

Food and your Heart

Public Information Pamphlets



FOOD AND YOUR HEART

Diseases of the heart result due to a combination of inherited and environmental factors. Diet has a major role to play in most diseases of the heart. Dietary modification can help prevent, control or treat diseases of the heart depending upon the severity and the type of the disease. Weight reduction alone can achieve a tremendous benefit, as being overweight increases the risk of many diseases. This Pamphlet aims at creating public awareness about the generally recommended diets in various situations relating to heart disease.

Do you know your ideal body weight?

The following tables give your ideal weight in kilograms, if you are weighing your self with clothes on, add another 1 KG (summer) 2KG (winter).

MEN (KG)

Height	Average weight	Acceptable wt range	Obese
1.60m	57.6Kg	52Kg-65Kg	78Kg
1.62m	58.6Kg	53Kg-66Kg	79Kg
1.64m	59.6Kg	54Kg-67Kg	80Kg
1.66m	60.6Kg	55Kg-69Kg	83Kg
1.68m	61.7Kg	56Kg-71Kg	85Kg
1.70m	63.5Kg	58Kg-73Kg	88Kg
1.72m	65.0Kg	59Kg-74Kg	89Kg
1.74m	66.5Kg	60Kg-75Kg	90Kg
1.76m	68.0Kg	62Kg-77Kg	92Kg
1.78m	69.4Kg	64Kg-79Kg	95Kg
1.80m	71.0Kg	65Kg-80Kg	96Kg
1.82m	72.6Kg	66Kg-82Kg	98Kg
1.84m	74.2Kg	67Kg-84Kg	101Kg
1.86m	75.8Kg	69Kg-86Kg	103Kg
1.88m	77.6Kg	71Kg-88Kg	106Kg

WOMEN (KG)

Height	Average weight	Acceptable wt range	Obese
1.48m	46.5Kg	42Kg-54Kg	65Kg
1.50m	47.0Kg	43Kg-.55Kg	66Kg
1.52m	48.5Kg	44Kg-57Kg	68Kg
1.54m	49.5Kg	44Kg-58Kg	70Kg
1.56m	50.4Kg	45Kg-58Kg	70Kg
1.58m	51.3Kg	46Kg-59Kg	71Kg
1.60m	52.6Kg	48Kg-61Kg	73Kg
1.62m	54.0Kg	49Kg-62Kg	74Kg
1.64m	54.4Kg	50Kg-64Kg	77Kg
1.66m	56.8Kg	51Kg-65Kg	78Kg
1.68m	58.1Kg	52Kg-66Kg	79Kg
1.70m	60.0Kg	53Kg-67Kg	80Kg
1.72m	61.3Kg	55Kg-69Kg	83Kg
1.74m	62.6Kg	56Kg-70Kg	84Kg
1.76m	64.0Kg	58Kg-72Kg	86Kg

Do you know why it is important for people with heart disease to aim for an ideal body weight?

For patients suffering from diseases of the heart it is important to keep a healthy weight for a number of reasons. Being over weight is a risk factor for Angina and Heart Attacks and predisposes to many other illnesses. Reducing your weight and bringing it in the acceptable range will protect you against the risk of developing a Heart Attack on one hand. Moreover the weight reducing diet that you will adopt will also lower your blood Cholesterol level, your Blood Pressure, and help keep Diabetes under control. All these benefits have an additive effect as being overweight, having a high Cholesterol level, high Blood Pressure and uncontrolled Diabetes are all major risk factors for Angina and Heart Attacks.

As a result of weight reduction you will also get active and exercise, which will further protect you against the risk of other diseases.

Are you aware about some facts relating to our diet?

Eating in moderation is the mainstay of a "healthy diet". The main calories in the diet are derived from fats and carbohydrates. The average Pakistani diet contains much more fat than is desirable. This is largely due to the practise of eating "salan" as a staple diet and the widespread use of home made butter as such and in daily cooking. Less than 35% of the daily food energy should be derived from fat and even less if you are aiming to loose weight or if you are aiming to eat for a healthy heart. For a healthy heart it is important to reduce the intake of saturated fats at the same time as an attempt is made to reduce the total fat intake. All the fat that we consume is not visible, so while we know that we are consuming fat in a "paratha" we may not know that the accompanying "bhuna gosht" contains even more fat. Hence it is very important to know about the

hidden fats in the diets and about saturated and unsaturated fats in the diet.

For details on fat and Cholesterol see the Heartfile public information pamphlet on "Cholesterol and your Heart."

HEARTFILE RECOMMENDED DIET IN PATIENTS WHO WANT TO EAT FOR A HEALTHY HEART

If you are concerned for the health of your heart, the following diet is reasonable to follow. Please note that these recommendations are for people who don't have high levels of Cholesterol in the blood and are not grossly overweight.

Meats:

- Avoid organ meats like "liver, kidney, brain, takatak etc"
- Avoid red meats (beef and mutton)
- Eat meat after trimming off all fat (e.g., the habit of having "tikka" with "charbi" is to be strongly discouraged)
For details on Food and its relationship to Cholesterol and fat content, see the Heartfile public information pamphlet on "Cholesterol and your Heart"
- You are allowed not more than 3 servings of cooked fat free (i.e. with the "charbi" trimmed off) red meat a week
1 serving=3 ounces (3 ounces=3 small botis)
- You are not allowed more than 5 servings of Chicken a week (with the skin removed)
1 serving=half a medium chicken breast
- Take two servings of Fish a week.

Eggs:

- 3 egg yolks per week
- No limit on the number of egg whites.

Vegetables and fruits:

You may take 5 or more servings a day

1 serving = half a cup of cooked vegetable or 1 small fruit

Roti / Rice / Breads

You may take a total of 6 servings of these in a day.

1 serving = 1 small "pholka" or

½ a tandoori nan or

1 slice of bread or

1 small cup cooked rice or

¼ cup starchy vegetable (potatoes, beans, peas)

Milk and milk products:

You may take a total of 2 or more servings a day (adults over the age of 24 years)

1 serving= 1 small cup milk with out balai or

1 cup "doodh pati" or

1 cup of yoghurt which has been made with milk
after the removal of balai

Fats (polyunsaturated oils):

A total of 3-4 tablespoons a day (inclusive of fat consumed in cooking and taken otherwise)

Refined Carbohydrates:

Avoid sweets such as mithai, kheer, firni, halva, western dessert and candy.

Warning: A diet low in fat is actually harmful for children.

HEARTFILE RECOMMENDED DIET IN HEART PATIENTS WHO ARE AIMING TO REDUCE CHOLESTEROL

If you have high levels of Cholesterol in your blood, you will have to take a diet that is much more strict than the diet that is recommended for a "healthy heart", the general guidelines will be:

Meats:

- **No** organ meats like "liver, kidney, brain, takatak" etc
- You are allowed not more than 2 servings of cooked fat free mutton a week
1 serving=3 ounces (3 ounces=3 small botis)
- You are not allowed more than 4 servings of chicken a week (with the skin removed)
1 serving=half a medium chicken breast
- Two servings of fish a week

Eggs:

- 1 egg yolk a week.
- No limit on the number of egg whites.

Vegetables and fruits:

You may take 5 or more servings a day

1 serving = half a cup of cooked vegetable or 1 small fruit

Roti / Rice / Breads

You may take 6 or more servings (total) of these in a day.

1 serving = 1 small "pholka" or

½ a tandoori nan or

1 slice of bread or

1 small cup cooked rice or

¼ cup starchy vegetable (potatoes, beans, peas)

Milk and milk products

2 servings for adults over the age of 24 years

1 serving =1 small cup milk with out balai or

1 cup "doodh pati" or

1 cup of yoghurt which has been made with milk
after the removal of balai

Fats and oils:

A total of 2-3 tablespoons of oil a day

- Polyunsaturated oil is the recommended form of oil (corn oil, canola oil, sunflower oil, soya bean oil and vegetable oil). Please note that monounsaturated oil (olive oil) is the best form of oil for the heart.
- Fats solid at room temperature such as banaspati ghee, desi ghee, Butter and cream are to be avoided.

DIET IN HEART PATIENTS WHO ARE AIMING TO REDUCE WEIGHT

- Cut down on your fat intake, and specially the saturated fat intake. Follow the guidelines on the amount of oil to be consumed according to the "Heartfile" diet for Cholesterol lowering.
- Cut down on the intake of refined carbohydrates and take unrefined carbohydrates in moderation. Refined carbohydrates are sugar and products made with sugar such as mithai, kheer, halva, western dessert and candy. Unrefined carbohydrates on the other hand are grain based carbohydrates such as rice, wheat, maize, starchy vegetables such as potatoes, peas, beans and legumes such as dals.
- Increase the intake of fresh vegetables and fruits
- Always take semiskimmed and skimmed milk

DIET IN PATIENTS WITH DIABETES AND HEART DISEASE

Diabetics are at an increased risk of coronary heart disease and several other diseases, it is therefore particularly important for them to keep their blood sugar level well in control. Diet is very important in achieving this goal.

- The old concept of completely restricting rice, roti and potatoes does not hold true any more. In general the following principles should be applied to the diet.
- Refined carbohydrates should be avoided (examples: sugar and products made of sugar such as mithai, kheer, halva, cakes, pastries and candy)
- The less refined carbohydrates can be taken as recommended in the "Heartfile eating for a healthy heart diet"
- It is **very important** for all diabetic patients to adhere to the recommendations on fat and Cholesterol given in the "Heartfile eating for the healthy heart diet" if their Cholesterol level in the blood is normal. Alternatively if their Cholesterol level is high they must adhere to the "Heartfile diet in heart patients who have high Cholesterol levels.
- Diabetics need to pay special attention to keep their weight under control.

PATIENTS WITH HIGH BLOOD PRESSURE

High blood pressure along with high blood Cholesterol and being overweight is a risk factor for the development of Angina and Heart Attacks. Therefore diet in such patients with high Blood Pressure should take all these aspects into consideration. The main modifications are:

- Weight reduction and maintaining an ideal body weight. Sometimes reducing a kilogram or two alone will control mildly high Blood Pressure and no medication will be required.
- Follow the Heartfile recommendations on Cholesterol lowering according to whether your blood Cholesterol is high or not.
- Salt restriction alone can control many cases of mild to moderately high Blood Pressure with out any medicines.

For a detailed account of the dietary details see the Heartfile public information pamphlet on "All about high blood pressure"

Dietary modification for heart patients is crucial and protects them against many dreaded diseases. It may be a good idea to introduce these changes in your diet gradually, for example start by reducing the visible fat in the food and then aim to decrease the hidden fat. Some changes are made easily and can be made in the first week or so while other changes are more difficult to make and it may take you one or two months but they must be made. If you want to live a healthy life, free of many dreaded diseases that can cripple you for the rest of your life, the only price that you are being asked to pay is to eat well and that is not asking for too much!

The guidelines described in this booklet are meant for adults and are not intended as a substitute for the advice your doctor may give you based on his knowledge of your particular illness.

Heartfile Public Information Pamphlets

No 1 - Prevent a Heart Attack

No 2 - Symptoms of Heart Disease

- No 3 - All About High Blood Pressure**
- No 4 - Smoking and Your Heart**
- No 5 - Cholesterol and Your Heart**
- No 6 - Food and Your Heart**

Heart disease is one of the biggest killers' world-wide, with a particularly high prevalence in the Indo Pak Subcontinent. Heartfile is a non profit organisation fighting heart disease in Pakistan and aims to extend this service to the rest of the developing world. We rely entirely on voluntary contributions to carry out our work and your help in this connection will be greatly appreciated.

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