

## Steer clear of these food items to keep your heart health good

March is the **National Nutrition Awareness Month**. The majority of us do not realize that what we put into our mouth every day has a major impact on our health. Gorging on french fries, bacon, drinking carbonated soft drinks may taste good but if you have made them and other similar food items a regular part of your life, then you're unknowingly putting your health at a great risk.



You will be surprised to know that a poor diet is associated with almost half of all stroke, diabetes, and heart disease death. Many people, even young kids, today can use a **Portable ECG** in their physician's office to check the electrical activity of their heart. They need to use it with a physician when they show signs of irregular heart rhythm or if there's something wrong with their heart functioning properly. The majority of people consume foods that are bad for them and have unhealthy diets; thus, complications arise in the function of their heart.

In this article, we will share what food items that are considered bad for your cardiovascular health. What are those foods? Let's find out.

- You might already know this but salt, fat, and sugar are not good for your health whatsoever. Of course, you might not have a stroke or a heart attack right after consuming food items filled with these. But if you continue to eat them over a long period of time in high amounts, then they will increase the risk of a stroke or heart attack. You don't need to stop eating them completely, instead try to eat a healthy, balanced diet that contains vegetables, fruits, lean protein, whole grains, etc.
- The next food item you need to limit eating in large amounts is bacon. It is not good for your heart health as it is known for raising bad cholesterol due to its high content of saturated fat. Your blood pressure can go up because of the high salt content in bacon, which will force your heart to work harder. So, go easy on bacon as much as you can.
- Eating sugar in great quantities is not recommended, but you can still consume small amounts of it. Avoid drinking soda or too much soda as it contains too much sugar in it. You will be surprised to know that a can of soda contains more added sugar than the recommended amount for a day.
- Eating processed meats that are loaded with high amounts of salt and saturated fats are not advised in large quantities. Hot dogs, salami, sausages may be appetizing but they contain high levels of sodium, so do not gobble these.

Apart from these, eat less red meat and baked goods as the former contains high saturated fat and the latter too much sugar. Strive to eat more heart-friendly vegetables, fruits, whole grains, low-fat dairy, and lean protein. If you follow a balanced diet filled with aforementioned food items and engage daily in 30-minute exercise, you can improve the odds that your heart will stay healthy. If you need a portable ECG to monitor your heart's electrical activity during your everyday activities, you can get it online or from a distributor that represents a reputable **medical technology company** with PC solutions.

For state-of-the art and improved accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

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### About Nasiff

*Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at [www.nasiff.com](http://www.nasiff.com).*