

Mayo Clinic Minute

Ideas for a heart-healthy diet

VIDEO	AUDIO
	<i>Sound of vegetables being cut</i>
	If you're concerned about your heart health, here's good news.
Title: Rekha Mankad, M.D. Cardiology Mayo Clinic	"You can help yourself, no matter what age you start implementing these beneficial lifestyle choices."
	Mayo Clinic cardiologist Dr. Rekha Mankad says one of the most important choices is about how your meals are made.
	<i>Sound of a meal being prepped</i>
	In short: Fresh is best.
Rekha Mankad, M.D.	"I think that's one of the key things is that preparing your own foods at home, rather than buying packaged foods, rather than eating out ..."
Rekha Mankad, M.D.	"...You know exactly how much salt you are adding to things. You know if you are cooking it in healthy oils."
	<i>Sound of a stove being turned on</i>
	Choosing unsaturated cooking oils can help reduce cholesterol, and so can increasing the amount of fruits, vegetables and other high-fiber foods in your meals.
	<i>Sound of a meal being prepped</i>
	Home cooking also gives you more power over the salt in your diet.
Rekha Mankad, M.D.	"The biggest link for salt is high blood pressure. And high blood pressure leads to heart disease."
	Shake out less salt, serve up leaner meats, spoon on more fiber ...

	<i>Sound of a spoon tapping on a plate</i>
.	... and you'll be sitting down to a meal that can boost your hearth health.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.