

Ms Sheryl Selis, Founder & Director, Nurture Health Solutions gave a talk on “Mindful Eating for a Healthy Heart”.

Ms Sheryl spoke about cardiovascular diseases that are the leading cause of death globally, affecting Indians a decade earlier than the Western population. The diet plays a crucial role in cardiovascular diseases, with a higher consumption of fruits, vegetables, nuts, legumes, and low-fat dairy associated with lower risk, while high consumption of processed meat, red meat, and sugary drinks increases the risk. In India, the consumption of cereals is high, while pulses and protein intake are low. It is recommended to have a balanced diet with proper nutrient balance, including fats, proteins, and carbohydrates. Carbohydrates also play a significant role in heart health, and it is recommended to consume more fibre for the prevention of diseases like diabetes and heart disease. Barley and oats are beneficial for heart health due to their fibre content. Protein, especially from soybeans, has cardio-protective effects. Fats are essential for the body, and replacing saturated fats with monounsaturated and polyunsaturated fats is beneficial for heart health. A Mediterranean-style eating pattern is recommended, which includes primarily plant-based foods, fish, and moderate red wine consumption. Nuts and seeds, rich in nutrients and antioxidants, also have positive effects on cardiac health. Phytochemicals found in fruits, vegetables, and whole grains act as antioxidants and reduce the risk of cardiovascular diseases. Folic acid and B vitamins help break down homocysteine, which is related to a higher risk of heart disease. Mindful eating is encouraged to promote healthy eating habits.

