

Healthy Eating For A Healthy Heart

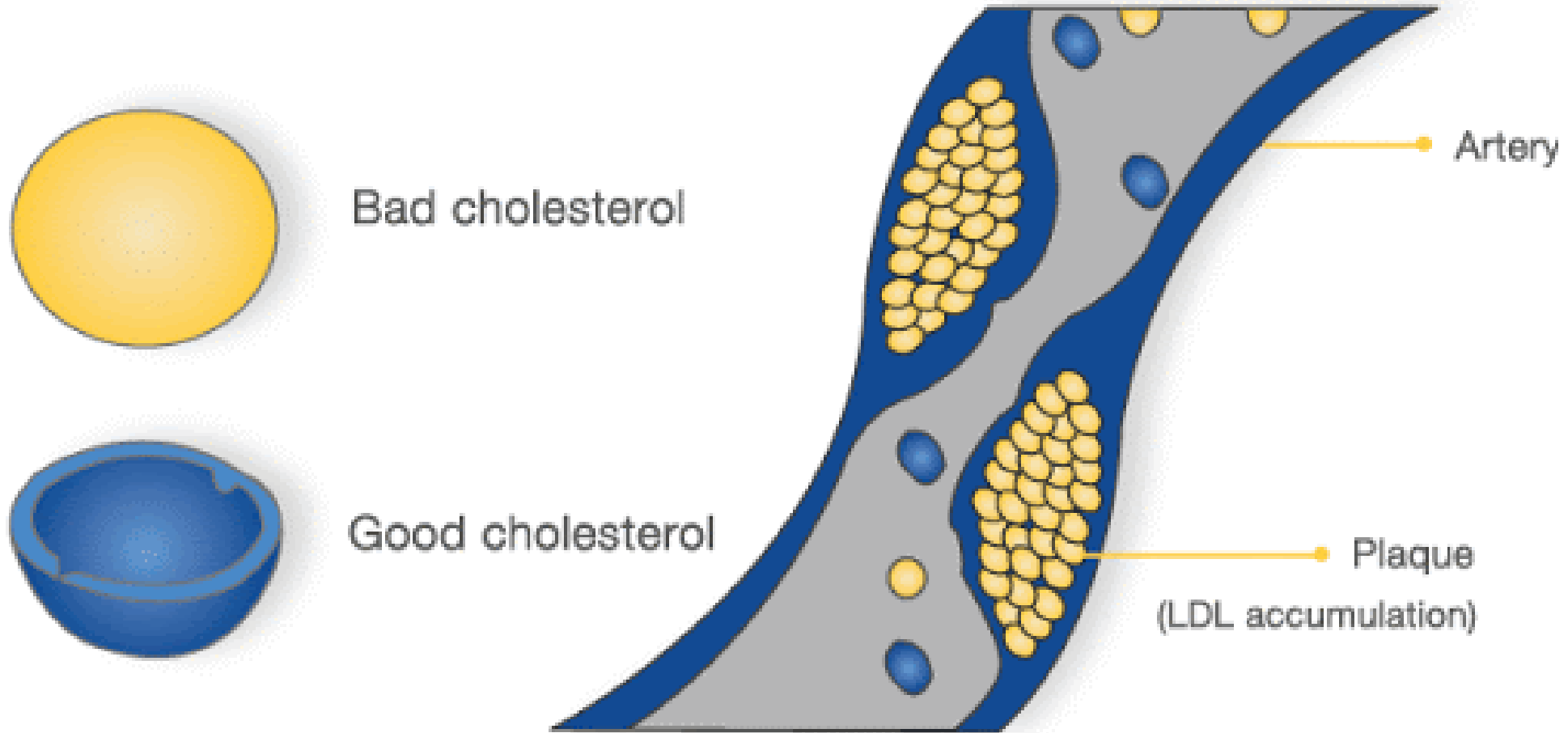
Emmy West
Cardiac Rehabilitation Dietitian



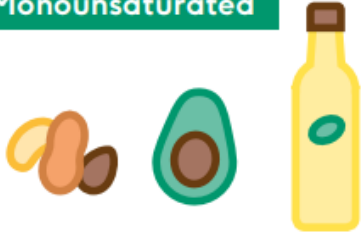
How does diet effect Heart Health?

- Reduce blood cholesterol
- Reduce blood pressure
- Provide nutrients that protect the heart
- Help manage your weight

Cholesterol and plaque development



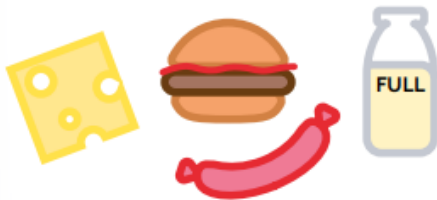
Monounsaturated



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

Which has the highest saturated fat content?

Eggs



Chicken



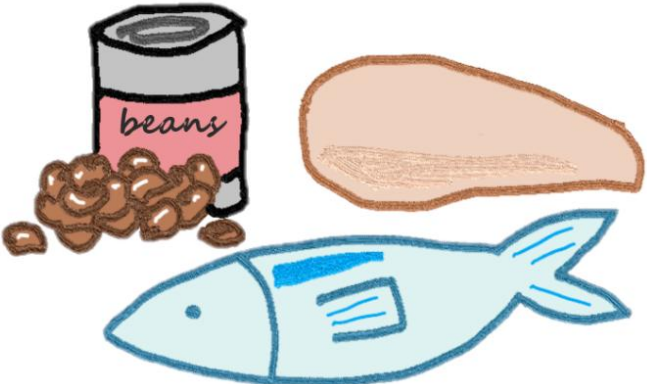
Crisps



Croissant



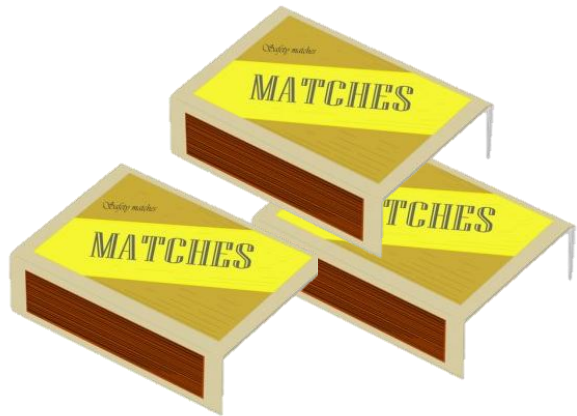
Ways to Reduce Saturated Fat



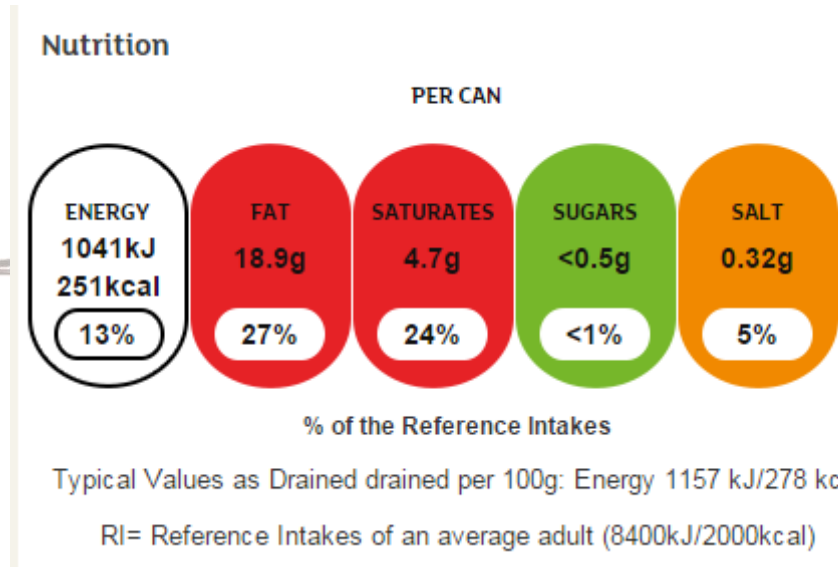
Ways to Reduce Saturated Fat



Measure cooking oil



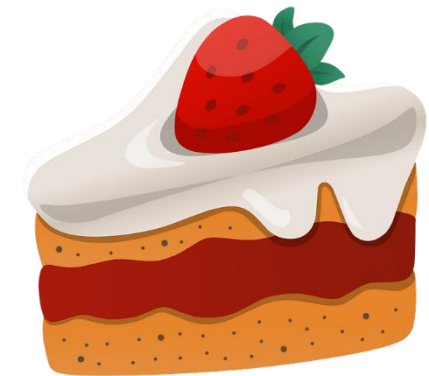
Cheese limit 3-4 per week



Read food labels



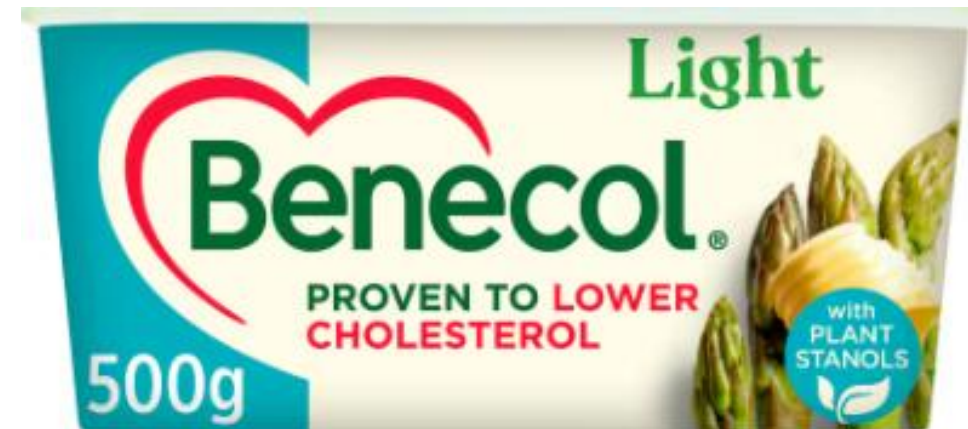
Choose low fat dairy



Reduce pastry, cake, biscuits

Cholesterol lowering foods?

- Oats
- Soya
- Plant Stanols and Sterols



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%



How 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
- Eat high salt foods in small amounts less frequently



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

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



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



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



Eat less often and 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



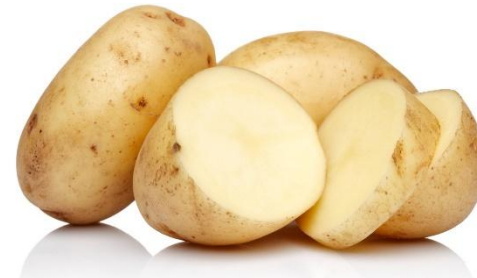
Broccoli



Daal
(lentils)



Potatoes





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

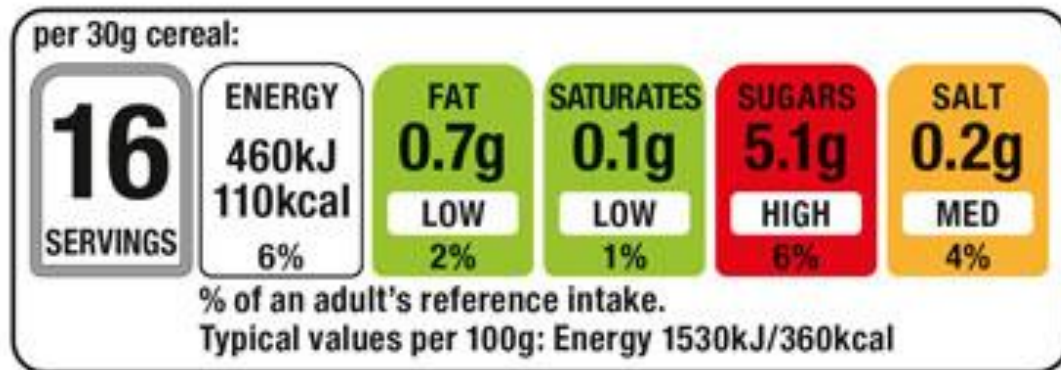
- Excess linked to high blood pressure, heart disease, some cancers, liver disease & epilepsy
- UK Low Risk Guidelines
 - <14 units/week
 - Have at least 2 alcohol free days
 - Spread over ≥ 3 days



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.
- Losing 5-10% of your body weight if you are overweight can achieve clinical benefits.
- Weight loss is more successful with support.

Food Labels



Nutrition

Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings

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



Each pack

Energy 2499kJ 595kcal	Fat 22.2g	Saturates 12.8g	Sugars 7.8g	Salt 1.56g
30%	High 32%	High 64%	Low 9%	Medium 26%

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



Each pack

Energy 1926kJ 457kcal	Fat 10.5g	Saturates 5.6g	Sugars 11.2g	Salt 0.93g
23%	Low 15%	Low 28%	Low 12%	Low 16%

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

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.



Useful links

- British Heart Foundation:
 - <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>
 - <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/food-labelling>
- Heart UK (Cholesterol Charity):
 - <https://www.heartuk.org.uk/healthy-living/introduction>
- NHS Live Well:
 - <https://www.nhs.uk/live-well/eat-well/>
- Weight Management
 - <https://www.nhs.uk/better-health/lose-weight/> (free NHS app)
 - <https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/> (GP referral required)