

Take a bite
out of life
with a healthy
heart.



Did you know?



Your heart...

- beats about 70 times per minute, or more than 100,000 times a day
- pumps 4 to 5 liters of blood every minute to fuel your body

It's a precious organ!

To protect it:

- Stop smoking
- Monitor your blood pressure
- Adopt a healthy diet
- Check your blood sugar
- Avoid excess weight
- Get regular physical activity

What are the best habits to adopt for a healthy heart?



1. EAT HEALTHY

Eating balanced is key!

Adopt a diet rich in plant-based foods, low in salt, and free of added sugars with:

- + fruits
- + vegetables
- + legumes (lentils...)
- + whole grains
- + fatty fish
- - animal fats
- - added sugars
- - processed foods

Choose healthy foods to protect your arteries and manage your blood pressure.

TO KEEP IN MIND



Eat fruits and vegetables with every meal



Choose whole grains



Eat fish at least twice a week



Avoid fast food and processed meals



2. STOP SMOKING, THE NUMBER 1 ENEMY OF THE HEART

Smoking regularly increases the risk of cardiovascular diseases by 30%.

Quitting smoking halves the risk of a heart attack within 1 year and increases your life expectancy.

TO KEEP IN MIND



Choose today to quit smoking



Your heart will thank you within weeks



Ask your doctor or support groups for help



3. MONITOR YOUR BLOOD PRESSURE

Get regular check-ups with your doctor.

The salt naturally present in food is enough to meet physiological needs. Excessive salt consumption promotes hypertension as well as cardiovascular complications.

Beware of processed meals and spice mixes high in salt.

TO KEEP IN MIND



Do not add salt to your meals to limit your salt intake



Consult your doctor regularly for a health check-up



4. CHOOSE THE RIGHT FATS

Prioritise healthy fats, such as those from fatty fish, avocados, nuts, and olives.

Reduce animal fats, which can clog your blood vessels.

TO KEEP IN MIND



Choose unsaturated fats (fish, avocados, nuts, olive or rapeseed oil)



Reduce saturated fats (red meats, deli meats, processed products)



5. LIMIT SUGAR

Reduce the consumption of added sugars and high-calorie foods that promote diabetes.

Diabetes can damage the nerves and blood vessels, which then affect other organs.

Often linked to excess weight, diabetes triples the risk of heart diseases.

TO KEEP IN MIND



Limit sweets and sugary drinks



Prefer foods with low impact on blood sugar, such as vegetables, whole grains



Spread your fruit intake throughout the day



Limit fruit juices, which are too rich in fructose



6. MONITOR YOUR WEIGHT

Excess body fat, or being overweight, strains the heart by forcing it to work harder.

The higher the body fat percentage, the harder the heart must work—and the faster it wears out.

TO KEEP IN MIND



Adopt an active lifestyle



Eat a balanced diet to avoid weight gain



7. GET MOVING EVERY DAY

To keep your heart in shape, exercise every day.

Daily physical activity reduces:

- cholesterol
- blood sugar
- blood pressure
- stress
- and helps prevent weight gain

Walk, run, dance; the important thing is to move!

TO KEEP IN MIND



Walk at least 30 minutes a day



Do 2.5 to 5 hours of physical activity per week



Get moving every day



8. GET A CARDIOVASCULAR CHECK-UP

Getting a check-up helps you take preventive measures to improve your cardiovascular health.

Prevention is better than cure.



Be aware of the factors that can significantly increase the risk of a heart attack.

Each of the factors below multiplies the risk of heart attack compared to someone with no risk.

						68,5
					42,5	Obesity
				13	Obesity	Cholesterol
				Diabetes	Diabetes	Diabetes
				Tobacco	Tobacco	Tobacco
2,9	2,4	1,9	3,3			
Tobacco	Diabetes	Hyper-tension	Cholesterol	Hyper-tension	Hyper-tension	Hyper-tension

Ref.: Fédération française de cardiologie

Your heart deserves to be taken care of!



Share these valuable tips with your loved ones.

Together, let's make cardiovascular health a priority.



THE GOVERNMENT
OF THE GRAND DUCHY OF LUXEMBOURG
Ministry of Health and Social Security

Health Directorate

Health Directorate
13a, rue de Bitbourg
L-1273 Luxembourg
Tel: +352 247 75550



santesecu.public.lu

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