

Heart-Healthy Eating: Nutrition Therapy for CAD



FRUITS AND VEGTABLES

- Aim for a colorful variety everyday, berries, leafy greens, carrots, and tomatoes.
- Rich in fiber and nutrients that support heart health

Whole Grains

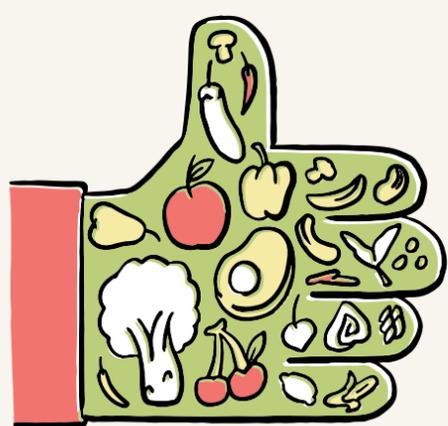
- Choose whole-wheat bread, brown rice, quinoa, oatmeal.
- High in fiber to help lower cholesterol.

Healthy Proteins

- Fish (like salmon) 2-3 times/week for omega-3 fats.
- Lean poultry, legumes (beans, lentils), tofu.
- Low-fat dairy like skim milk or yogurt.

Healthy Fats

- Olive oil, canola oil, nuts, seeds, avocados.
- Help improve cholesterol when used instead of saturated fats.



Why Nutrition Matters

Eating the right foods can reduce bad cholesterol, help manage blood pressure, and slow the progression of CAD by reducing plaque buildup in arteries.

Foods to Avoid or Limit

Saturated & Trans Fats

- Butter, creams sauces, fried foods, fatty meats, processed snacks.
- These increase blood cholesterol and CAD risk.

High Sodium

- Too much salt can raise blood pressure.
- avoid adding salt, choose low-sodium canned/processed foods.

Added Sugars

- Limit sugary drinks, sweets, pastries, excess sugar contributes to weight gain and heart risk.

Easy Nutrition Tips

Swap Smart:

- Replace butter with olive oil.
- Choose whole grains instead of refined grains.
- Snack on fresh fruit or nuts instead of chips.

Smaller Portions:

- Eating less in one sitting can support weight and cholesterol management.

Read labels:

- Look for less saturated fat, salt, sugar on packaged foods.

Plan meals ahead:

- Helps avoid last-minute unhealthy choices.

Simple Plate

- **Half plate: Vegetables & fruits**
- **Quarter plate: Whole grains**
- **Quarter plate: Lean protein**
- **Healthy fats: Small amounts of (nut, olive oil)**

