

Healthy Eating For A Healthy Heart

Emmy West

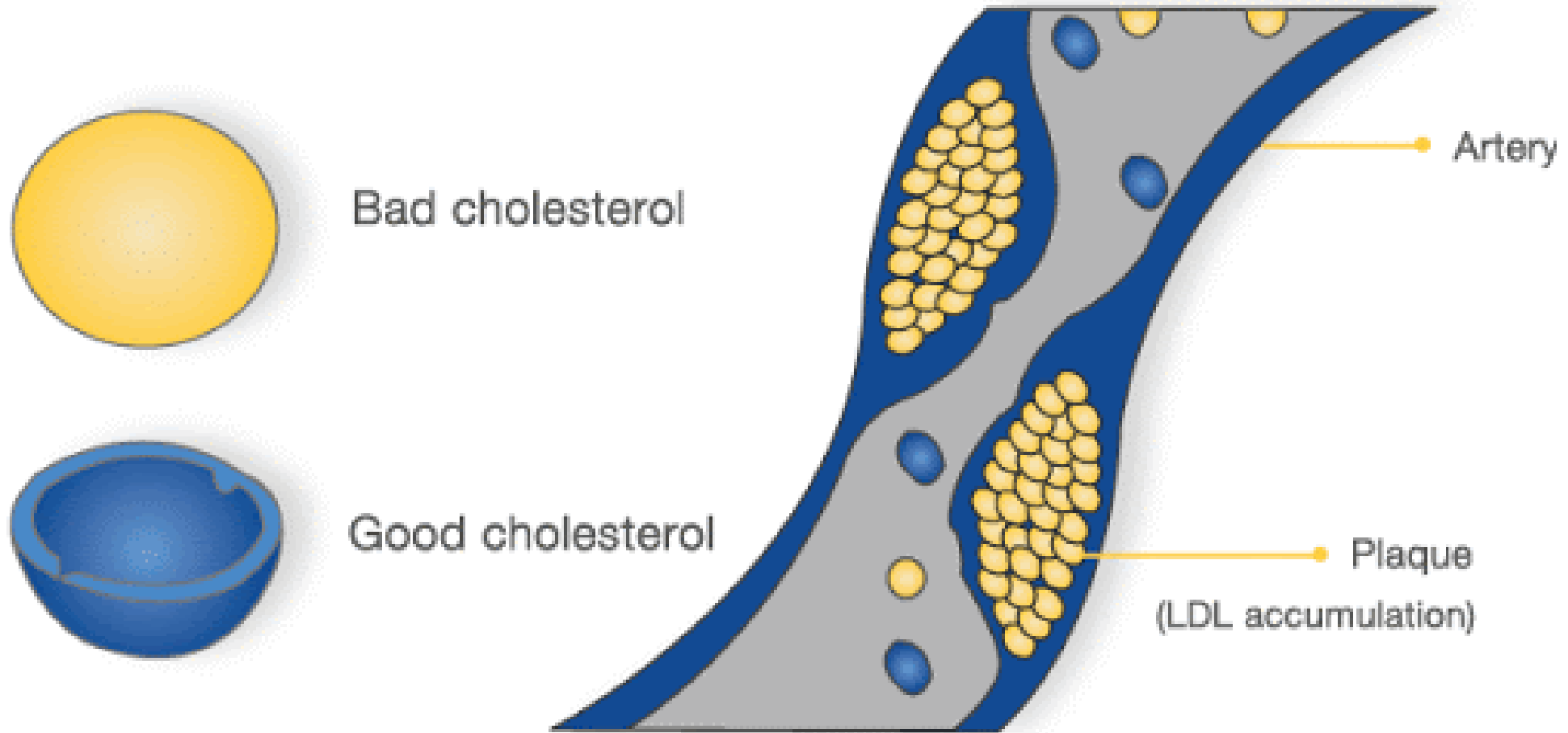
Cardiac Rehabilitation Dietitian



Aims of Heart Healthy Diet

- Reduce blood cholesterol
- Reduce blood pressure
- Provide nutrients that protect the heart
- Weight management

Bad Cholesterol and Plaque Development



1. Saturated fat in the diet has shown to increase cholesterol levels.



True?



False?

Which has the highest saturated fat content?

Eggs



Chicken



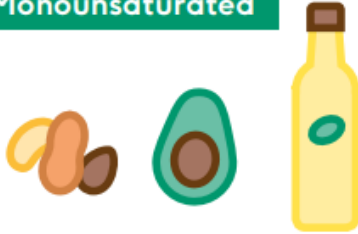
Crisps



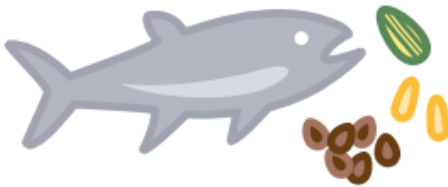
Croissant



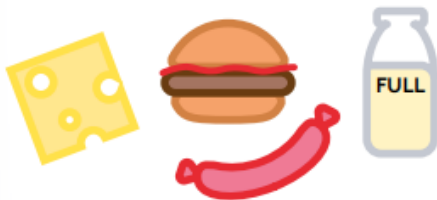
Monounsaturated



Polyunsaturated



Saturated



Trans

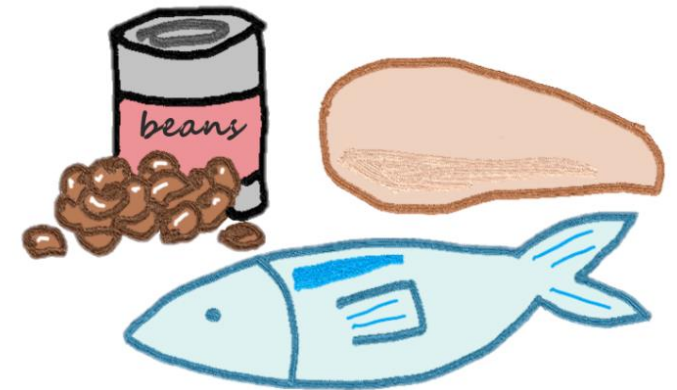
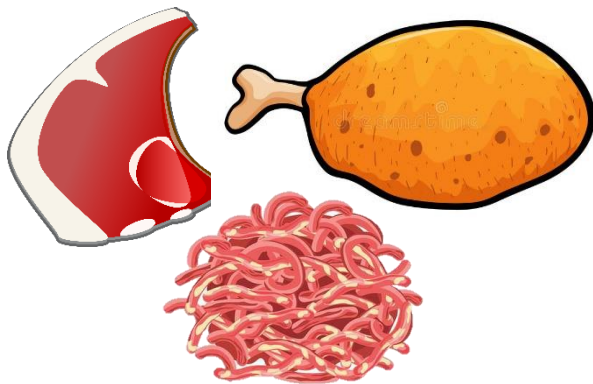


- May help reduce cholesterol and inflammation
- May reduce risk of heart disease
- Moderate intake



- Raises total cholesterol and bad cholesterol
- Increases the risk of heart disease
- Keep intake low

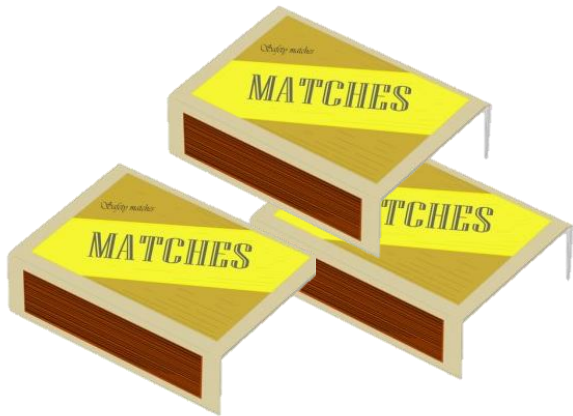
Ways to Reduce Saturated Fat



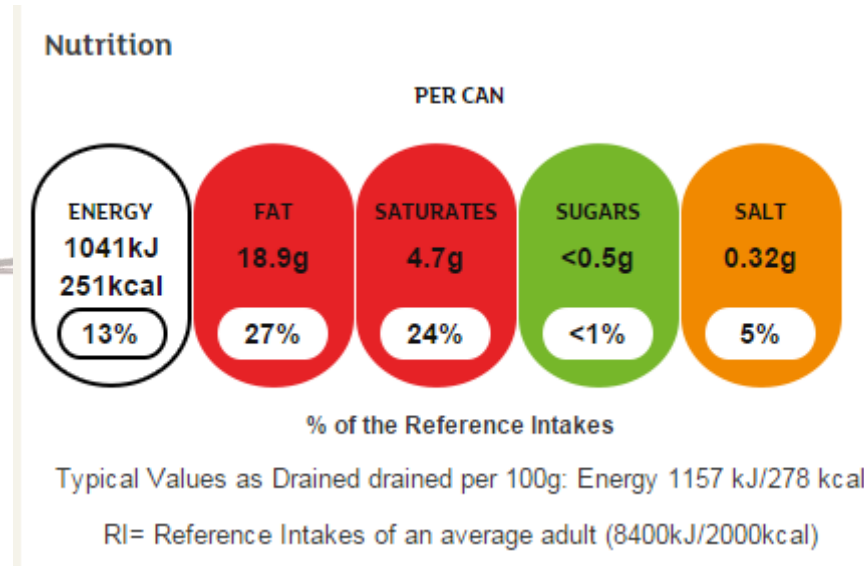
Ways to Reduce Saturated Fat



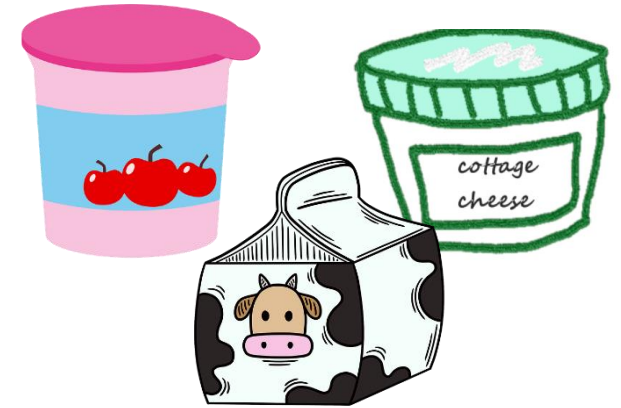
Measure cooking oil



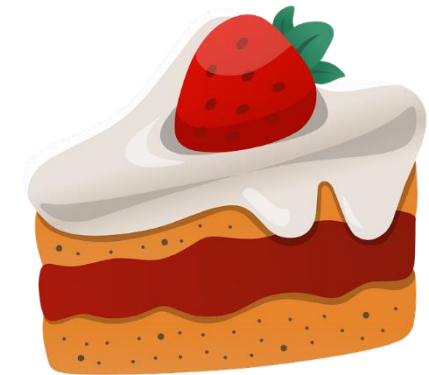
Cheese limit 3-4 per week



Read food labels



Choose low fat dairy



Reduce pastry, cake, biscuits

Salt and Blood Pressure



- Excess salt draws fluid into the blood, and increases blood pressure
- Recommended less than 6g/day –equivalent of one teaspoon.

How much of the salt we eat is already in the food we buy? (e.g. ready meals, takeaways, cured meat, cheese, snacks etc.)

30%

50%

65%

75%



Salt

- The majority of salt in our diet (75%) comes from processed foods.
- High salt foods e.g. bacon, cheese, ham, olives, pickles, stock cubes, soya sauce, smoked meat/fish, olives



Tips to Reduce Salt

- Check labels!
 - Aim to eat mainly foods that are green or amber
- Cook with less salt and add lemon juice, vinegar, herbs and spices to flavour food
- Avoid effervescent vitamins and painkillers on a regular basis
- Eat high salt foods in small amounts less frequently



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
4%	7%	38%	15%	

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Which of these does not count as one of your five a day of fruit and vegetables?

Orange
Juice



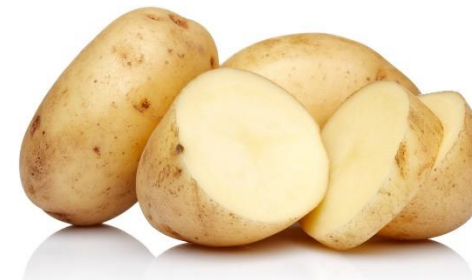
Broccoli



Daal
(lentils)

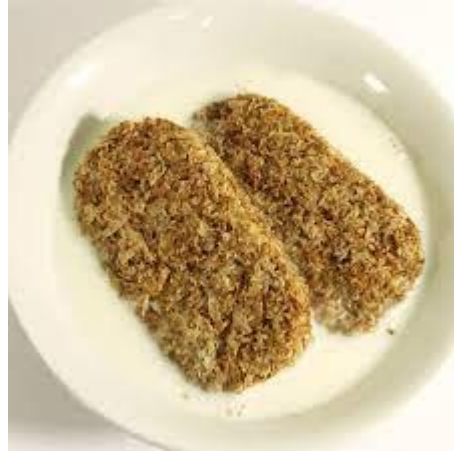


Potatoes



Which of these foods are wholegrains?

Weetabix



Oats



Popcorn



Millet



Wholegrains of the World

- Wholemeal bread
- Brown rice
- Brown pasta
- Teff (for injera etc.)
- Millet (ragi, bajra / Okababa, Dawa, Achara)
- Barley (jau)
- Sorghum (jowar)
- Buckwheat (soba / kuttu / Kasza)
- Rye (żyto)
- Quinoa
- Wholemeal couscous
- Chapatti made with wholemeal flour



Alcohol

- Excess linked to high blood pressure, heart disease, some cancers, liver disease & epilepsy
- UK Low Risk Guidelines
 - <14 units/week
 - Have at least 2 alcohol free days
 - Spread over ≥ 3 days



How much is 14 units?

6 glasses
of wine



7 double
shots of
whiskey



14 drinks of
any kind

6 pints of
beer



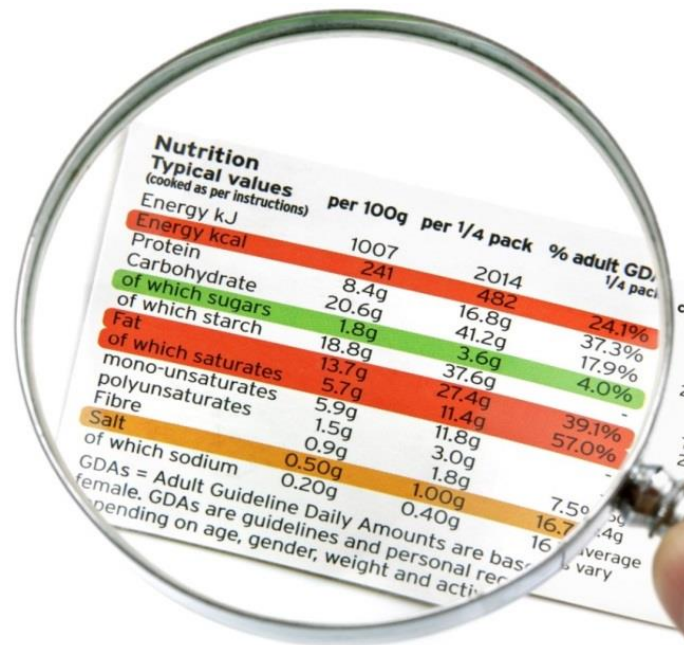
Weight Management

- Losing 5-10% of your body weight if you are overweight can:
 - Reduce blood pressure
 - Improves your cholesterol levels
 - Reduce your risk of developing Type 2 Diabetes
 - Improve your blood sugar control
 - Improves lung function in asthma
 - Reduces osteoarthritis related disability
 - Lowers death rate from all-cause cancer

Weight Management

- Do not follow extreme short term or 'fad diets' – they do not work, cause nutrient deficiency and can lead to 'yo-yo' dieting which can be harmful to your health.
- Look for long term lifestyle changes, which may mean slow weight loss. Aim for 0.5kg (1lb) weight loss per week.
- Weight loss is more successful with support.

food labelling



The image shows a magnifying glass held over a food nutrition label. The label is titled 'Nutrition Typical values (cooked as per instructions)' and contains a table with three columns: 'per 100g', 'per 1/4 pack', and '% adult GD'. The rows list various nutrients, with some values highlighted in red or green. The magnifying glass is positioned over the 'per 1/4 pack' and '% adult GD' columns, making them more legible.

	per 100g	per 1/4 pack	% adult GD
Energy kJ	1007	2014	
Energy kcal	241	482	
Protein	8.4g	16.8g	24.1%
Carbohydrate	20.6g	41.2g	37.3%
of which sugars	1.8g	3.6g	4.0%
of which starch	18.8g	37.6g	
Fat	13.7g	27.4g	39.1%
of which saturates	5.7g	11.4g	57.0%
mono-unsaturates	5.9g	11.8g	
polyunsaturates	1.5g	3.0g	
Fibre	0.9g	1.8g	
Salt	0.50g	1.00g	
of which sodium	0.20g	0.40g	

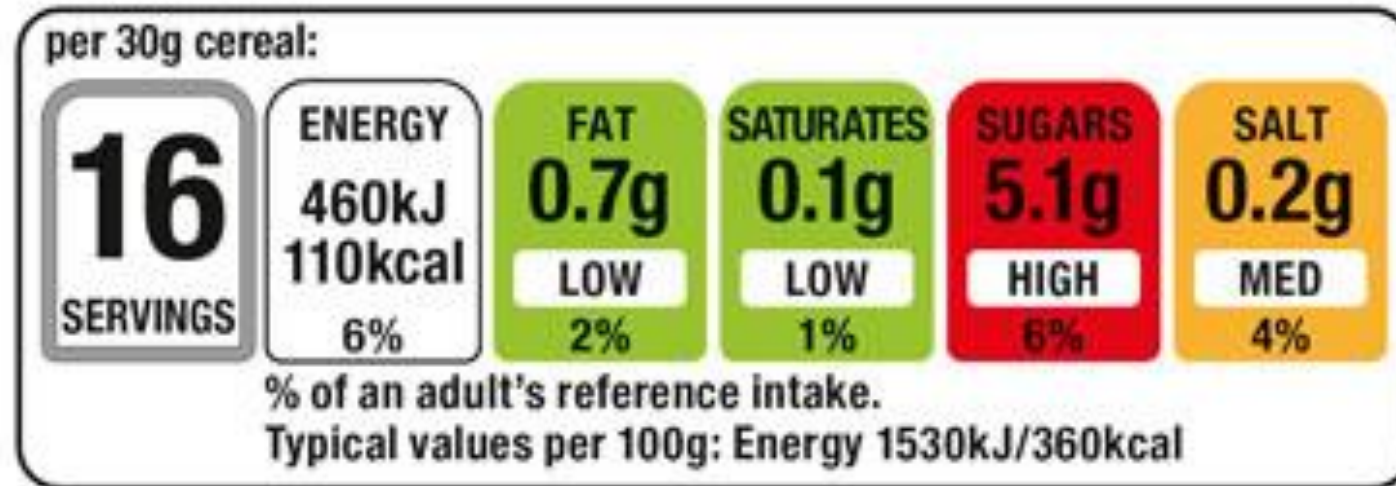
GDA = Adult Guideline Daily Amounts are based on a diet of 2000 kcal per day for an average adult male. GDAs are guidelines and personal requirements vary depending on age, gender, weight and activity.

Colour-Coded Nutritional Information

- Front of pack
- Per portion of the food
- Quick and easy nutritional information



Colour-Coded Food Nutrition Labels



Adult % Reference Intake

Energy - 2000kcal/8400kj

Total fat - 70g

Saturates - 20g

Sugars - 90g

Salt - 6g

Check and Compare Foods

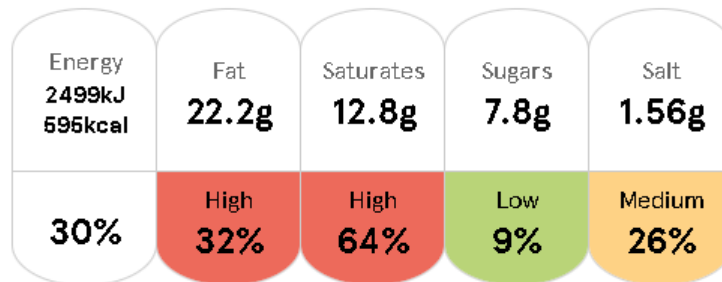
- Check if there is a colour-coded label on the front of the pack.
- Often there is a mixture of red, amber and green for the amount of energy, fat, saturated fat, sugars and salt in a food.
- Compare the products.
- Try to go for more greens and ambers, and fewer reds, if you want to make a healthier choice.

Check and Compare

Which is the better choice?



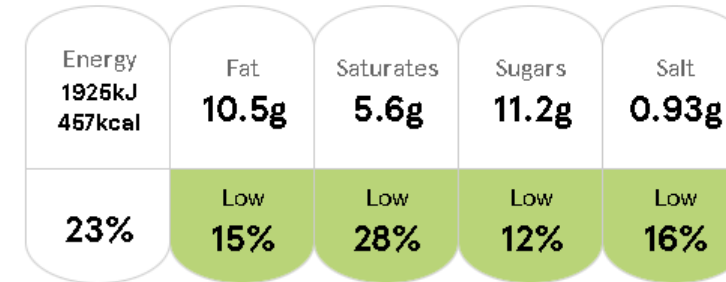
Each pack



of the reference intake*
Typical values per 100g: Energy 625kJ / 149kcal



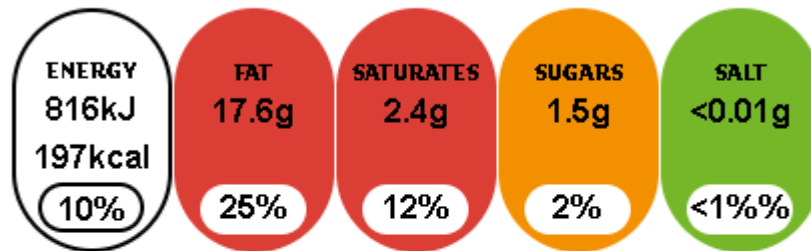
Each pack



of the reference intake*
Typical values per 100g: Energy 481kJ / 114kcal

Mixed Nuts

per 30g serving Typical Values



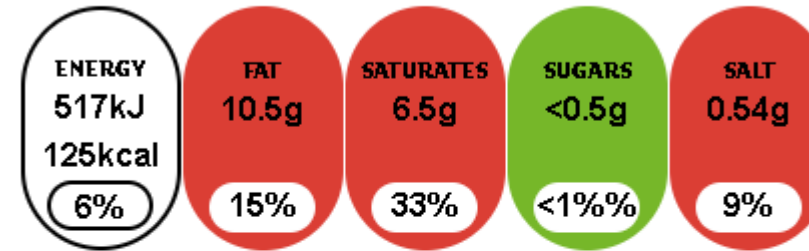
% of the Reference Intakes

Typical Values per 100g : Energy 2721 kJ/658 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

Medium Cheddar Cheese

per 30g serving Typical Values



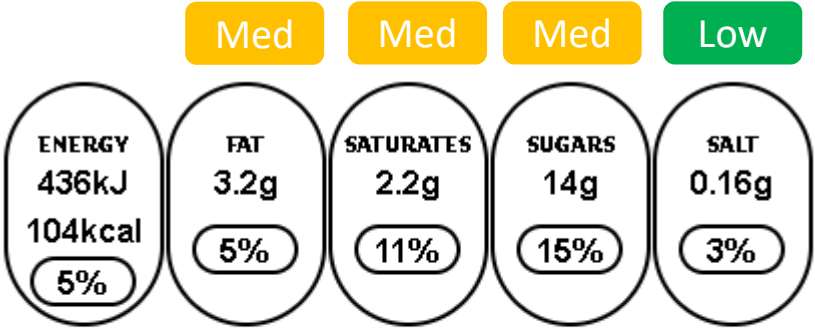
% of the Reference Intakes

Typical Values per 100g : Energy 1725 kJ/416 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

Nutrition Labels – No Colour

Yoghurt



of an adult's reference intake

Per 100g: 379 kJ / 90 kcal

Breakfast Cereal

	/100g
Energy	1683 kJ 398 kcal
Fat	Med 4.5 g
of which saturates	Low 0.7 g
Carbohydrate	82 g
of which sugars	High 35 g
Fibre	2.5 g
Protein	6.0 g
Salt	Med 0.75 g

Traffic light label guidelines

	FAT	SUGARS	SATURATES	SALTS
LOW Healthier choice	3g or less	5g or less	1.5g or less	0.3g or less
MED OK most of the time	3.1g to 17.5g	5.1g to 22.5g	1.6g to 5g	0.3g to 1.5g
HIGH Just occasionally	More than 17.5g	More than 22.5g	More than 5g	More than 1.5g

All measures per 100g



Diet Misinformation

- There is a lot of diet information available online and via other media outlets such as TV, newspapers and magazines.
- Not all information is accurate, and some are outright incorrect.
- Following false nutrition advice can be damaging to your health.



How to tell if its fact or fiction

- The **British Heart Foundation** and **NHS website** are the best online resources for nutrition information and heart health.
- Look for information from dietitians (RD or RDN) and registered nutritionists (RNutr).
- Websites ending in .edu, .gov, and .org tend to have more reliable information (but not always!)
- Check the author of the article – are they a qualified professional? On social media accounts check if they are associated with a professional organisation like a hospital or university.
- Check if they are trying to sell something, like a book, nutritional supplement or weight loss programme. They are likely to be biased.
- If it sounds too good to be true, I'm afraid it may be!

For further information:

- British Heart Foundation:
 - <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>
 - <https://www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/food-labelling><http://www.food.gov.uk/>
- Heart UK (Cholesterol Charity):
 - <https://www.heartuk.org.uk/healthy-living/introduction>
- NHS Live Well:
 - <https://www.nhs.uk/live-well/eat-well/>
 - <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling>
- Food Standard's Agency
 - <https://www.nhs.uk/better-health/lose-weight/>
 - <https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/> (GP referral required)