- Eating customs / Habit / Lifestyles

MAKE HEALTHY FOOD CHOICES COUNT IN 2026

'ALONG WITH REGULAR MOVEMENT AND OTHER HEALTHY LIFESTYLE HABITS, NUTRITION PLAYS A KEY ROLE IN SUPPORTING HEART HEALTH.'

Daily Tribune (Philippines) · 7 Jan 2026 · C20 · KATHY MORAN

One of the best ways to start the year right is to opt for a healthy lifestyle. One that incorporates a good diet, exercise (in a form that best suits your lifestyle), prayer (in whatever way you best communicate with your Maker), pets (no matter the kind), family (related and not) — you get the drift.



There is much that goes into a good and healthy life. So, to help out and help you start a nutritious life we asked certified nutrition coach Maui Sugay Lopez to help us with a list that best suits a Pinoy diet. Here is what she shared with us.

"Along with regular movement and other healthy lifestyle habits, nutrition plays a key role in supporting heart health," Maui Sugay-Lopez, certified nutrition coach, mother of three with a passion for making lives better, said "A diet rich in whole, minimally processed food helps nourish blood vessels, manage cholesterol and support healthy blood pressure."

Lopez shares that leafy greens such as alugbati, pechay, malunggay, kangkong and kamote tops are best for the Pinoy. These vegetables provide natural dietary nitrates that the body can convert into nitric oxide, a compound that helps blood vessels relax and improves blood flow.

She adds, fatty fish, nuts, extravirgin olive oil and avocados supply healthy unsaturated fats that help reduce inflammation and support healthier cholesterol levels.

"Garlic and citrus fruits also deserve a place in a hearthealthy eating pattern," quips Lopez. "Garlic contains sulfurcontaining compounds that may support healthy blood pressure and cholesterol."

One must not forget that citrus fruits like calamansi, dalandan, and oranges provide vitamin C. Plant compounds help protect blood vessels and reduce oxidative stress.

Together, these foods work best as part of a balanced, consistent way of eating that supports long-term heart health.

There are many natural ways to improve circulation and that includes choosing foods that stimulate blood flow.

The antioxidants, nitrates, vitamins and other substances contained in the food above can have a positive impact on your circulation.

What's more, leading a healthy lifestyle by abstaining from smoking, staying active, maintaining a moderate weight, and eating a wellrounded diet can boost blood flow and overall health.