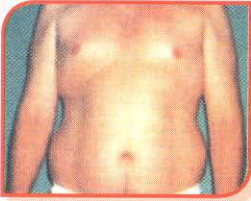


## What is Heart Disease?

There are many risk factors which contribute to heart disease. One of these occurs as a result of an increase in certain blood fats (for example: cholesterol and triglycerides) which will lead to a build up of fatty deposits in the arteries. This causes a narrowing of these blood vessels leading to heart disease.

The good news is that by making simple changes to your diet and lifestyle you can help lower your blood fat levels and reduce your risk of heart disease.

*Other risk factors include the following:*



Family risk Obesity



High blood pressure



Lack of exercise



Stressful lifestyle



Smoking



Unhealthy food choices

If you are at risk or have heart disease, you should use the information in the Healthy Eating Booklet as your basic eating plan and adapt it to meet your needs following the extra tips below.

## In order to protect your heart you need to:

- Follow a healthy eating plan
- Stay at or reach a healthy weight, which will be determined by your health educator.
- If you have a "pot belly" or a lot of fat around your waist this increases your risk of heart disease further.
- With a combination of exercise and a healthy eating plan weight loss may be achieved. **However, you should consult with your doctor prior to embarking on any exercise regime.**

## Enjoy a Variety of Foods...

If you eat a number of different types of food you will be better able to keep your blood fats (for example: cholesterol & triglycerides) within normal levels.



## Use Fat Sparingly

Eating too many high fat foods (for example: fried food) increases your risk of heart disease.

- It can also result in weight gain, as fats are very high in energy.

- The most important change to make to your diet is to cut down on the **total** amount of fat you eat. **All fats** should be used **sparingly**.

- (See table at the end of this sheet for more information)

## Make Starchy Foods the Basis of your Meals

### Starchy foods



It is the fat that you add to starchy foods that make them fattening and increase your risk of heart disease for example: fried potato, roti made with ghee or margarine.

Too much sugar in the diet may increase one of your blood fat levels (triglyceride) to avoid this try to take in less sugar. Try using sweeteners in your tea or coffee.



## Eat Plenty of Vegetables and Fruit Everyday

- Eating plenty of vegetables and fruit is important for the whole family, but they are especially important if you are at risk from for heart disease, as they contain many vitamins and minerals which can protect your heart and blood vessels.



## Eat Beans, Peas, Lentils and Soya Regularly

These are high in fibre and low in fat and can help to reduce your blood fat (for example cholesterol) levels.



## Lean meat, chicken, fish, low fat dairy products, milk, maas, or eggs may be eaten every day

- Lean meat, skinless chicken, fresh or tinned fish, low fat milk or maas and can be eaten every day.
- Some foods are high in cholesterol, the main ones being eggs, liver, kidneys, and some seafood (prawns and shrimps). If eaten in large amounts, these high cholesterol foods may increase the level of cholesterol in your blood.
- If you rarely have meat or chicken you may eat these foods high in cholesterol (eggs, offal and seafood) more often.
- Try not to have 2 meals including these foods high in cholesterol in one day.



## Alcohol

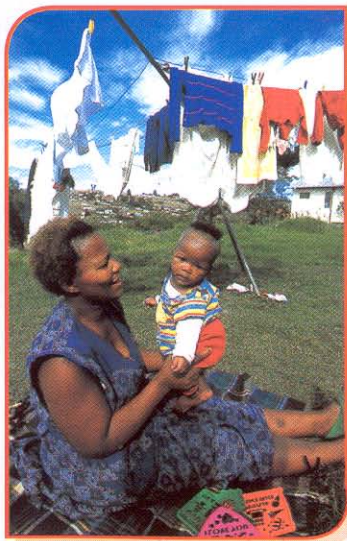
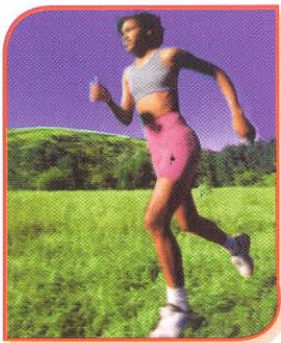


- If your triglyceride levels are high it is better to limit alcohol to a minimum and consult your doctor or health educator regarding the consumption of alcohol.
- In excess alcohol can not only cause damage to your liver but it can also result in weight gain.
- You may drink alcohol but do so trying to follow the advice outlined in the Healthy Eating Booklet.

## Healthy Living

Lowering your blood fat levels (cholesterol & triglycerides) is a positive move towards reducing your risk of heart disease . Here are some other steps that you can take as well:

- Give up smoking
- Achieve a healthy body weight
- Try to exercise regularly (discuss with your doctor first)
- Make time to relax



## Additional information about fats

There are 3 main kinds of fat:



**Saturated (hard) fat** which mainly comes from animal sources such as milk or maas, cheese, white margarine, lard and fatty meats. These fats will increase the amount of fat (cholesterol) in your blood.

**Monounsaturated fats** comes mainly from plants for example olive oil and canola oil, but are also found in lean meat. Small amounts of these fats in your diet are thought to be beneficial.



**Polyunsaturated fat** comes from plants for example sunflower or corn oil and margarines labeled "high in polyunsaturated". They can also be found in fish for example tuna.

The most important change to make to your diet is to **reduce the total amount of fat** that you eat. Concentrate mainly on cutting down on the amount of saturated fats. However too much polyunsaturated fat can also be bad for your health, so try to cut down on the amount of oil you use for cooking.

Rather use a monounsaturated fat for example olive oil or canola oil for cooking. When using a spread on bread either use a monounsaturated or polyunsaturated tub margarine sparingly.

Type of fat	Food Source
<b>Monounsaturated fat</b>	Olive oil, Canola oil Avocado pears Nuts for example Almonds, pecans, hazelnuts and peanuts
<b>Polyunsaturated fat</b>	Sunflower oil, corn oil Margarine "High in polyunsaturates" Tuna, sardines, salmon and other cold water fish
<b>Saturated Fat</b>	Butter, ghee, lard, dripping, white margarine, hard margarine Full cream milk, maas, yoghurt, cream Coconut and palm kernel oil Coffee creamers