

# Make Your Heart Promise

## Cook and Eat More Healthily!

Every year,



**17.7 million<sup>i</sup>** people die prematurely from cardiovascular disease (CVD), including heart disease and stroke.

It is the world's number one killer today and by 2030 this figure is expected to rise to



**23.6 million<sup>ii</sup>**.



This World Heart Day (29 September 2018), Philips, a global leader in health technology is partnering with the World Heart Federation (WHF) to ask everyone to **make a promise to keep their own and all hearts healthy.**

A promise is as simple as making a few **small lifestyle change(s)** that can make a **powerful difference to your heart health**, such as eating a healthy, balanced diet, doing 30 minutes of activity a day or giving up smoking.



Cooking nutritious and tasty homemade food using fresh, healthy ingredients is a heart promise that everyone can make and stick to. You can rely on Philips kitchen appliances to take the fuss, stress and time out of preparing food from scratch. As well as being good for your heart health, homemade food brings families and friends together at the dinner table, and builds healthy routines for life.

The experts at Philips have created some delicious and nutritious healthy heart recipes to try out at home...



### Watercress, avocado & green pepper smoothie

Ingredients (serves 2 people)

Ingredients:



- 400ml water
- 100g watercress
- 1 x green pepper
- 1/2 cucumber
- 2 x avocados
- 1 x lime
- 2cm ginger

**Method using Philips High Speed Vacuum Blender:**

Put the ingredients from the recipe into the blender jar and use the smoothie program to whip up a delicious healthy drink

**How does this recipe deliver healthy heart benefits?**

The key ingredient, avocado contains elements that help maintain healthy cholesterol levels, and reduce hypertension. Watercress has been shown to lower bad cholesterol, as it contains antioxidant Vitamin C that help reduce heart tissue damage caused by oxidative stress.



### Beetroot fettuccine with burrata and olives

Ingredients (serves 2-3 people)

Ingredients:



- Sauce**
- 100g pitted green olives
  - 100g pitted black olives
  - 80g capers in brine
  - 3-4 x tbsp. olive oil
  - 1/2 garlic clove finely chopped
  - 4 x ripe tomatoes, finely sliced
  - 1 x chilli, finely chopped
  - 1 x sprig thyme, stripped and chopped
  - 1 x sprig oregano, chopped
  - 150g burrata cheese
- Pasta**
- 250 g flour
  - 95ml liquid (1 egg + Beetroot Juice)

**Method using Philips Viva Pasta and Noodle Maker:**

(makes 2-3 portions of Beetroot Fettuccine in less than 10 minutes)

**Pasta**

- Pour flour, pasta maker will apply auto-weighing and liquid amount will appear on screen.
- Crack egg and pour beetroot juice on top, mix it well, and pour slowly while mixing.
- 2-3 portions homemade Beetroot Fettuccine will ready in less than 10 minutes.

**Sauce**

- Fry the garlic in oil. Add olives and capers and cook for 3 minutes.
- Add tomatoes and chilli pepper and allow it to come to a boil.
- Season sauce with sea salt, pepper and chopped herbs.
- Cook the pasta in salty water for 5 minutes.
- Add pasta to sauce and stir for another extra minute.
- Add burrata pieces on top.

**How does this recipe deliver healthy heart benefits?**

There are many benefits to this healthy option pasta. The beetroot juice is a nitrate source which represents an easy and effective way to increase nitric oxide generation and improve vascular health. Data is emerging suggesting that beetroot juice is not only a beneficial way to lower blood pressure and improve glucose metabolism; it has been shown to improve oxygen consumption during exercise, thereby increasing exercise tolerance and durability<sup>iii</sup>.



### Grilled fish fillet

Ingredients (serves 2 people)

Ingredients:



- 300g white fish fillet
- 1 tbsp olive oil
- Pinch of salt
- Pinch of pepper
- 100g fresh basil
- 2 x garlic cloves
- 1 tbsp pine nuts
- 1 tbsp parmesan cheese
- 40ml extra virgin olive oil

**Method using Philips Airfryer XXL**

- Brush the fish fillets with oil, season with pepper & salt.
- Place fish fillets on the grill pan of the Airfryer and start the device with the indicated time and temperature (180°C for 9 minutes).
- Pulse basil leaves, garlic, pine nuts, parmesan cheese and olive oil in a food processor until it turns into a sauce. Add salt to taste.
- Place the fish fillets on serving plate and serve drizzled with the pesto sauce.

**How does this recipe deliver healthy heart benefits?**

Most whitefish have a very low-fat content and an extremely high amount of protein. This provides the body energy, while cutting down on possible fat buildup. Fish is a first-rate choice, perfect for fighting cholesterol issues, heart disease, or any other diet or weight related ailment. They are full of vitamins and essential minerals and rich in omega-3 fatty acids. These fats, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), may help prevent blood clots, stabilize dangerous heart rhythms, and improve blood pressure<sup>iv</sup>.

<sup>i</sup> 2017. 'Cardiovascular diseases' World Health Organisation (WHO), [http://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvd\)](http://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-(cvd))

<sup>ii</sup> 2018. 'About cardiovascular diseases', World Health Organisation (WHO), [http://www.who.int/cardiovascular\\_diseases/about\\_cvd/en/](http://www.who.int/cardiovascular_diseases/about_cvd/en/)

<sup>iii</sup> <https://www.heartfoundation.org.au/research-projects/a-glass-of-beetroot-juice-a-day-beats-the-exercise-blues>

<sup>iv</sup> <https://globalwefoods.com/blogs/news/white-fish-benefits>