

# Coronary Artery Disease

## Top 3 Things to Keep in Mind



Diet



Exercise/ Activity  
Level



Lifestyle  
Changes

## Getting Started

### Diet

- Increase complex carbohydrates (whole grains, fruits, vegetables)
- Increase fiber (beans, whole grains)
- 25-35% of total calories should be fat intake from monounsaturated and polyunsaturated fats (walnuts, peanuts, almonds, alvacado).

### Foods to Avoid

- Avoid saturated fats and cholesterol (red meats, egg yolks, and whole milk)
- Avoid pastries and high-calorie bakery products (muffins, doughnuts)
- Limit sodium intake (salty foods)



### Activity Level

- Moderate Exercise 30min/day 5 days a week (walking)
- Intense exercise for 20 min/day 3 days a week (jogging)
- Strength building exercises 2 days/week
- Balance and stretch focused exercise 2 days/week



- Quit Smoking
- Quit Tobacco Use
- Quit Vaping

- Smoking, tobacco and vaping all increase the risk for CAD and progress the disease further.



### Avoid Alcohol

- Men should have no more than 2 beer in a day,
- Women should have no more than 1 beer in a day.