

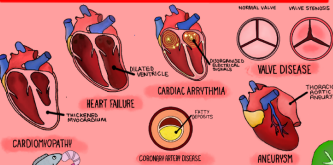
HEART BUDDY

The Problem:

Cardiovascular disease is the leading cause of death globally. In 2019, cardiovascular disease represented 32% of all global deaths. This is a huge and unmissable proportion of people. What's more, premature death from CVD has since risen from 2019. With diet and nutrition being such a fundamental determinant in the risk of developing cardiovascular disease it is no wonder that CVD rates have increased over recent years, especially with the rise of fast food and unhealthy ready meals with an expected 2 in 5 people consuming fast food every week. In an age where consuming healthy food is far easier, cheaper and more accessible than healthy food, it's no wonder CVD rates are rising. That's why we've come up with our idea to make eating healthy a more attainable and affordable choice.

Meet the team:

Ellie - Researcher - why is nutrition so important?
 Farah - Researcher - what is cardiovascular disease?
 Alice - Art and design
 Carrie - Researcher - Evaluation and dissemination strategies
 Maja - Researcher - Ways we can integrate nutrition for cardiovascular disease into daily life
 Carla - Researcher - Ways we can integrate nutrition for cardiovascular disease into daily life



Omega 3 - Found in:

Oily fish and plant-based protein e.g. flax seeds and chia seeds
 Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are the two types of Omega 3 that are particularly associated with heart health
 EPA and DHA lower triglyceride levels and increase high-density lipoprotein levels
 They can also decrease platelet aggregation which would lower the chance of a blood clot occurring

Vitamin C - Found in:

Fruit, Red peppers, Broccoli
 - Helps to remove atherosclerosis, hypertension and stroke
 - Improves nitric oxide production which increases vasodilation, lowering blood pressure

Minerals (e.g. magnesium, potassium) - Found in:

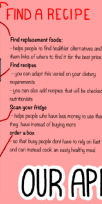
Dark leafy vegetables, nuts and seeds, pulses, coconut powder
 - Magnesium is essential for ensuring the heart beats steadily and blood pressure remains stable
 - Potassium counteracts the effects of sodium, helping to regulate blood pressure
 - Zinc significantly reduces the levels of bad cholesterol and blood triglycerides which increase blood pressure



EXAMPLE RECIPE 1



EXAMPLE RECIPE 2



EXAMPLE RECIPE 3



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