy eating practices<sup>1</sup>

**Bad eating  
habit is the  
main cause  
of obesity**

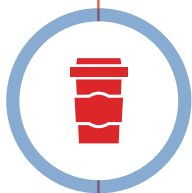
- Snacking **highly processed** food<sup>1</sup>
- Giant food portion sizes<sup>1</sup>
- Drinking **sugar-sweetened** beverages<sup>2</sup>

- "**Emotional eating**" to tackle Stress or other emotions<sup>1</sup>
- Convenience and **fast food**<sup>1</sup>
- Frequent eating out or **take away meals**<sup>1</sup>

# ***It's never too late to start to stop bad eating habits for a better heart health<sup>2</sup>***



*Make small changes* in diet and lifestyle that can improve health as well as reduce weight  
*Weight loss of 5-10% can reduce the risk of heart disease<sup>2</sup>*



*Pay more attention* to healthy eating & drinking habits, read food labels & become familiar with ingredients<sup>2</sup>



Be realistic in achieving the goals. It takes about a month for any new action to become habit<sup>2</sup>



*Focus* on exercise, relaxation and meditation<sup>2</sup>



**Eating a healthier diet and making positive lifestyle changes** may help to reduce the risk of developing heart diseases and also that of **heart attack** and **stroke<sup>2</sup>**

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

<sup>3</sup>Eat right foods



Watch your calories<sup>3</sup>

Stick to upper limit of 25 gm of sugar per day.<sup>3</sup>



Quit smoking & manage cravings<sup>4</sup>

Stick to 3.8 gm of salt per day<sup>4</sup>



Control Cholesterol<sup>5</sup>

Ensure 30 minutes of exercise<sup>5</sup>



## References:

1. [www.everydayhealth.com/diet-and-nutrition-pictures/bad-eating-habits-and-how-to-break-them.aspx](http://www.everydayhealth.com/diet-and-nutrition-pictures/bad-eating-habits-and-how-to-break-them.aspx) Last accessed on 23rd February 2022.

2. <https://www.webmd.com/diet/obesity/features/6-steps-to-changing-bad-eating-habits> Last accessed on 23rd February 2022.

3. WHO Guideline: sugars intake for adults and children. 2015. 4. Circulation. 2014 Jun 24;129(25):e660-79. 5. Circulation Vol. 140, Issue 11, 10 September 2019; Pages e563-e595.

Take healthy steps to be  
**HeartSTRONG!**