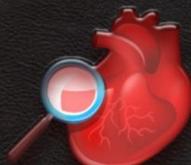




EASY EATING FOR CARDIOVASCULAR HEALTH



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SIMPLE RITUALS

NOTE: You can follow these quick fix plans alternately throughout the week.

MEAL	QUICK FIX 1	QUICK FIX 2	QUICK FIX 3
Breakfast 	Fibrous Munch & ArtFruits 1 slice of toast and fruits	Fibrous Munch Add berries to a bowl of cereal	Fibrous Munch & ArtJuice Add fresh fruits to yoghurt.
Snack 1 	Hearty Mix	1 Slice of Wheatbread Mix veggies. Opt for organic salad dressing. Add soup, if preferred.	ArtVeg Boiled asparagus/broccoli.
Lunch 	Hearty Diet & ArtVeg Smoked salmon with asparagus. Add a bowl of soup, if preferred.	ArtVeg & ArtJuice Add organic salad dressing/spices. Toss croutons for extra zest. Add a side of pasta salad.	Fibrous Munch & Hearty Diet Brown rice with grilled lean meat. Add mix veggies as side dish.
Snack 2 	A Whole Pear	ArtFruits Mix of fresh fruits	A Whole Apple
Dinner 	ArtVeg & ArtShake Add organic salad dressing/spices. Toss croutons for extra zest. Add a side of pasta salad.	Hearty Diet & ArtVeg Sauteed chicken (remove skin) with broccoli. Add soup, if preferred.	Fibrous Munch & ArtShake Pasta salad, add preferred veggies where necessary.

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NUTRIENTS

NUTRIENTS	BENEFITS
Calcium	It significantly helps in lowering systolic blood pressure. Calcium also raises good cholesterol in the body.
Fiber	It facilitates reduction in both systolic and diastolic blood pressure.
Magnesium	It aids in the reduction of systolic and diastolic blood pressure. Magnesium deficiency can cause metabolic changes that may contribute to heart disease.
Omega 3 Fatty Acids	They lower blood pressure by strengthening the heart and arteries.
Potassium	It helps to lower blood pressure by balancing out the negative effects of salt.
Probiotics	They maintain a healthy digestive system and improve immunity. They also promote cardiovascular health and regulate blood pressure.
Vitamin B (Folic Acid)	It helps to lower blood pressure by reducing elevated homocysteine levels. It is also a vital nutrient for the formation of red blood cells.
Water	Water has no calories, is low in sodium, and contains no fat or cholesterol. It helps regulate body temperature. Regular intake of water daily is said to keep diseases and sickness at bay.

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FOOD to EAT

FOOD	NUTRIENTS	DAILY INTAKE	SIMPLE RITUALS
Water 	Water	8 Glasses	Maintain sufficient water intake throughout the day.
Grains (Brown Rice, Brown Pasta) 	Vitamin B Fiber	7-8 servings	Fibrous Munch A bowl of cereal with added fresh fruits OR paired with 1 slice of wheatbread. Have a yoghurt with fresh berries OR a plate of grains for lunch/dinner.
Cereal 	Vitamin B Fiber	4-5 servings	
Bread (Wholewheat) 	Vitamin B Fiber	1 Slice	
Low-Fat/ Non-Dairy (Yoghurt) 	Probiotics	2-3 Servings	
Fruits (Apples, Oranges, Grapes, Bananas, Berries, Avocados, Peaches, Watermelon, Cantaloupe, Pear, Papaya, Pineapple, Passionfruit, Mango) 	Fibre Vitamin B	4-5 Servings	ArtShake/ArtJuice/ArtFruits Blend fresh fruits as a smoothie/juice or eat on its own.
Vegetables (Lettuce, Cabbage, Asparagus, Broccoli, Cucumber, Zucchini, Tomatoes, Carrots) 	Vitamin B	4-5 Servings	ArtVeg Mix a variety of Vegetables, add organic salad dressing for lunch or dinner. Boil asparagus or broccoli for snacking in between meals. Have sliced cucumbers/zucchini on the go instead of chocolate bars.
Meat/Poultry (Beef, Turkey, Chicken) 	Vitamin B	Max 2 servings	Hearty Diet Sauteed/Grilled/Smoked/Light-fry (olive oil) and fresh fruits. Add organic spices (low in sodium), if desired.
Fish (Salmon, Tuna, Mackerel) 	Omega 3 Fatty Acids	Max 2 servings	
Garlic 	Omega 3 Fatty Acids Vitamin B	2-4 Grams	
Raw Nuts (Seeds, Dry Beans) 	Calcium, Magnesium Vitamin B, Potassium	900 Mcg	Hearty Mix Combine variety of nuts for healthier snacking on the go. Alternatively, use as toppings on entrees.

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FOOD to AVOID

SUBSTANCES THAT ADVERSELY AFFECT MALE VIRILITY	HARMFUL FOOD	ADVERSE EFFECTS
Cholesterol	Baked Goods (croissants, butter rolls and cheese crackers)	They are loaded with bad cholesterol which increase risks of heart disease.
Hydrogenated Oils (Trans Fat)	Dairy (stick margarine) Products (sunflower oil) Deep fried food (french fries and chips)	Consumption of food containing trans fat increases the risks of coronary heart disease by raising levels of "bad" LDL cholesterol and lowering levels of "good" HDL cholesterol.
Sodium	Sauces (soy sauce, steak sauce, bbq sauce salad dressing, baking powder, baking soda, mustard, meat tenderizer, MSG) Meats (hogmaws, ribs, smoked or cured meats (containing sodium nitrite) e.g. bacon, bologna, hot dogs, ham, corned beef, luncheon meats, sausage) Soup (canned soups, instant soups) Pickled Foods (herring, pickles, relish, olives) Dairy (most cheese spreads, cheeses, buttermilk, cream) Cereals (regular ready-to-eat cold cereals, instant hot cereals) Ready-to-Eat (quick cook rice, instant noodles, instant porridges, boxed mixes like rice, scalloped potatoes, macaroni and cheese, frozen dinners, pot pies and pizza, canned fish such as salmon, tuna, mackerel) Fats (butter, fatback, salt pork) Drinks (saacharin-flavoured soda, soda pops, fizzy drinks) Snacks (potato chips, pretzels, nuts and pork rinds)	Overeating sodium-rich foods leads to greater uptake of fluid in the body and causes a greater volume of blood to enter the confines of the circulatory system. It also nudges an extra strain on the arterioles (blood vessels that dilate/constrict to regulate blood pressure and blood flow).

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