

RISK FACTORS

for Heart Disease and Stroke



Avoid tobacco



Don't drink too much alcohol

EAT A HEALTHY DIET



Aim for 5 or more portions a day



Eat more chapattis, rice, bread and potatoes



For special occasions



Use small amounts of olive or sunflower oil instead of ghee



Grill, bake or steam food



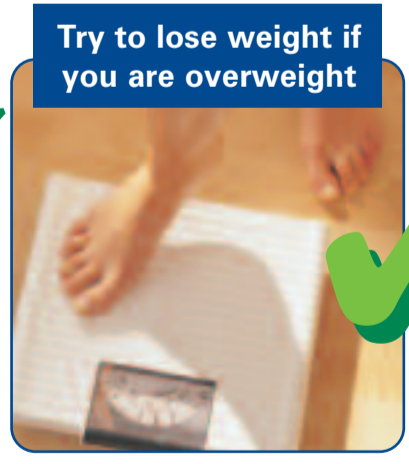
Eat oily fish 2 times a week



Measure small amount of salt in cooking



Have health checks for cholesterol and diabetes



Try to lose weight if you are overweight



Have your blood pressure checked at least every 3-5 years



Take regular exercise



For further information contact
Chest, Heart & Stroke Scotland
65 North Castle Street, Edinburgh EH2 3LT
Tel: 0131 225 6963 Fax: 0131 220 6313
Advice Line: 0845 077 6000
(An interpretation service is available by arrangement)
www.chss.org.uk

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