

# Eating for a Healthy Heart

---



Helen Tate  
Dietitian  
Courtyard Clinic





# Contents

---



- Risk factors
- Benefits of a healthy diet
- What is a healthy diet? – Fat, fish, fruit and vegetables, fibre
- Salt
- Alcohol
- Plant stanols
- Lifestyle
- Summary
- Questions?



# Heart disease risk factors

---

- Overweight
- High blood pressure
- High cholesterol
- Smoking
- High levels of stress



# Benefits of a Healthy Diet

---

- Helps lower your cholesterol levels
- Helps lower your blood pressure
- Helps you to reach or maintain a healthy weight
- Makes you feel better!

# What does a healthy diet look like?

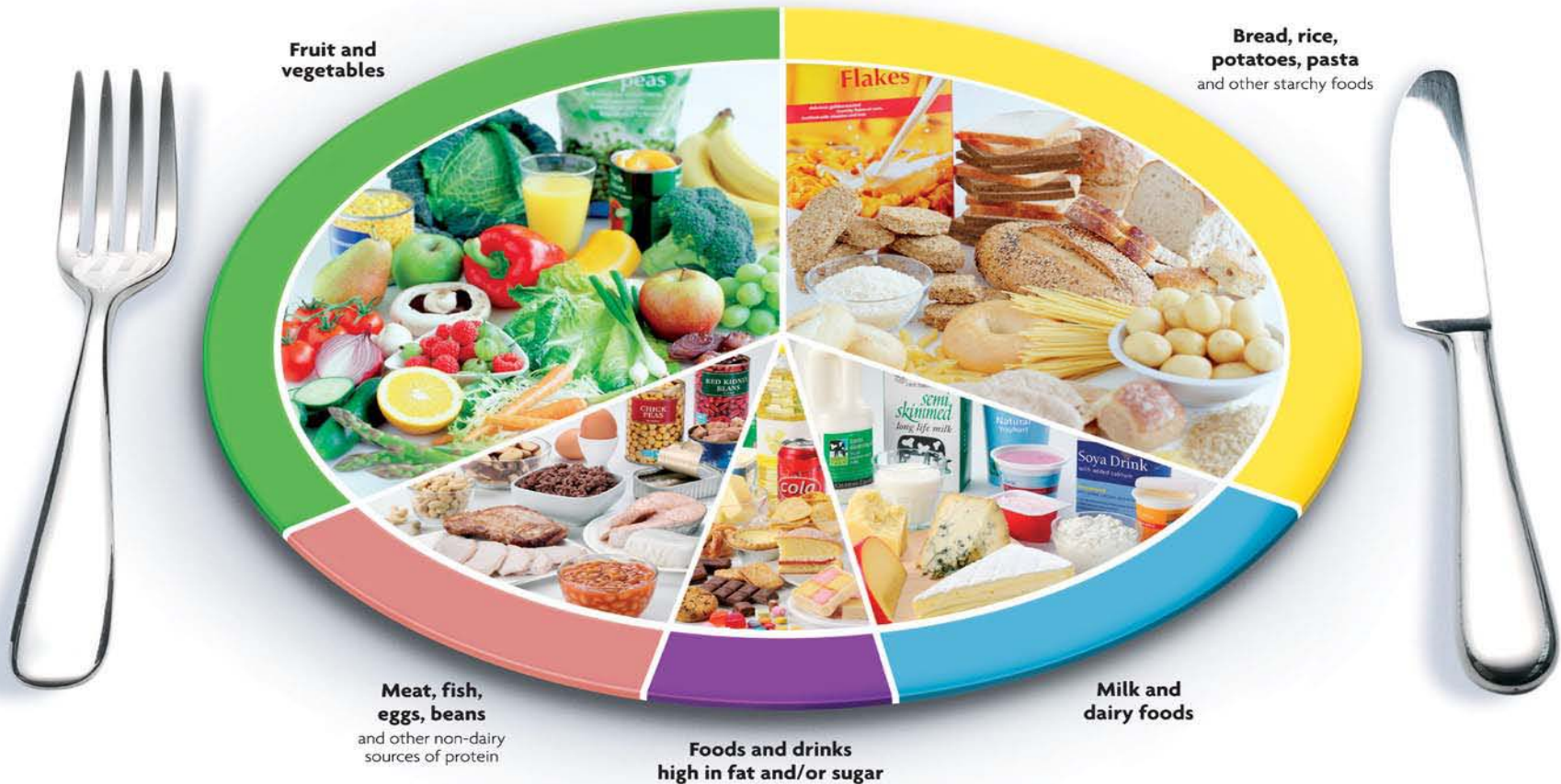
## The eatwell plate



FOOD  
STANDARDS  
AGENCY

food.gov.uk

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





# How can healthy eating help to lower my cholesterol?

---

Remember the 4 F's...

- Fat
- Fish
- Fruits and vegetables
- Fibre



# Fat

---

What is cholesterol?

- **LDL** – carries cholesterol from the liver to the cells
  - Can stick to walls of arteries making them narrower
- **HDL** – transports extra cholesterol that isn't needed out of the blood into the liver
  - Protective form of cholesterol

To lower cholesterol aim to:

- Reduce the total amount of fat you eat
- Choose healthier fats



# Reducing Saturated and Total Fat

---

- Cut down on crisps, cakes, chocolate, pastries and biscuits
- Check food labels: >20g fat & 5g saturated fat is high, >3g fat & 1g saturated fat is low
- Eat less cheese – try lower fat varieties
- Choose skimmed or semi-skimmed milk
- Opt for lean cuts of meat & trim visible fat from meat before cooking
- Avoid mayonnaise & oily salad dressings
- Avoid frying – try baking, grilling, poaching, boiling

# Choose Healthier Fats

- Switch to a healthier spread
  - Olive oil based spreads
  - Reduced fat versions of these spreads are even better
- Choose an oil which is monounsaturated
  - E.g. olive oil, rapeseed oil, groundnut oil
  - Avoid coconut oil, palm oil, ghee and butter



# Oily Fish



- e.g. salmon, trout, kippers, mackerel, tuna steak, sardines, snapper
- Contains **omega 3** fats which can help to prevent blood clotting
- Aim for 2 portions fish per week – one should be oily
- River fish are not usually a good source of omega 3 eg nile perch, telapia

# Fruits and Vegetables

- Full of anti – oxidant vitamins which can help to prevent cholesterol forming plaques on your arteries
- High in fibre
- Aim for 5 portions of fruit & vegetables a day
- Fresh, frozen, canned & juiced
- Aim for variety





# Fruit & Vegetable Portions

---

- 80g
- 1 apple, pear, banana, orange
- 3 heaped tablespoons of vegetables
- 1 heaped tablespoon of dried fruit
- A bowl of salad
- 1 cupful of grapes, cherries or berries

# Eat More Fibre

- Soluble fibre can help to reduce the amount of cholesterol that your body absorbs
- Try porridge, beans, lentils & peas





# Salt

---



- Reduce salt intake in cooking
- Avoid adding salt at the table
- Salt is present in high amounts in processed foods: tinned/ instant soups, fast food eg McDonald's, ready made meals, savoury snacks- crisps, twiglets, salted nuts

# Alcohol

- Avoid excessive alcohol intake
- No more than :
  - 14 units/week for women
  - 21 units/week for men
- 1 unit =
  - ½ pint beer
  - Small glass of wine (125mls)
  - Single measure of spirit



# Plant Stanols



- E.g. Benecol & Flora Pro Activ (yoghurts, drinks, spreads)
- Some evidence suggests they reduce blood cholesterol levels by blocking the uptake of cholesterol in the gut
- Can be very expensive & may only produce small effects.
- Need to be taken daily eg 2





# Lifestyle Changes

---

- Keep to a healthy weight
- Stop smoking
- Be physically active – 30 minutes of activity each day
- Limit stress levels



# Main Points to Remember

---

- The 4 F's:
  - Fat
  - Fish
  - Fruit and vegetables
  - Fibre
- And a few extras:
  - Cut down on salt
  - Drink alcohol in moderation
  - Maintain a healthy weight



**Any Questions???**

---

Thank you

