

# Eating for A Healthy Heart

## A Guide For Patients/Families




**Department of Nutrition and Food Services**

 آغا خان یونیورسٹی ہسپتال، کراچی  
**The Aga Khan University Hospital, Karachi**



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The heart is the most important organ of our body. Today's modern life style with less exercise, increased stress and bad eating habits has increased our risk of heart disease. Coronary heart disease has become the leading cause of death in the world.

### **Why Healthy Eating ?**

Healthy eating can reduce your risk of developing heart disease and, if you already have heart problems, can help to prevent matters from getting worse.

Adopting a healthier life style can help prevent heart disease and high blood pressure. It also puts a stop to being overweight.

The new style of eating does not have to be boring or tasteless. Choosing food for health can add variety, colour and spice to your meals.

If you are of unhealthy weight ask your doctor if you can be referred to a nutritionist/dietitian.

### **How Can You Change Your Diet?**

- Eat less fat and foods of animal origin
- Consume less salt
- Eat more fibre and foods of vegetable origin e.g. fruits and vegetables
- Change to high-fibre bread and cereals
- Eat less sugar
- Avoid using alcohol or tobacco
- Avoid tinned or canned foods

## Eat Less Fat

There is no other food that has more calories than fat. To reduce your caloric intake you must reduce your fat intake.

<b>Do Use</b>	<b>Do not Use</b>
Skimmed or low fat milk	Full-fat milk
Low-fat spread	Butter or margarine
Plain low-fat yogurt, cottage cheese	Cream, mayonnaise, salad dressings and dips, sauces
Mashed,boiled potatoes, pasta	Chips, french fries, roasted potato
Small portion of chicken or mutton with dal or vegetable or fish (not fried)	Beef, lamb and large portions of meat
Baked, steamed, boiled, broiled, or microwaved foods	Fried foods and excessive use of BBQ items
Whole-wheat bread, brown rice, whole-grain cereals	White bread, white rice, cereals made with white flour
Choose low-fat,unsalted snacks and popcorn	Salted potato chips and other snacks

### **Eat Less Sodium (Salt)**

Most of us consume far more sodium (salt) than our body needs. Eating a lot of sodium may increase blood pressure and may make breathing difficult. Try to cut down salt by half in your cooking.

<b>Do Use</b>	<b>Do not Use</b>
Sparingly in cooking	Salt at table with salad & fruits
Unsalted nuts and raisins (5-6 pieces)	Salted nuts, chips
Meat and vegetarian dishes cooked in little fat.	Processed meats, e.g. sausages
Unsalted or low salt whole wheat crackers	Crackers with salted tops
Low-fat cheese spread and cottage cheese	Regular hard and processed cheeses

### **Eat More Fiber**

Eating fiber from fruits, vegetables and grains may help lower your chances of getting heart disease.

<b>Do Use</b>	<b>Do not Use</b>
Whole wheat bread	Reduce the intake of white bread, white rice, pasta and products which are made of refined flour
Weetabix, Bran flakes, porridge	
Fruits, e.g. oranges, apples, and pears (preferably with peel)	
Salad and vegetables like peas, beans and lentils	
Brown rice and whole-wheat pasta	

## Eating Less Sugar

Sugar foods are fattening and not filling.

<b>Do Use</b>	<b>Do not Use</b>
You can take Green tea, home made lassi or lemonade	Packed Juices, Soft Drinks
Tea and coffee without sugar	
Pure fruit spreads and honey in limited quantity	Jams, marmalade, and syrup
Fresh fruit, and low-fat yoghurt	Sweets, chocolates, cakes and biscuits
Sugar-free jelly and deserts	Jellies, tinned and packet puddings

- Read food labels when shopping
- Choose reduced sugar and no added sugar products

## Eating For Healthy Heart

You can lower your chance of getting heart disease by adopting a healthy diet.

### Remember:

- Add foods to your diet that are high in monounsaturated fats, such as olive oil, canola oil, and sea food
- Eat a diet low in saturated fat, especially animal fats and palm and coconut oils
- Eat foods containing polyunsaturated fats found in plants and fish. Sunflower oil and corn oil are high in polyunsaturated fats
- Choose a diet less in salt and sodium
- Reduce your caloric intake if you are overweight
- Eat more fiber
- Eat a variety of foods
- Eat lots of vegetables and fruits
- Avoid drinking alcoholic beverages and tobacco

### Important Note:

Food provided during hospitalization to patients is disease specific and during stay food from outside hospital is not permitted. Written and verbal instruction related to dietary restrictions is explained by clinical nutrition staff, where applicable.

#### Outpatient Nutrition Care Clinics

##### **Nazerali walji building (NW 2)**

Phone: (021) 3486-5789-90  
Monday to Thursday  
Timings: Morning 9.00am -11.00am

##### **Consulting Clinic (CC 4)**

Phone: (021) 3486-1034  
Friday  
Timings: Afternoon 2.00pm - 4.00pm

##### **Gastroenterology Clinic (JHS Building)**

Phone: (021) 3486-1055/ 3486-6308  
Thursday  
Timings: Morning 9.00am - 12.00pm

##### **Sports & Rehabilitation Clinic (Sports Centre)**

Phone: (021) 3486-1662  
Tuesday  
Timings: Morning 9.00am -11.00am