

CARDIAC REHABILITATION EATING FOR A HEALTHY HEART



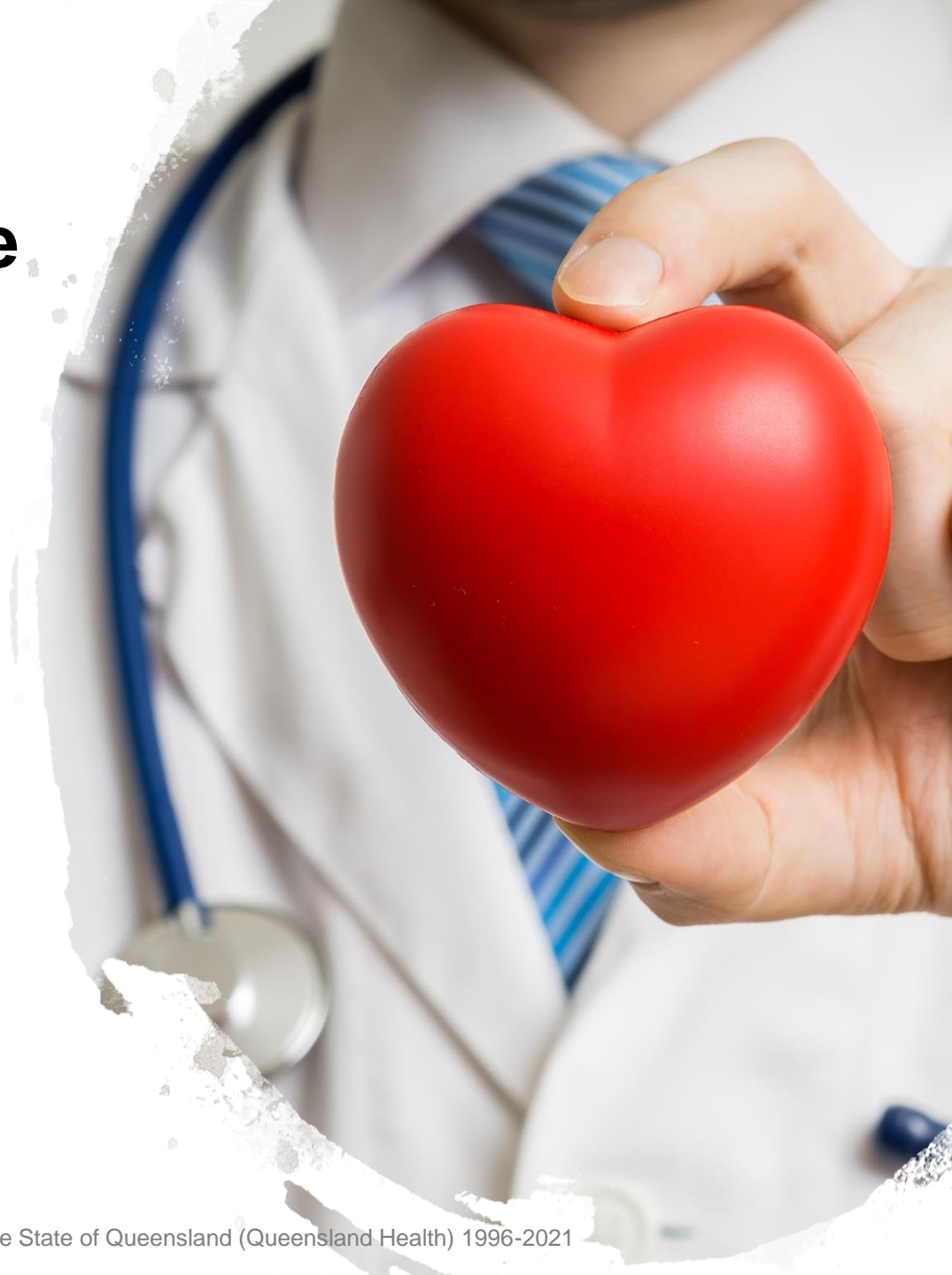


Topics for Discussion

- Role of nutrition in managing heart disease
- Healthy Heart Eating Principles
- Healthy dietary patterns
- Label reading
- Useful resources

Role of nutrition in managing heart disease

- Poor diet is one of the leading risk factors for heart disease in Australia
- What you eat and drink impacts several heart disease risk factors, including:
 - Blood pressure
 - Cholesterol
 - Weight and waist circumference
 - Diabetes risk
 - Inflammation
 - Mental health



Heart Healthy Eating Principles

- Plenty of vegetables, fruits and wholegrains
- A variety of healthy protein sources
- Unflavoured milk, yoghurt and cheese
- Healthy fat choices such as nuts, seeds, avocados, olives and their oils
- Herbs and spices to flavour foods, instead of adding salt
- Limiting highly processed foods

National Heart Foundation (2019)



1. Eat plenty of vegetables, fruits and wholegrains

- These foods contain a variety of vitamins and minerals and are an important source of fibre and antioxidants
- Can help improve blood pressure, cholesterol and inflammation



Aim for two serves of fruit each day

What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

1 medium apple, banana, orange or pear

2 small apricots, kiwi fruits or plums

1 cup diced or canned fruit (no added sugar)

Or only occasionally:

125ml (½ cup) fruit juice (no added sugar)

30g dried fruit (for example, 4 dried apricot halves,
1½ tablespoons of sultanas)



Aim for five serves of vegetables each day

What is a serve of vegetables*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



**With canned varieties, choose those with no added salt*



How to eat more fruits and vegetables

- Have fresh or tinned fruit as snacks
- Add fruit to breakfast cereal
- Keep a supply of frozen fruit in your freezer
- Include salad vegetables on sandwiches or rolls
- Make half your plate vegetables/ salad
- Add vegetables into meals e.g. grate carrot & zucchini into Bolognese sauce

Wholegrain breads and cereals

- Wholegrains are foods that use the whole grain and are less refined
- Examples include: brown rice, wholemeal flour, oats, wholegrain bread or pasta, popcorn, buckwheat
- Eating wholegrains can help lower your risk of heart disease
- The fibre in wholegrains can help reduce and regulate your cholesterol
- Swap refined grains for wholegrain foods



2. Include a variety of healthy protein-rich foods

- Best options = plant-based proteins, fish and seafood
- Eggs and poultry can also be enjoyed
- If you eat red meat, limit to 1-3 meals per week
- Processed meat can increase your risk of heart disease and should be avoided

Legumes



- Plant-based sources of protein
- Chickpeas, beans, lentils, split peas
- Soybeans, including tofu and tempeh
- Aim to include in 2 or more meals a week

How can I eat more legumes?

- Use tinned options for convenience
- Add to soups and salads
- Eat hummus (made from chickpeas) with vegetable sticks as a snack
- Substitute mince with lentils or beans
- Use tofu in stir-fries or curries instead of meat

Fish and Seafood

- Aim for 2-3 serves (100 -150g) / week
 - Frozen varieties can be cheaper and more convenient
 - Add unflavoured tinned fish to sandwiches or salads
 - Add seafood marinara mixes to stir-fries and pasta dishes
- Oily sources of fish high in omega-3 fats include:
 - Salmon
 - Tuna
 - Sardines
 - Mackerel



Eggs and lean meats

- **Eggs** can be part of a heart healthy diet
 - Up to 7 eggs per week is recommended for people with diabetes or high cholesterol
- Include **poultry** such as chicken and turkey
 - 1 serve is 100g
 - Remove the skin
 - Choose lean cuts such as breast
- **Red meat** in 1-3 meals a week (350g total)
 - Choose lean cuts
 - Remove visible fat before cooking
- **Processed / deli meats** are consistently linked to poor health outcomes = avoid



3. Choose unflavoured milk, yoghurt and cheese

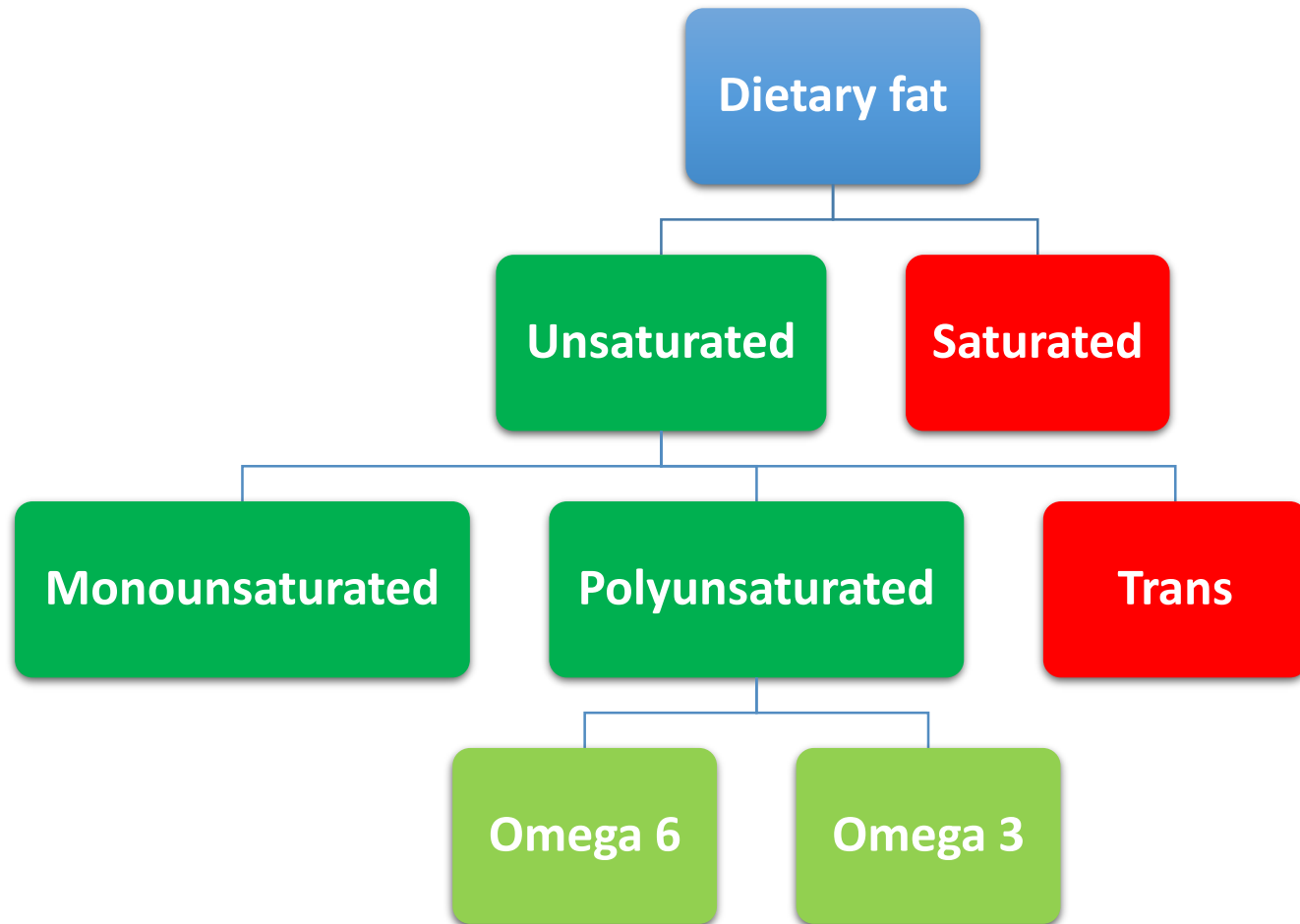
- Unflavoured milk, yoghurt and cheese can be a part of a heart healthy diet
 - These are 'neutral' for heart health
- Reduced-fat varieties are better options for people with heart disease or high cholesterol
- Butter, cream and ice cream are not part of a heart-healthy diet



4. Include healthy fats and oils

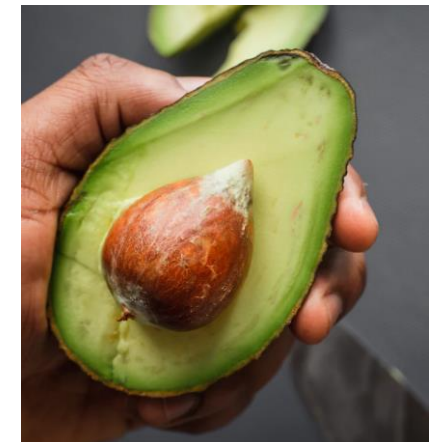
- Fats play an essential role in keeping your heart healthy
- Healthy fat options include nuts, seeds, avocados, olives and their oils for cooking
- Type of fat you eat is more important than total amount
- Choosing healthy fats can:
 - Improve blood cholesterol levels
 - Lower other heart disease risk factors
 - Add flavour to food and help you feel full

Types of dietary fat



Foods with healthy monounsaturated fats

- Avocado
- Almond, peanut and cashew nuts
- Extra virgin olive oil
- Olives
- Other plant seed oils
 - E.g. canola, peanut, sunflower, sesame



Foods with healthy polyunsaturated fats

- Oily fish and seafood
- Linseed (flaxseed), chia and sunflower seeds
- Tahini (sesame seed spread)
- Sunflower, canola, soybean and grapeseed oils
- Soybeans and soy milk
- Walnuts



Plant Sterols (Phytosterols)

May assist in reducing LDL (bad) cholesterol

- Plant sterols are a naturally occurring part of all plants
 - i.e. in fruits, vegetables, nuts and cereals
- Plant sterol enriched foods are foods which have had plant sterols added to them
- Plant sterols are added to some margarines, breakfast cereals, milk and yoghurt
- 2–3 g per day can help lower LDL cholesterol levels

Tips for including healthy fats and oils

- Eat raw nuts as a snack, on breakfast cereal, in salads or stir-fries
- Add chia seeds or flaxseeds to breakfast cereal or smoothies
- Eat fish, including oily sources, 2-3 times a week
- Choose soy and linseed bread
- Use avocado or plant-sterol enriched margarine instead of butter
- Use extra virgin olive oil as salad dressing and in cooking
 - Choose Australian certified variety for highest quality



Myth Bust!

Extra virgin olive is stable at high temperatures and you can cook with it!

Foods sources of saturated fats

- Processed foods, such as biscuits, cakes, pastries, pies, and takeaway foods
- Butter, lard, ghee, copha, dripping
- Fat on meat
- Skin on chicken and other poultry
- Processed or deli-style meats
- Cream and ice cream
- Coconut and palm oil



Myth Bust!

Coconut oil is **80-95% saturated fat** and is recommended to be avoided

5. Use herbs and spices to flavour foods instead of salt

Experiment with different herbs and spices such as:

- Garlic
- Onion
- Ginger
- Chilli or pepper
- Dry mustard powder
- Fresh lemon/lime juice
- Fresh or dried herbs



Eat less salt



- Eating too much salt (sodium) can lead to increased blood pressure – a risk factor for heart disease

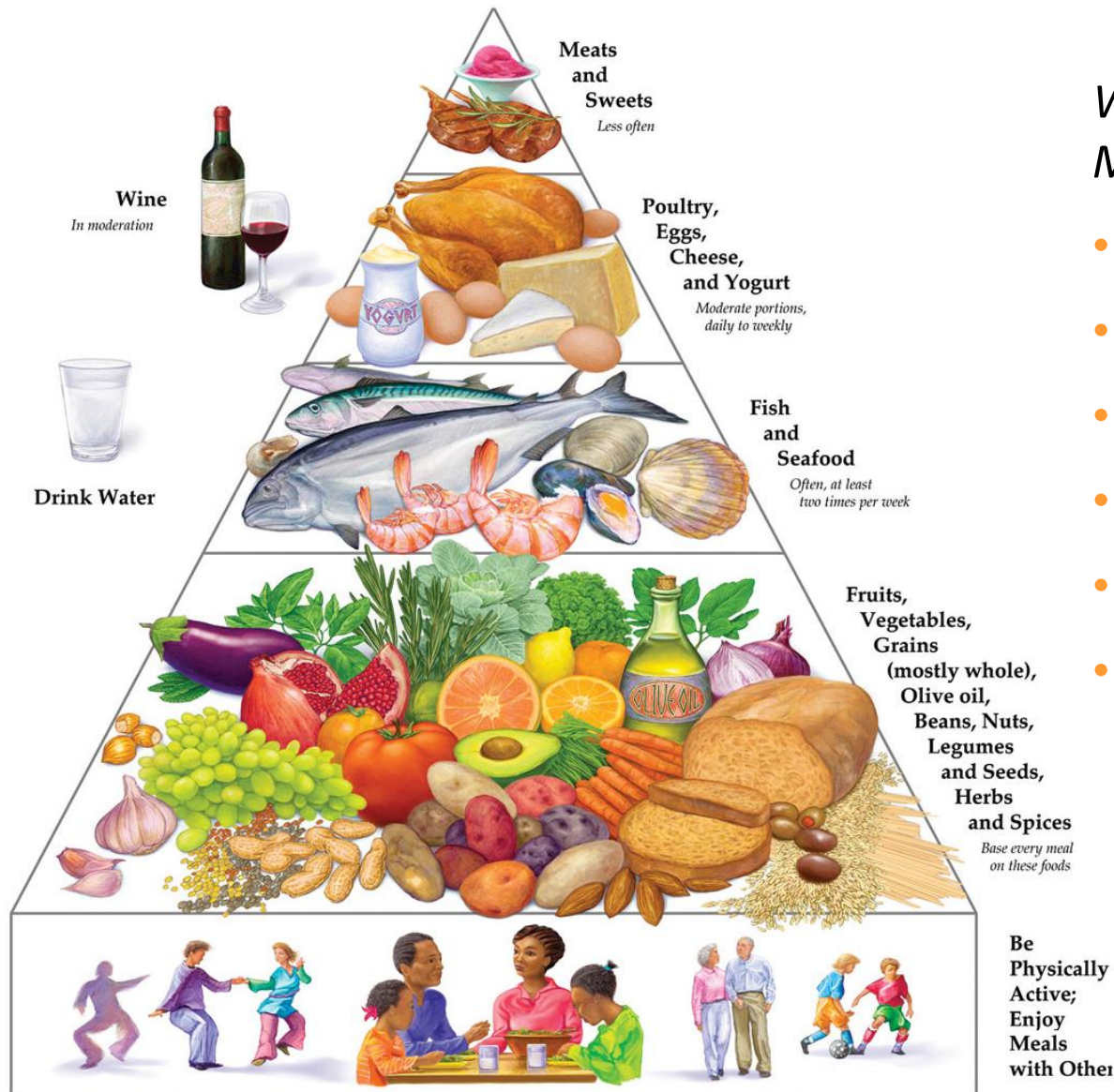
How can I eat less salt?

- Around 75% of salt in our diet comes from packaged foods e.g. chips, cakes, canned goods and deli meats
- Eat more fresh and less processed foods
- Avoid adding salt to cooking or at the table
- Train your taste buds to rely on less salt – cut down gradually

Healthy dietary patterns

- Many different 'diets' get promoted but some are not based on evidence and may be difficult to follow
- The heart healthy eating principles have been informed by studies of healthy 'dietary patterns' which improve heart disease risk and other conditions such as type 2 diabetes
- Dietary patterns are focused on foods and how they are eaten in combination
- An example of a healthy dietary pattern that is based on evidence is the Mediterranean diet

Mediterranean Diet Pyramid



What else can we learn from the Mediterranean diet?

- Mostly plant-based
- High in healthy fats
- Enjoy meals with others
- Home cooking
- Be physically active
- Wine if choose to drink, in small amounts and only with meals

Illustration by George Middleton

© 2009 Oldways Preservation and Exchange Trust

www.oldwayspt.org

Nutrition Education Materials Online (NEMO) © The State of Queensland (Queensland Health) 1996-2021

Label reading

Know what you are eating!

- All ingredients must be listed in descending order by weight
- The ingredient used in the largest amount appears first and the one used in the smallest amount is last
- Always check the first three ingredients – if fat, sugar or salt is in the top three it may not be a healthy choice
- Allergens must be labelled in bold e.g. milk, wheat and soy



Ingredients:

Whole white rice (65%), sugar, cocoa (3%), minerals (calcium carbonate, iron, zinc oxide), salt, natural flavour, barley malt extract, vitamins (niacin, riboflavin, vitamin B6, folate).

**CONTAINS CEREALS CONTAINING GLUTEN.
MAY CONTAIN TRACES OF PEANUTS AND/OR
TREE NUTS.**

Label reading

Nutrition Information (AVERAGE)

Servings per package: 12

Serving size: 30g (2/3 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve quantity with 1/2 cup reduced fat milk	quantity per 100g
ENERGY	490 kJ	6%	780 kJ	1640 kJ
PROTEIN	1.7 g	3%	6.9 g	5.7 g
FAT, TOTAL	0.4 g	0.5%	2.4 g	1.2 g
- SATURATED	0.3 g	1%	1.6 g	0.9 g
CARBOHYDRATE	26.2 g	8%	33.2 g	87.4 g
- SUGARS	9.7 g	11%	16.7 g	32.4 g
DIETARY FIBRE	0.5 g	2%	0.5 g	1.7 g
SODIUM	99 mg	4%	167 mg	330 mg
		% RDI*		

Look at the **per 100g column (not the per serve column)** to allow you to easily compare products.

Fat - choose the product with less saturated or trans fats

Sugar – aim for <15g sugar per 100g

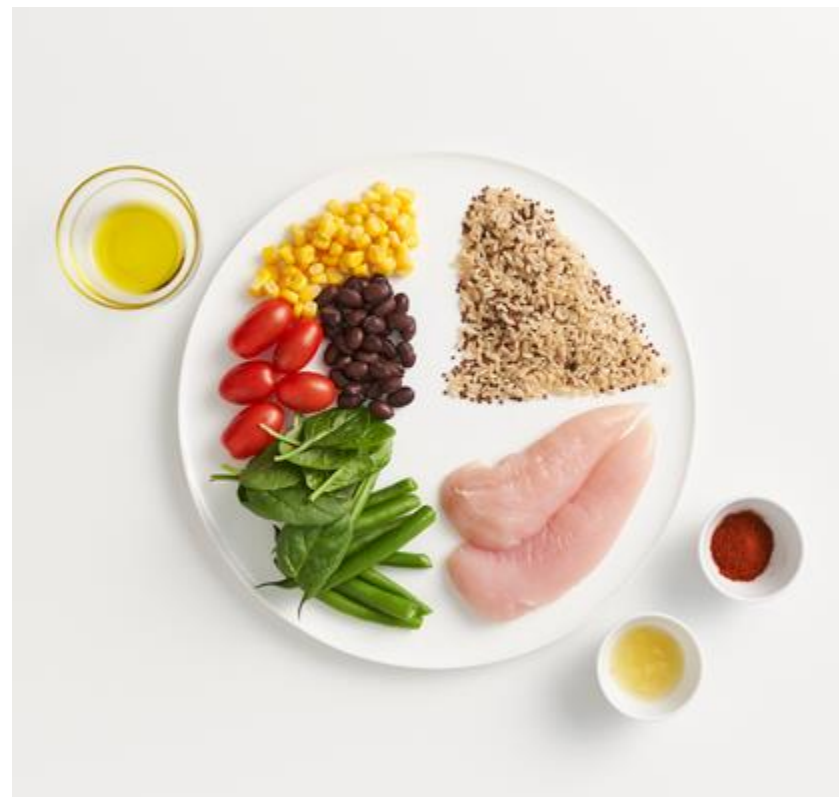
Fibre – choose breads and cereals with more than 3g per serve

Salt (sodium) - products with < 120mg sodium per 100g is best. Avoid processed foods with more than 400mg sodium per 100g.

Pulling it all together - *Healthy plate model*

- Fill $\frac{1}{4}$ with palm size serve protein (fish, legumes, lean chicken or meat)
- Fill $\frac{1}{4}$ with a wholegrains (rice, pasta, grainy bread) or starchy vegetables (corn, potato, sweet potato)
- Fill $\frac{1}{2}$ with vegetables or salad
- Flavour with healthy oil, herbs and spices

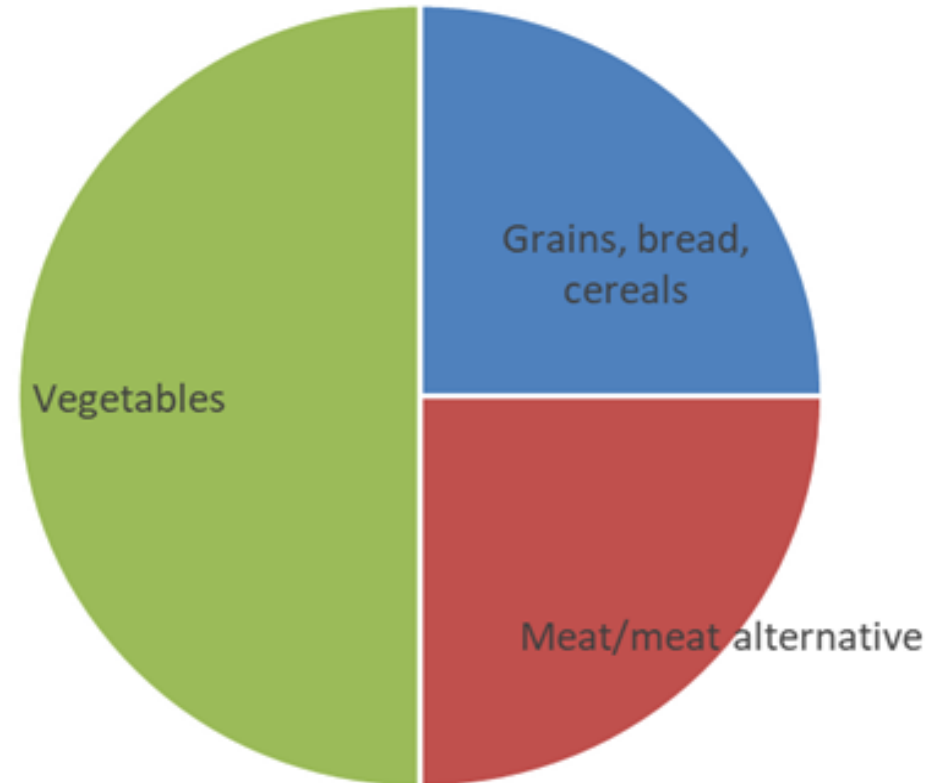
This can work for mixed dishes such as stir fries, casseroles and pastas – just imagine these proportions when putting it all together!



Healthy changes to common meals

Now it's your turn

- Think of a meal you cook at home
- What ingredients does it have?
- How would it fit on the plate ratio?
- What changes could you make to align it with the healthy plate?



Healthy plate portions



MEAL PLAN	
Breakfast	Lunch
1	
2	
3	
4	

Meal planning will reduce heat-of-the-moment decisions and the temptation to grab a 'quick fix' takeaway or less healthy choice

Meal planning tips

- Keep in mind the healthy plate, as a guide
- For breakfast aim to include some wholegrains (cereals/toast), healthy protein (milk, yoghurt, eggs, beans) and fruit
- For lunch aim for ~1 cup (2-3) vegetables, healthy protein (fish, beans, lean meats, cheese or egg), wholegrains (rice, pasta or bread/roll)
- For dinner aim for ~1.5 cups (4-5) vegetables, healthy protein and wholegrains or starchy vegetables
- Plan for quick, easy meals when you know you will be short on time
- Develop a shopping list once you have made your plan

Healthy snack ideas



- A tub of yoghurt with diced fruit
- Piece of fresh fruit
- 2-3 wholegrain crackers with cottage cheese and tuna
- Vegetable sticks (carrot, celery, capsicum) or wholegrain crackers with dip (hummus, tzatziki)
- Handful raw, unsalted nuts
- Popcorn (aim for the low salt, no butter)
- Boiled egg
- 4 x wholegrain crackers with cheese or peanut butter

Many people may consistently eat heart healthy balanced meals, however they come undone with snacks.

Eating out is an important part of the enjoyment of eating, for social occasions and celebrations. It is still possible to choose heart healthy options.

Eating out



- Choose menu items with lots of vegetables or salad (swap hot chips out)
- Choose healthier cooking methods (grilled versus battered fish)
- Choose tomato/vegetable-based sauces over creamy sauces
- Order entrée size meals and avoid the urge to upsize (if having fast food)
- If having dessert share one between two people



Alcohol

- Can contribute to weight gain and increase the risk of high blood pressure and heart disease

Australian guidelines recommend if you choose to drink alcohol:

- the less you drink, the lower your risk of harm from alcohol
- no more than 10 standard drinks per week
- no more than 4 standard drinks on any one day

Alcohol

One serve of alcohol equals:

- 100ml wine (11.5%)
- 285ml full strength (4.8%) beer
- 375ml mid strength (3.5%) beer
- 425ml low strength (2.7%) beer
- 60ml port or sherry (18%)
- 30ml spirits (40%)

These portions are small, a single drink purchased or poured at home may be more than one standard drink.



Goal Setting

Setting goals following the SMART Goal structure will increase likelihood of success;

Specific, Measurable, Achievable, Realistic, Timeframe

For example, for a goal to ‘eat more vegetables” The SMART format may look like; ‘I’m going to eat 2 different vegetables (specific and measurable) with my evening meal each day (timeframe)’.

This will be achievable and realistic (i.e. if you currently eat 1 vegetable per day then it may not be realistic to eat 5 per day).





Let's set a goal!

Specific, Measurable,
Achievable, Realistic, Timeframe

Your goal:



Questions?



Further Resources



<https://www.heartfoundation.org.au/>



<https://baker.edu.au/>



Join the Heart Health Club

<https://www.heartresearch.com.au/heart-health-club/>



<https://dietitiansaustralia.org.au/>



Mediterranean diet resources

<https://oldwayspt.org/traditional-diets/mediterranean-diet>



FoodSwitch Australia

Use this App to scan barcodes of foods, see simple nutrition information and get suggestions for healthy swaps

<https://www.foodswitch.com.au/>



Nutrition Education Materials Online

Access further nutrition resources from Queensland Health

<https://www.health.qld.gov.au/nutrition/patients>

References

National Heart Foundation of Australia. (2019). *Food and nutrition position statements*. Available online: <https://www.heartfoundation.org.au/activities-finding-or-opinion/food-and-nutrition-position-statements>

National Health and Medical Research Council.(2013). *Australian Dietary Guidelines*. Available online: <https://www.eatforhealth.gov.au/guidelines>

National Health and Medical Research Council.(2020). *Australian guidelines to reduce health risks from drinking alcohol*. Available online: <https://www.nhmrc.gov.au/health-advice/alcohol>


Oldways. *Oldways Mediterranean diet pyramid*. Available online: <https://oldwayspt.org/resources/oldways-mediterranean-diet-pyramid>

Waist Circumference

Waist measurement is a simple check to tell if you're carrying excess body fat around your middle.

How do you measure your waist?

- 1) Find the top of your hip bone and the bottom of your ribs.
- 2) Breathe out normally.
- 3) Place the tape measure midway between these points and wrap it around your waist.
- 4) Check your measurement.



	Health is at risk	Health is at HIGH risk
Men	>94cm (37in)	>102cm (40in)
Women	>80cm (31½ in)	>88cm (34½ in)

World Health Organisation (2000); National Heart Foundation (2007)