

How nutrition can lower cardiovascular risk?, try it out!

What would you say is currently the second most important factor in premature death in the world?: Pollution?, infections?, accidents?...NO: the second factor is an inadequate diet (due to excess)! And the first one: hypertension ([more info in this link](#)).

Healthy nutrition is essential for the proper functioning of the body, and to prevent diseases like hypertension, but also others closely related to it, such as obesity, elevated blood sugar (diabetes), elevated harmful blood fats or fatty liver ... And all these diseases can appear during childhood!

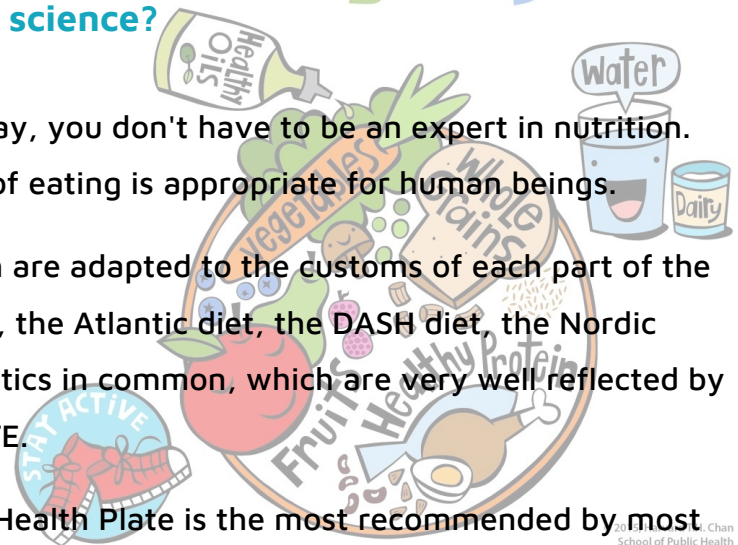
Kid's Healthy Eating Plate

And what is healthy eating according to science?

If you want to learn how to eat in a healthy way, you don't have to be an expert in nutrition. The important thing is that the style or pattern of eating is appropriate for human beings.

There are different types of healthy diets, which are adapted to the customs of each part of the world: The Mediterranean-Style Dietary Pattern, the Atlantic diet, the DASH diet, the Nordic diet...but all of them have a series of characteristics in common, which are very well reflected by what is known as THE HARVARD HEALTHY PLATE.

The eating pattern that represents the Harvard Health Plate is the most recommended by most international nutrition guides and the one that has more evidence of efficacy against the prevention of cardiovascular diseases, including hypertension.



2014-2015, Chan School of Public Health

Do you want to significantly improve your health and your family's health through diet?

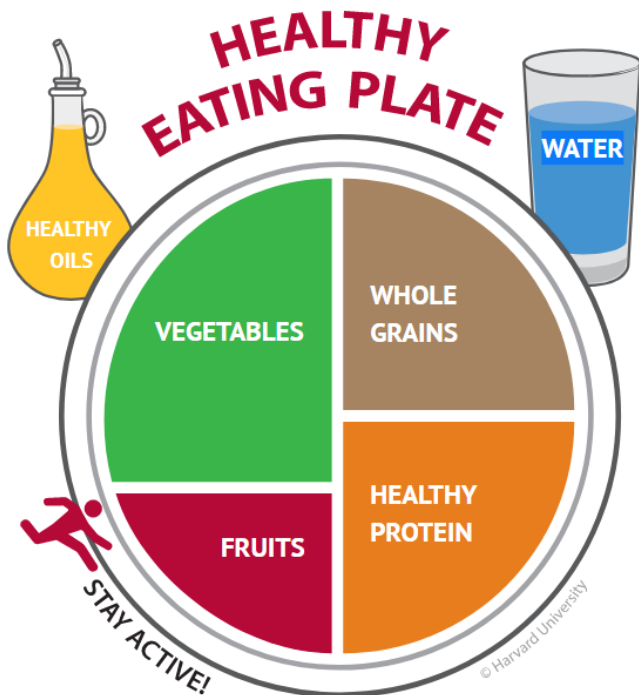
Turn this page and discover what is the HARVARD HEALTHY EATING PLATE.

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Building a Healthy and Balanced Diet

Make most of your meal vegetables and fruits – ½ of your plate.

Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.



Go for whole grains – ¼ of your plate.

Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Protein power – ¼ of your plate.

Fish, poultry, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

Drink water, coffee, or tea.

Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.

Healthy plant oils – in moderation.

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

Stay active.: The red figure running across the Healthy Eating Plate's is a reminder that activity is also important!

[Please take this survey and help us improve the parent area of HyperchildNET. It will take 10 minutes](#)



[Want to learn more about how to improve your child's cardiovascular health? Visit us at:](#)





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www.hyperchildnet.eu

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