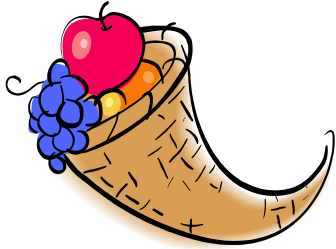


Strategies for Heart Health



Health eating



Healthy weight



Physical activity



Quit Smoking

Nutrition in ACHD

- Medications
- Underweight
- Overweight/Obese
- Restrictions
 - Fluid
 - Sodium changes

Nutrition in ACHD

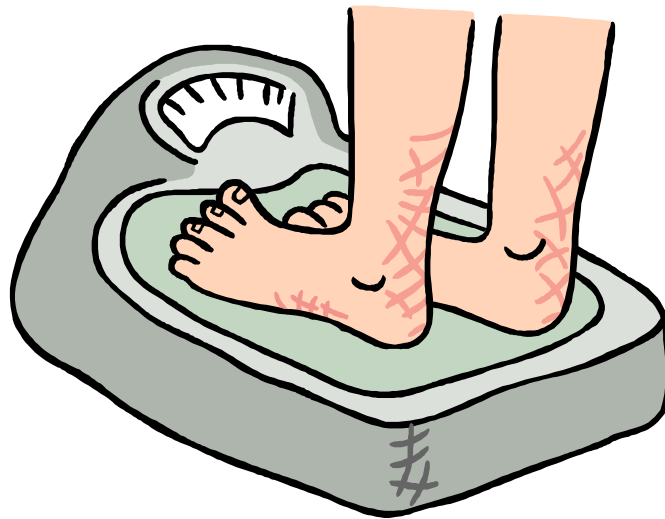
- Nutrition that is best for you depends on your heart condition and your health

Not General Rule

Healthy Weight

Modest Weight Loss = Major Health Gain

A 10 to 15 lb weight loss can improve your lipid levels.

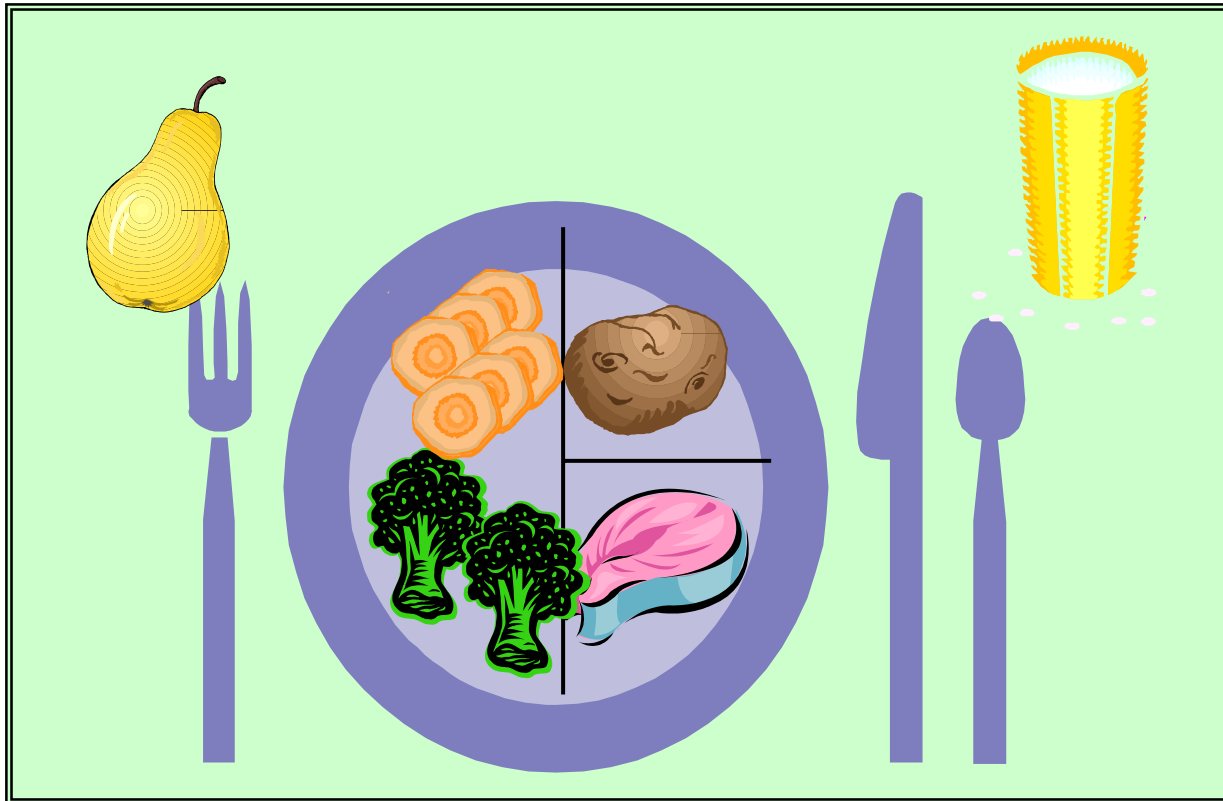


Aim for weight loss of 1 pound a week.

Nutrition factors

- Balanced Portions
- Low Sodium
- Fibres
- Antioxidants and Polyphenolics
- Saturated and trans fats
- Moderate Alcohol

The Plate Model → Nutritional Adequacy



Sodium

Sources



- Naturally Occurring
- Table salt / Added salt in cooking

8 to 10%

- Processed foods
~90 %



(bread, pickles, preserved, smoked, fast food, prepared foods)

Fibre in Food

Aim for **25-35** grams of fibre per day
5 to 10 g from soluble

Include a high fibre food at each meal:

Breakfast - high fibre cereal, whole grain bread

Lunch - bean or lentil soup, fresh fruit

Dinner - vegetables, whole wheat pasta



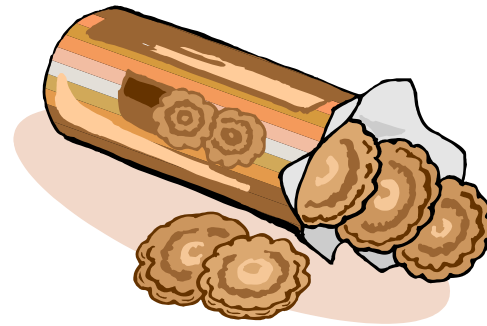
Fats in Food

Trans Fats

Lowers HDL
Raises LDL

Sources:

- Partially hydrogenated shortening or margarine
- Deep-fried foods
- Commercial baked goods
- Cookies, Crackers
- Snack foods



Fats in Foods

- ELIMINATE trans fats!
4-10 X more harmful to heart health than saturated fats
- ↓ Saturated fat
- ↑ Unsaturated fat: Mon and Poly

Alcohol in moderation

What can it do?

- Increases HDL-C & reduces blood clots

What does excess alcohol do?

- Increases BP, TG and risk of stroke

How much is moderation?

- Max. 2 drinks/d for men & 1 for women

1 DRINK = 1.5 oz spirits = 5 oz wine =

12 oz beer = 3 oz fortified wine (Sherry or Port)

