



HEALTH PROMOTION ON ST HELENA



Health Matters

February is **Heart Month**, so this month we are looking at things that you can do to keep your heart in tip top condition. All of these things will also keep your whole body healthy and help you to live a long and active life.

We are here to help so if you need any further advice, please do contact us on the e-mail addresses below or visit: <https://www.bhf.org.uk/>

Top 10 healthy heart tips (Adapted from NHS Choices)

1. Why not Give Up Smoking



2. It's Time to Get Active



3. Manage Your Weight



4. Eat More Fibre



5. Cut Down on Saturated Fat



6. Get Your 5 a Day



7. Cut Down on Salt



8. Eat More Fish



9. Drink Less Alcohol



10. Read the Label

Typical values	100g	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ	435kJ		8400kJ
	235kcal	105kcal	5%	2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings
*Reference intake of an average adult (8400kJ / 2000kcal)

Recipe Corner



Tuna with Tomato and Potato

<u>Ingredients</u>	<u>Method</u>
4 tuna steaks 1 tablespoon oil 3 garlic cloves crushed Half teaspoon of thyme 500g potatoes 2 peppers cut into chunks (or frozen) 1 onion cut into eighths 1 chilli deseeded and chopped (or half tsp of dried) 400g can of tomatoes	<p>Heat oven to 220C/ fan 200C/ gas 7 and put in a roasting tin to heat up. Place the tuna in a shallow dish with half the oil, two-thirds of the garlic and thyme. Leave while you cook the veg.</p> <p>Put the potatoes, peppers, onion and chilli into the roasting tin with the remaining oil, toss to coat, then roast for 20 minutes. The potato should be tender or very nearly there. If not, give them another five mins (the cooking time can depend on the variety of potato and your oven).</p> <p>Add the remaining garlic and thyme to the roasting tin, let them sizzle, stir in the tomatoes, then cook for 5 minutes more until the sauce has reduced a little.</p> <p>Season to taste.</p> <p>With a few minutes to go, heat a frying pan, wipe most of the garlic marinade off the fish with kitchen paper, season, then sear for 1 minute each side for medium or longer if you prefer.</p> <p>Serve on top of the vegetables.</p>