

Eating for A Healthy Heart

Information for Patients/Guardians



Department of Nutrition and Food Services

The heart is one of the most important organs of our body. Today's modern lifestyle 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.

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.

If you are at an unhealthy weight or have heart-related issues, ask your doctor if you can be referred to a nutritionist/dietitian.

Who Should Follow This Diet?

People with high blood pressure, People with heart disease, Overweight individuals, and anyone who wants a healthier lifestyle.

What Should You Eat More?

- Fresh fruits (4–5 servings daily)
- Vegetables (4–5 servings daily)
- Whole grains (brown rice, oats, whole wheat roti)
- Low-fat milk and yogurt
- Daal, beans, fish, and chicken, mutton (lean), whole egg
- Unsalted nuts (a small handful, a few times per week)

What Should You Limit?

- Salt (not more than 1 teaspoon per day)
- Fried foods and bakery items (cakes, biscuits, brownies, etc.)
- Pickles and packaged foods
- Processed meats (sausages, nuggets)
- Sugary drinks and sweets
- Saturated fats (ghee, butter, tallow)
- Avoid drinking alcoholic beverages and tobacco

Healthy Tips:

- Taste food before adding salt
- Use lemon, herbs, and spices instead of extra salt
- Drink plenty of water
- Check food labels for sodium content
- Be physically active at least 30 minutes daily

Sample Menu Plan

Breakfast

Boiled Egg (1 whole)
Oatmeal with low-fat milk (1 cup)
Banana or Apple (1 whole)
Unsalted Almonds (5-6)
Tea (1 cup)

Midmorning / Evening Snack

Fruit Chaat (1cup)
OR
Roasted Chickpeas (1 handful)

Lunch or Dinner


Daal (½ cup) OR Chicken Curry
Mixed Vegetable Bhujia (½ cup)
Fresh Salad (1 cup)
Low-Fat Yogurt (½ cup)
Whole Wheat Chapati (6') OR Brown Rice (½ cup)

Important Note:

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

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