



A L C H E M Y
I N M O T I O N

Nutrition for Cardiovascular Health

Good nutrition plays an important role in supporting heart and blood vessel health. Eating patterns that are rich in whole foods and healthy fats may help improve cholesterol levels, blood pressure, blood glucose management, and overall cardiovascular wellbeing.

Cardiovascular disease includes conditions affecting the heart and blood vessels, such as high blood pressure, high cholesterol, heart disease, and stroke. Lifestyle factors including nutrition, physical activity, sleep, stress, and smoking can all influence cardiovascular health.

Making small, sustainable dietary changes can have a positive impact on long-term heart health.

Why Does Cardiovascular Health Matter?

Looking after your heart health may help:

- Improve cholesterol and triglyceride levels
- Support healthy blood pressure
- Improve blood glucose management
- Reduce inflammation
- Lower the risk of heart disease and stroke
- Support energy levels and overall wellbeing.

Heart Healthy Eating Principles

The foundation of a heart healthy eating pattern is focusing on whole foods and balanced meals, whilst reducing highly processed foods and saturated fats.

Emphasise:

- Fruit and vegetables
- Whole grains
- Lean proteins
- Healthy fats

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- Higher fibre foods
- Regular, balanced meals

Limit or reduce:

- Highly processed foods
- Foods high in saturated fats
- Fried foods
- Processed, deli meats
- Excess salt, added sugars and alcohol intake

Helpful Lifestyle Habits

In addition to nutrition, cardiovascular health is supported by:

- Regular physical activity
- Adequate sleep
- Stress management
- Smoking cessation
- Managing medical conditions such as diabetes, high cholesterol, and high blood pressure

Consult With a Dietitian

Nutrition recommendations for cardiovascular health should be tailored to your individual health history, lifestyle, blood test results, medications, and goals.

An accredited practising dietitian can help you:

- Improve cholesterol and blood pressure management
- Develop realistic and sustainable eating habits
- Create balanced meal strategies
- Support weight management goals
- Navigate nutrition information with evidence-based guidance

Whether you are looking to reduce your cardiovascular risk, lower your cholesterol, manage an existing condition, or improve your overall wellbeing, personalised nutrition support can help you make practical and sustainable changes.

Ready to take the next step in your health journey? **Book a consultation today** to receive tailored nutrition advice and practical support suited to your needs.

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