**Do you know about metabolic syndrome?**

**What is metabolic syndrome?**

The metabolic syndrome is a collection of conditions associated with metabolic disorder and increased risk of developing cardiovascular disease. Conditions such as dyslipidemia, high blood pressure, impaired glucose tolerance and abdominal fat accumulation fall into this category.

**Maintain healthy weight**

Moderate weight loss (5-10% of current weight) through diet and lifestyle modification has beneficial effect on metabolic syndrome.

**Limit alcohol consumption**

Excessive alcohol intake can lead to elevated triglyceride level and blood pressure. Consume no more than 2 drinks for men and 1 drink for women.

**Consume fish and plant protein rather than red meat and processed meat**

Decrease your consumption of animal protein except for fish and low fat dairy products. Eat fish at least twice a week is recommended. Plant protein such as soy protein is also a good source of protein. However, fried food, processed meat and solid fat should be avoided due to high saturated fat.

**Eat a variety of fresh vegetables and fruits**

Eat generous amount of vegetables and consume fruits in moderation. Choose fruits and vegetables from all parts of the color spectrum, especially berries, tomatoes, orange and yellow fruits and vegetables, and dark leafy greens.

**Keep refined-carbohydrate food and sugars away from you**

Reduce your consumption of foods made with wheat flour and sugar, especially bread and most packaged snack foods (including chips and pretzels), carbonated drinks, cakes and biscuits. You are encouraged to consume wholegrain, sweet potatoes, yam and so on.

**Being physically active**

It is highly recommended for any individual to exercise 150 minutes per week.

References


