

- Eat whole fresh fruit with the skin whenever possible rather than fruit juices.
- Avoid dried and canned fruits.

F) NUTS AND OILSEDS-

- Avoid nuts and oilseeds such as coconut(fresh and dried), groundnuts, almonds, til seeds etc.
- Restrict the use of fried preparations,such as sev, ghathia, wafers,chivda,papad and other farsans.
- Vegetable oils should be consumed in limited amounts ie 2 tsp for the day.
- Avoid dalda,vanaspati,ghee completely.



F) SUGAR AND SUGAR PRODUCTS-

- Cut out sugar in hot drinks.
- Have unsweetened fruit juice rather than cold drinks if essential.
- Add fresh fruits as natural sweeteners in yogurt and milk shakes.
- Unlike sucrose fruit sugar does not cause fluctuation in sugar levels.
- Restrict the use of jams,jellies,honey,candy and carbonated drinks as they are high in calories and do not provide nutrients.
- Avoid excessive consumption of sweets,burfies,chocolates,pasturies and other confectionary items.

G) ALCOHOL-

- Alcohol consumption is detrimental to the heart and should be avoided.

H) EXERCISE-

- Diet and exercise go hand in hand.

“What you eat is important” But more important is

“What you do with what you eat”.

Exercise regularly for 30 to 40 mins in the form of brisk walking.

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PRINCIPLES FOR A HEART HEALTHY DIET

FIRST PRINCIPLE : To maintain an Ideal Body Weight.

Obesity is an independent risk factor for Coronary Heart disease. An important recommendation, therefore, is to reduce caloric intake to achieve weight reduction. Weight reduction would lower the LDL cholesterol, reduce plasma triglyceride and raise HDL levels. To reduce weight, one should choose the right type of food and perform exercises to burn off excessive calories.

SECOND PRINCIPLE : To reduce Fat.

The total fat intake in cardiac patients should not exceed 20 percent of the caloric intake. A higher intake of fat leads to deposition of fat in blood vessels of the heart-atherosclerosis. This leads to blockage of arteries of the heart, making it difficult for the heart to function properly and can lead to a heart attack.

SATURATED FATS-are those, which are hard or solid at room temperature. Certain fats like whole milk, butter, cream, ice cream, khoya, cheese, ghee, vanaspati, palm oil, and coconut oil contain high proportion of saturated fatty acid which increase the blood cholesterol levels, and therefore these foods should be avoided.

POLYUNSATURATED FATS-are those, which are liquid at room temperature. They are found in many oilseeds and nuts except coconut. These are also to be consumed in restricted amounts.

MONOSATURATED FATS-these are present in groundnut oil, olive oil and peanut oil these have a neutral effect on blood lipid levels.

CHOLESTEROL-this is a type of fat present only in animal foods and is present in liver, kidney, shell fish, egg yolk, brain, prawns, shrimps, dairy products such as butter, whole milk and cream. It is not found in vegetables, fruits, cereals, pulses, and vegetable oils.

THIRD PRINCIPLE : Reduce the consumption of sugar.

Intake of refined sugar in the form of sucrose, sweets, and desserts should be reduced, as they give no nutritional value other than a source of energy. Foods such as chocolate rich desserts, jams, jaggery, honey and cold drinks should be avoided.

FOURTH PRINCIPLE : Increase intake of complex carbohydrates

The indigestible carbohydrates and related polymers come under the category of dietary fibre. An example of insoluble fibre is cellulose, found in wheat chapatis, whole wheat bread, bajra, jawar, etc. These complex carbohydrates are essential for weight control as they provide satisfaction without producing excessive calories. Another type of carbohydrate is soluble fibre, which helps to reduce cholesterol and triglyceride levels, and stabilizes blood sugar levels. They are present in pulses such as beans, peas, dhals, guar gum and fruits such as apples, sapola etc.

FIFTH PRINCIPLE : Consume more of vegetable protein than animal protein.

The richest sources of vegetable protein are legumes, grains, nuts, lentils, peas, soybeans, kidney beans etc. All these legumes can be a healthy substitution for animal proteins, since many animal proteins contain more fats, most of which are saturated. In vegetable proteins, carbohydrates provide most of the calories.

SIXTH PRINCIPLE : Consume less salt.

The principal problem from excessive dietary salt is high blood pressure. Excessive consumption of salt retains fluids, thereby loading the heart and the kidneys. To reduce salt intake, avoid consumption of salty foods such as papad, pickles, chutneys and canned foods and make use of herbs, spices, lemon juice and vinegar instead of salt.

A) MEAT, FISH AND POULTRY-

- CHOOSE LEAN MEAT, avoid fatty meats like organ meats.
- Avoid purchasing minced meat, the butcher finds it more profitable to sell it without removing the fat surrounding the flesh portion.
- Prepare all meats by roasting, baking or broiling. Trim off all fats.
- Eat smaller servings of meat.
- Remove skin from poultry before cooking.
- Restrict the amount of whole eggs. Egg White is permitted.



B) DAIRY PRODUCTS-

- Use skim milk or skim milk powder to obtain a lower percentage of fat.
- Make curds and paneer from low fat milk.
- Whenever possible substitute curds for cream in various preparations.
- Avoid use of ghee, vanaspati, margarine, cream and cheese.
- Repeated heating of oils should be avoided.



C) CEREALS-

- Include whole grain cereals such as whole atta, bajra, jawar, ragi and avoid maida, spaghetti, noodles and breads which are refined flours
- Use brown bread instead of white bread.
- Do not sieve wheat flour before consumption as it removes all the fiber content.

D) PULSES AND LEGUMES-

- substitute whole legumes such as dried peas, rajmah, mung, masoor for other split dhals.
- Include germinated grains in the diet at least thrice a week in the form of misal, raitas and upma.
- Choose to eat bhel with sprouts or khakras than biscuits and sweets.

E) VEGETABLES AND FRUITS-

- It is important to include vegetables & fruits as an important part in each meal.
- Use a scrubber and not a peeler for removing the skin from vegetables.
- Eat your salad before you eat your meal.
- Don't discard out leaves of vegetables. They are rich in fibre. Eat potatoes with the skin.
- Yellow, Orange and green vegetables and fruits add life to your heart.
- Cooking of vegetables should involve steaming the vegetables prior to addition of seasoning.

