



# DIETARY RECOMMENDATIONS FOR A HEALTHY HEART

1. Include liquids like double toned or skimmed milk, buttermilk, light tea/coffee, lemon water, coconut water and soups in your diet
2. Consume a rich fiber diet:
  - + Whole grain cereals (dalia, oats, corn), whole pulses as they have a significant cholesterol lowering effect
  - + Use multi grain or whole wheat bread
  - + Do not sieve wheat flour (atta), add chana/soya , bran to wheat flour (multigrain atta)
  - + Include sprouted pulses in the diet as a salad, raita or as a filling
  - + Include plenty of fresh vegetables as a salad in both the meals
  - + Consume a minimum of 2-3 whole fruits daily.
3. Eggs: Prefer-Egg white, Avoid: yolk, Optional: (Whole Egg:1/week)
4. Meat: Prefer Chicken and Fish, Avoid red meat
5. Use healthy oils like Soybean, Rapeseed, Canola, Rice Bran, Mustard or Olive oil for Cooking, change the type of oil every couple of months (3 teaspoon/day)

## LIFE STYLE MODIFICATIONS

1. Do not skip any meals and maintain regular timings
2. Chew food properly
3. Do not watch TV or read while eating food
4. Include low calorie snacks in your diet
5. Eat a low calorie snack before dinning out
6. Follow healthy cooking practices like, steaming, pressure cooking, microwave, sauté avoid deep-frying
7. Use nonstick utensils for cooking
8. Remain physically active
9. Quit smoking
10. Limit alcohol intake

## RESTRICT/LIMIT

1. Intake of saturated fats such as full cream milk, butter, ghee, cheese etc as they are rich in cholesterol.
2. Fatty foods such as mayonnaise, creams, deep-fried foods as poories, samosa, patty, chips etc.
3. Canned and Ready to eat foods such as namkeens, chips. Preserved foods such as papads, pickles etc as they are rich in fat, salt and preservatives which may increases the risk of hypertension.
4. Intake of refined sugars, dressings and desserts like mithais, cakes, puddings, ice creams etc.
5. Intake of aerated drinks(as it is empty calories) and fruit juices(as it lacks fibre)

## SAMPLE MENU

Morning	<ul style="list-style-type: none"><li>• Fresh lime/Tea, Almonds/Walnuts</li></ul>
Breakfast	<ul style="list-style-type: none"><li>• Milk/curd/lassi</li><li>• Veg poha/Veg upma/Cornflakes/Stuff roti/Oats/Dalia/Bread</li><li>• Egg White/Sprouts/Paneer</li></ul>
Mid-Morning	<ul style="list-style-type: none"><li>• Fruit</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Salad</li><li>• Vegetable</li><li>• Pulse/Non veg</li><li>• Curd</li><li>• Roti/Rice</li><li>• Fruit</li></ul>
Evening	<ul style="list-style-type: none"><li>• Tea/Fresh lime</li><li>• Low calorie snack</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Salad</li><li>• Vegetable</li><li>• Pulse/Curd</li><li>• Roti/Rice</li><li>• Fruit/Dessert</li></ul>

Choice of fruits: Apple, Orange, Mousambi, Guava, Papaya, Peach, Pear, Plum, Pineapple, Pomegranate, Strawberries and Watermelon.

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