



LOW CHOLESTEROL / CARDIAC DIET

This prescribed diet is only a suggestion however it is recommended that the patient contacts a qualified dietitian for personal diet.

HEART HEALTHY EATING

Changing a diet that you have been eating for years is not easy. The first step in putting a new diet plan into action is to take a look at your eating habits and try to replace negative habits with positive ones.

SELECTION OF COOKING FAT AND BLOOD CHOLESTEROL

Fats are an essential part of the diet but too much of the wrong kind can be bad for your health.

Saturated fat is the main culprit in raising blood cholesterol.

Unsaturated fat - Polyunsaturated fat lowers blood cholesterol.

Monounsaturated fat is considered neutral where blood cholesterol is concerned. It is said to be protective of HDL-C level, the good cholesterol fraction.

Cooking fat may contain saturated, mono- or poly-unsaturated fatty acids in varying proportions. They are classified according to the predominant type of fatty acid present.



Saturated

Butter

Ghee

Coconut

Palm

Lard

Dalda

Blended vegetable oil



Polyunsaturated

Sunflower

Safflower

Corn

Soyabean

Mustara

Gingelly (Sesame)



Monounsaturated

Olive

Canola

Peanut (Groundnut)

Use monounsaturated or polyunsaturated oils and avoid saturated fats.

It is important to limit amount of cooking oil you use, no matter which oil you choose. It is advisable to use only 4-5 teaspoons of cooking oil per day (not more than 25% of your calories should come from the fats in your diet).

EATING TO REDUCE BLOOD CHOLESTEROL

- Substantially reduce all saturated fat in your diet - Trim all visible fat from meats.
- Limit dietary cholesterol - reduce intake of animal products to not more than 240g per day,
- Use low fat dairy products and limit milk consumption to two cups a day. Avoid high fat products such as butter and cream.
- Limit egg yolks to a maximum of two or three per week.
- Commercially baked goods (cakes, biscuits, pastries and puffs) are often made with egg yolk and saturated fats such as shortening and lard. Consume such foods only rarely.
- It would be best to severely limit fried foods and snacks.

HEART DISEASE AND SODIUM

You may be advised by your doctor to reduce sodium if you have high blood pressure, congestive heart failure or kidney disease.

When you think of sodium, the salt you sprinkle on food probably comes to mind. Salt in fact is made up of sodium and chloride.

Use herbs and spices to enhance the flavour of foods in place of salt.

Some of the sodium in your diet occurs naturally in foods. The rest comes from salt added to foods when cooking or processing.



Foods to avoid or limit (which contain a high amount of sodium):

Bacon	Ham	Baked goods	Salted snacks
Fast foods	Salted nuts	Canned foods	Papads
Bottled sauces	Processed meats	Pickles	Cheese
Dry fish	Salt preserved meat	MSG (Monosodium glutamate)	

Since taste for salt is an acquired habit, it should be possible to cut down its intake gradually without much difficulty.

The amount of salt you can use will depend on your specific needs and may range from ½ to 1 teaspoon per day.

A word of caution about salt substitutes:

Salt substitutes may contain potassium salts which are contraindicated for patients with kidney problems. Bring the salt substitute container to your dietitian for her advice before using the product.

DIETARY FIBRE

Foods high in fibre tend to be low in fat and calories. Consequently, eating more fibre-rich foods may help to keep your weight in control. Foods high in fibre also tend to be high in antioxidants such as vitamin E, C and beta-carotene. Eating a diet consisting of high fibre foods has been associated with minimising your risk of constipation/ colon and rectal cancer, diverticulosis, hiatus hernia, heart disease/ diabetes and obesity

Fibre is actually a group of widely different compounds. There are two forms of fibre - soluble and insoluble.

Insoluble fibre, commonly referred to as 'roughage' is the chewy outer skin and fibres of seeds, fruit, vegetables and legumes. In addition to reducing the risk of constipation and other digestive disorders, diets high in insoluble fibre may protect against cancers of the colon and rectum.

Soluble fibre helps the digestive tract to function normally and helps to reduce blood cholesterol levels. Good sources of soluble fibre include oat bran, legumes, fruit and vegetables.

Most plant foods contain both types. Certain foods, however, are rich in one or the other. Fibre is lost when food is processed and refined as in pasta, white rice, maida and white bread. Animal products contain no dietary fibre.

About 30 grams of fibre a day is recommended. Remember that plenty of water is needed to help the fibre to move along the intestines. Drink 8-10 glasses a day.

Tips to Increase Fibre Intake

- Incorporate more grains, cereals and millets such as whole wheat flour (avoid sifting) ragi, bajra, oats, corn, etc.
- Eat some lentils, legumes and dhals such as toor dhal, urud dhal, green grams, etc. every day.
- Consume adequate amounts of fruits and vegetables. This means at least three helping of vegetables and two of fruits a day.
- Eat fruits and vegetables with their skin as far as possible,
- Include salads and sprouts in your diet.

ALCOHOL

Alcohol is a source of empty calories (it includes no vitamins, minerals or proteins) and can be turned into fat, adding weight to the body. It increases the level of triglycerides in your blood if in excess. But moderate drinking (1-2 drinks a day) may be beneficial, provided your doctor recommends.

CAFFEINE

Caffeine is a stimulant that gives a boost of "borrowed energy". Stimulants containing caffeine are found in tea, coffee, cocoa, chocolates and cola. They may increase the frequency and severity of irregular heartbeats and can increase blood pressure.

A maximum of two cups of coffee may be consumed per day.



HEART HEALTHY COOKING

Make your favourite recipes heart healthy by following these simple tips-

- Substitute a lower fat ingredient for a higher fat one.
 - Try skim milk instead of full cream milk.
- Choose unsaturated fats.
 - Use oil instead of butter, shortening or ghee.
- Use less of the high fat ingredients.
 - Use less meat, eggs or cheese than the recipe states.
 - Use only part of the fat or oil called for.
- Remove the fat.
 - Trim visible fat and skin.
 - Refrigerate curries, gravy, soup or stew until the fat rises to the top of the bowl and skim it off.
- Change the cooking method.
 - Steam, boil, roast or microwave without adding fat,
 - Saute with water, juice or broth instead of oil.
- Try low fat recipes.
- Limit salt in cooking.

EATING OUT

Indian eating patterns are undergoing revolutionary changes with the spectacular growth of restaurants. To eat healthfully away from home without missing out the fun, here are some suggestions:

- Eat something healthy (fruits, a vegetable sandwich made without butter, salads) to take the edge off your appetite before you leave home.
- At a South Indian restaurant select steamed preparations like iddlis, idiappams and rice and avoid oily dishes such as vadas, bajjis, papads and crisp dosas.
- Limit or avoid dishes with coconut or cream.
- At a North Indian restaurant order plain tandoori breads instead of puris, parathas, baturas, etc.
- For beverages, select an unsweetened juice such as fresh lime, fruit juice or tomato juice. Alcoholic beverages always mean extra calories.
- Choose lean meat, fish or chicken without skin.
- Cooking methods - choose foods which are boiled, grilled, broiled, steamed, poached, roasted or baked. Avoid foods which are fried, au gratin or made with a gravy,
- Avoid breaded fried foods.
- Order fruit for dessert instead of a high calorie item such as ice cream, pie or Indian sweet.

WEIGHT CONTROL

Body weight plays a role in control of hypertension, blood cholesterol, blood glucose, etc. A regular weight control program combining diet and exercise takes commitment. It is important to have a periodic check up. Your doctor or dietitian can tell you if you are normal, overweight or underweight.

EXERCISE

A regular exercise program can further help in lowering blood cholesterol and it may also improve the HDL ('GOOD') portion of the blood cholesterol* Your doctor will advise you on the amount, duration and intensity of exercise to suit you best.