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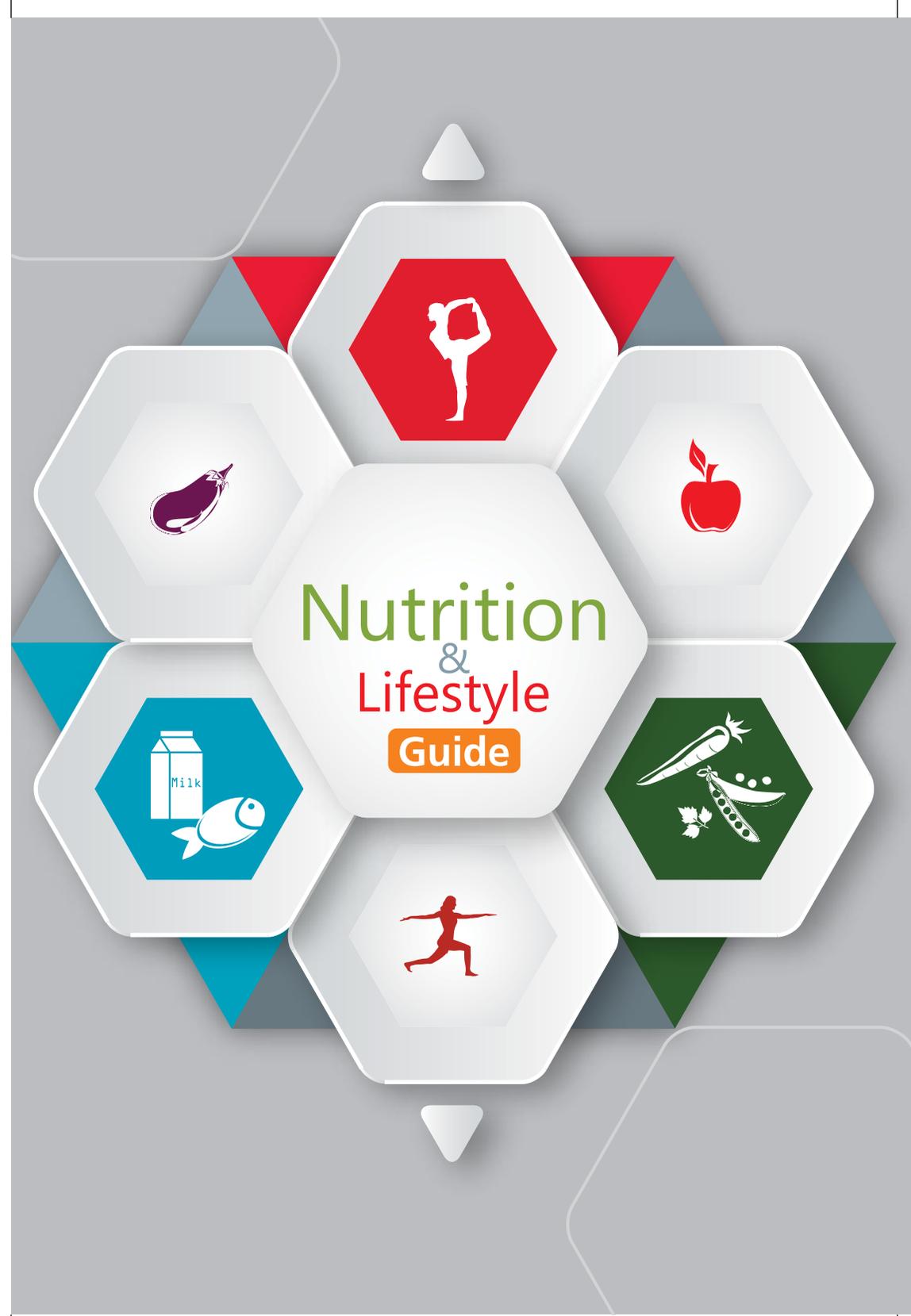


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# Healthy Diet & lifestyle

Healthy Diet & Lifestyle are the two key elements to manage heart problems. It may not be as difficult as one may think! It is important to remember that the pattern of one's choices impacts overall health. Thus it is said that the key to healthy living is to make healthy choices.

## Goals of heart healthy nutritional therapy to maintain levels of blood pressure, cholesterol and body weight are:



Consume fiber rich carbohydrates, healthy fats, lean protein from animal foods and fiber rich protein from vegetarian sources.

Exercise regularly, choose heart healthy foods in the right amounts and proportions, and take medications on time to manage heart health.



Adapt therapeutic lifestyle changes that will help to reduce the buildup of cholesterol in the blood vessels.

**Exercise is one of the main pillars in the management of heart problems. Regular exercise (greater than 150 minutes per week) may help to improve overall functioning of the heart.**

## Cardiovascular benefits of exercise are:

Helps strengthens the muscles of the heart

Helps improve circulation of blood in the body

Helps the cells of the body to use oxygen in a better way

Helps manage cholesterol levels

Helps control blood pressure levels



**It is mandatory to consult and check with your doctor before starting any exercise. One may find it challenging to start with an exercise routine at first, but gradually it may get easier once you get used to it.**

## Exercise precautions:

Stop exercising if you experience shortness of breath or breathlessness.

Do not exercises if you are unwell or are recovering from an illness.

Stop the activity if you experience fast or irregular heart beat.

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Making changes in one's lifestyle is one of the important elements that helps lower the risk of developing heart complications. Therapeutic lifestyle changes is one of the methods that helps to lower cholesterol.

**Therapeutic lifestyle changes encompass 4 key points:**



**Obesity has a direct effect on the risk of developing complications. This is because extra weight makes the heart pump more blood to supply it to the tissues. Hence, losing weight, if overweight is the first step towards a healthy start. Losing weight also helps reduce cholesterol levels in the body, thus improving blood flow. Lose weight in the right way by exercising regularly and eating small healthy frequent meals.**

While some may find it challenging to modify their eating habits, it is important to know choosing healthy options can get easier. People with heart problems need to establish a healthy eating pattern. Providing guidelines on a heart healthy diet will help to establish healthy habits.



# Few nutrients

that will help improve one's nutritional status and heart health

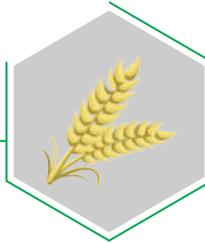
## Dietary Fiber

### Importance

Dietary fiber binds to cholesterol and helps eliminate excess cholesterol from the body, thus minimizing cholesterol buildup in the blood vessels. Hence, ensure to add foods rich in dietary fiber daily in the diet.

### Food Source

Soluble fiber-rich foods like oats, dals, beans, other cereals etc. & insoluble fiber-rich foods like 3-5 servings of fruits, vegetables including green leafy and other vegetables, whole grain cereals etc.



## Monounsaturated Fatty Acids (MUFA)

### Importance

Foods rich in MUFA may help reduce bad cholesterol levels and in turn help lower the risk of developing further complications. MUFA-rich oils are also rich in Vitamin E which helps reduce harmful radicals that build up in the body.

### Food Source

Olive oil, groundnut oil, canola oil, sesame oil, safflower oil etc.



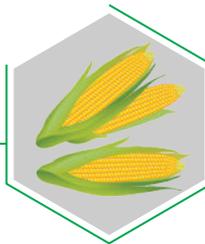
## Polyunsaturated Fatty Acids (PUFA)

### Importance

Foods rich in PUFA provide the body with two types of essential fatty acids that the body needs. Omega -3 & Omega -6 are the two types of essential fatty acids that the body needs. These fatty acids help lower blood cholesterol levels and also help in the maintenance of body's cells.

### Food Source

Omega-3 food sources like fish, walnuts, flax seeds, rice bran oil etc. and Omega-6 food sources like soyabean oil, corn oil, sunflower oil etc.



## Saturated Fatty acids (SFA)

### Importance

The type and amount of fat consumed has a direct impact on the body fat, weight, cholesterol levels and overall heart health. Foods rich in saturated fats should be consumed in minimal amounts because saturated fat has shown to increase blood cholesterol levels.

### Food Source

Limit consumption of Mutton, beef, lamb, pork, meat products, full fat milk, cheese, lard, butter, cream, palm oil, coconut oil etc.



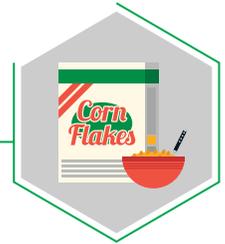
## Sodium & Salt

### Importance

Sodium is one of the most essential nutrients required by the heart and the body. In some individuals, sodium is known to increase blood pressure levels making the heart pump harder. Thus limiting the consumption of sodium rich foods will help to reduce the risk of developing heart problems.

### Food Source

Limit sodium rich foods like bakery products, packaged foods, ready to eat meals, instant noodles and soups, etc



## Sugar

### Importance

Excess amounts of sugar increases the risk of heart problems as it is shown to increase body weight and increase the risk of obesity, high blood pressure and high cholesterol.

### Food Source

Limit the addition of sugar, syrups, artificial sweeteners etc. to food and beverages.

