



Glossary

Heart Health

1 Ounce – equals 30 ml and approximately 30 grams.

Arrhythmia - an alteration in rhythm of the heartbeat.

Atherosclerosis - a disease in which plaque builds up inside your arteries. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Over time, plaque hardens and narrows your arteries, limiting the flow of oxygen-rich blood through your body.

Saturated Fats - a type of dietary fat that is most often solid at room temperature and found primarily in animal sourced foods.

Sodium - a mineral found in many foods with significant amounts in table salt.

Triglycerides - are the most common form of fat in the bloodstream. They consist of three fatty acid chains linked by a molecule called glycerol. They can provide energy to fuel the body, with any surplus being deposited in fat tissue.

Some of the products mentioned in these courses may not be available in every market.

*This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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