



National University
Heart Centre
Singapore

Heart Healthy Diet

Journey to a Healthy Heart

Educational resources by NUHCS

Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- **Heart Healthy Diet**
- Stress Management
- Smoking Cessation

Disclaimer

Information from this section has been adapted from the following:

NUHCS Eating to Your Heart's Content

<https://www.nuhcs.com.sg/Heart-Health/Articles/Pages/Eating-to-Your-Heart's-Content.aspx>

NUHCS Foods for A Healthy Heart

[https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/2421NUHCS Foods for a Healthy Heart English FA online.pdf](https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/2421NUHCS_Foods_for_a_Healthy_Heart_English_FA_online.pdf)

NUHCS Healthy Living, Hearty Living

[https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/Healthy Eating Healthy Living A5 menu \(updated as of Dec 2015\).pdf](https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/Healthy_Eating_Healthy_Living_A5_menu_(updated_as_of_Dec_2015).pdf)

Other resources:

<https://www.healthhub.sg/programmes/55/my-healthy-plate>

https://www.healthhub.sg/live-healthy/211/make_healthier_choice





Healthy Eating

- These days, ill health is due to a combination of excess intake as well as inadequate consumption of certain nutrients.
- Poor dietary habits may worsen the following cardiovascular risk factors:
 - ❖ High blood pressure
 - ❖ High lipids / Cholesterol
 - ❖ Diabetes
 - ❖ Weight management
 - ❖ Depression / Stress

Healthy Foods for Your Heart

Fruits and Vegetables

- Fruits and vegetables contain dietary fibre, which can lower your cholesterol level.
- Eating a variety of vegetables in **different colours** gives us a complete spectrum of vitamins and minerals.
- The recommended intake is to have at least two servings of fruits and vegetables in a day.



Wholegrain Products

- Wholegrain products are also high in dietary fibre to lower your blood cholesterol.
- Whole grains takes a longer time to digest and leads to more stable blood glucose levels.
- The recommended intake is to have at least one serving of wholegrain product in a day.
- As a general guide, **look out for the word whole** as in wholemeal, wholegrain or wholewheat.



Nuts and Seeds

- Nuts and seeds contain fibre, unsaturated fats, vitamins and minerals, which are beneficial for the heart.
- Consumption should be limited as they may lead to unnecessary weight gain due to the high calories.
- The recommended intake is to have a small handful of nuts or a cup (40 g) a few times a week.
- Always choose the unsalted raw/baked nuts instead of fried/added salt/sugar-coated nuts.





Oily Fish

- Salmon, cod, tuna and mackerel are all examples of oily fish which are packed with Omega-3 fatty acids that contain anti-inflammatory properties and help to improve cardiovascular health.
- The recommended intake is to have at least **two servings of 100g oily fish per week.**

Summary about Food Portions



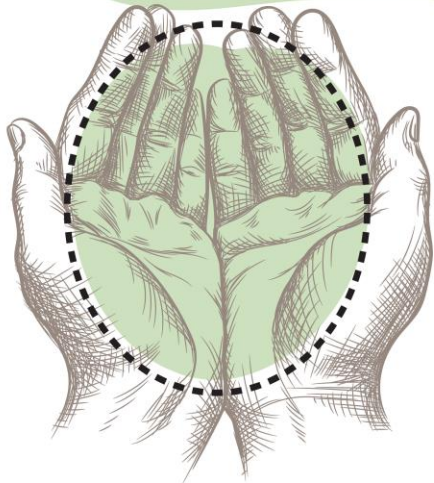
FIST

CARBS SERVING
ABOUT 1 CUP (150-200G)
PERFECT PORTION OF RICE,
FRUIT OR COOKED VEGETABLES



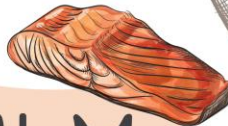
TWO HANDFULL

SALADS SERVING (FRESH SPINACH, LETTUCE)



PALM

PROTEINS SERVING
ABOUT 100G (3-4OZ)
PERFECT PORTION OF MEAT
DOUBLE UP FOR VEGE PROTEIN



FINGERTIP

FATS SERVING ~1 TEASPOON
OILS, BUTTER OR MAYONNAISE



CUPPED

HAND

SNACKS SERVING
ABOUT 1/2 CUP (50-80G)
PERFECT PORTION OF NUTS
OR DRIED FRUIT



THUMB

DAIRY SERVING
ABOUT 2 TABLESPOONS
SERVING SIZE OF CHEESE
OR PEANUT BUTTER



Shopping for Healthier Foods

Choose products which are:

- lower in sugar, saturated fat and salt
- higher in fibre and calcium
- skimmed/low-fat dairy products
- unsaturated oils
- wholemeal/wholegrain/un-polished products

Avoid products that contain:

- hydro-genated fats/oils/shortening, as these are high in saturated fat and trans fat



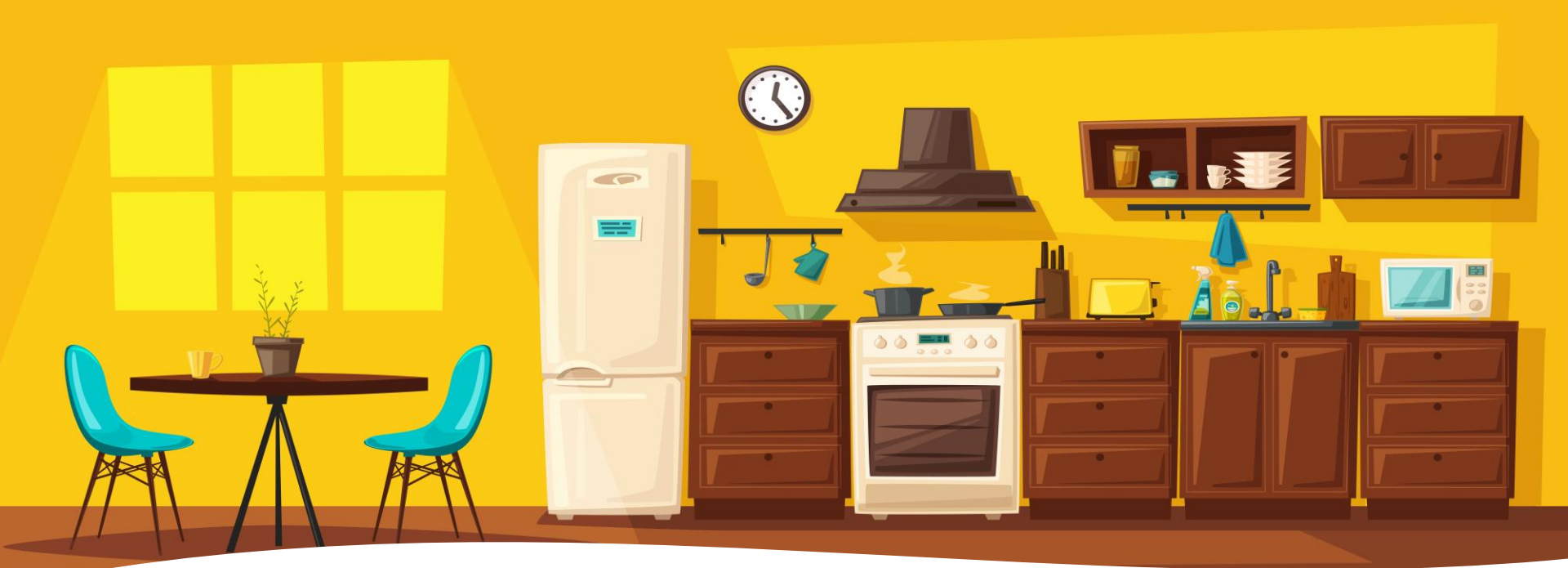
Healthier Choice Symbol (HCS)



Eat All Foods in Moderation

Illustration by HealthHub

Using the Healthier Choice Symbol (HCS) to guide your grocery purchases is one way to incorporate healthier options into your diet.



When Cooking at Home:

Healthier Cooking

- Lower fat cooking methods: steam, grill, bake, boil and stir-fry
- Use a non-stick cooking pan
- Replace coconut milk with low-fat yoghurt/evaporated milk
- Choose natural herbs/spices to flavour your food
- Remove skin and visible fats
- Use HCS healthier oils which are lower in saturated fats



When Dining Out:

- Choose healthier options : steamed, baked, grilled, stir-fried, boiled or soupy dishes
- More vegetables and less oil
- Remove skin and visible fats
- Choose fish, especially those rich in Omega-3s
- Choose wholegrain options such as brown rice or wholegrain noodles instead of refined carbohydrates like white rice
- Limit the intake of gravies and sauces
- Choose plain water, unsweetened tea/coffee or lower sugar beverages
- Eat a serving of fruits or a cup of low-fat yoghurt as dessert

Dining Out

Portion Your Food



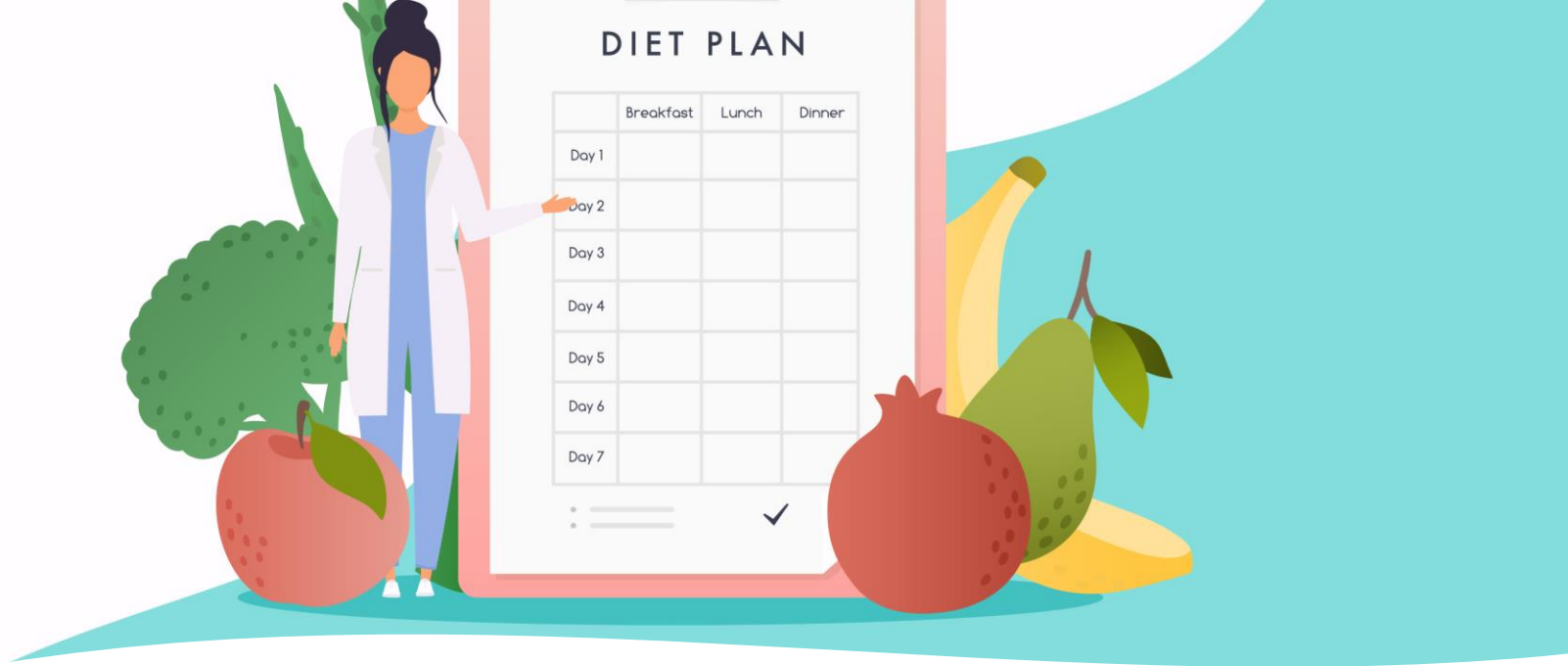
Illustration by HealthHub

For main meals, include all food groups in the right proportions for a balanced meal.

Fill your plate with:

- Quarter plate of wholegrains
- Quarter plate of lean protein
- Half plate fruit and vegetables

Control How Much You Eat



- Before and during meals, drink water or zero-calorie beverages to fill up your stomach.
- Use a small plate so you do not overeat.
- Chew your food properly before swallowing.
- Stop eating when you feel 80% full.

Thank you.

