

Modern Day Nutrition

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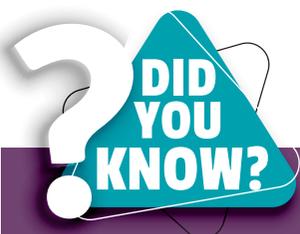
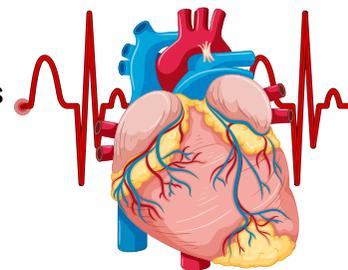
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A healthy diet is the cornerstone to prevent cardiovascular diseases.¹ This month's edition of Modern Day Nutrition will help you choose the right foods to keep your heart beating at its best.

Heart diseases are part of a larger group of illnesses called cardiovascular diseases or CVD, which include any disorder related to the heart, blood vessels (arteries and veins), congenital heart disease (defect in the heart structure at birth), deep vein thrombosis (blood clot in the veins), cerebrovascular disease (brain stroke), rheumatic heart disease (damaged heart valves), etc.²



INDIA FACES A CVD EPIDEMIC

- ⊙ CVD led to the deaths of 17.9 million Indians in 2016, accounting for 31% of all global deaths and 85% of these deaths were due to stroke or heart attack.²
- ⊙ Heart disease affects Indians 10 years before Europeans; i.e., in the Western countries 23% of CVD deaths occur in people less than 70 years, whereas in India, 52% of CVD deaths occur before the age of 70.³

DIETARY MODIFICATION CAN HELP PREVENT CVD



A study showed that a diet that does not have sufficient fruits and vegetables contributes greatly to heart disease.⁴

Eating a heart-healthy diet may not be as hard as you think. Ultimately, it depends on the food choices you make and these are really simple decisions once you know what's good for your cardiovascular health, which foods to avoid and which to limit.

6 DEIT TIPS TO PREVENT CARDIOVASCULAR DISEASES

1 CONTROL PORTION SIZES⁵



How much you eat is equally important as what you eat. Here are some things you can keep in mind to shape up your plate.

- Use a smaller sized plate/bowl
- Fill at least 50% of your plate with vegetables
- Eat slowly to feel full for a longer time

2 EAT MORE OF FRUIT AND VEGETABLES^{1,4}



4 to 5 servings of vegetables and 1-2 servings of fruit per day are recommended. These are good sources of vitamins, minerals and dietary fibre, all of which reduce chances of developing CVD.

3 SELECT WHOLE GRAINS AND MILLETS⁵



Whole grains are good sources of fibre and antioxidants. Go for choices like jowar, bajra, barley, ragi, quinoa, oats, brown rice, whole wheat flour.

4 CHOOSE THE RIGHT FATS⁵



- Try using vegetable-based oils (rice bran, soybean, sunflower, mustard, groundnut, olive) instead of dalda, vanaspati.
- Eat a small serving of nuts (almonds, walnuts), and seeds (flax, pumpkin) every day.
- Other sources of good fat are avocados and oily fish.

5 CHOOSE VEGETABLE BASED OR LEAN PROTEINS⁵



- Vegetarian protein sources have low fat content and have virtually no cholesterol. Choose from beans, pulses (channa, moong, masur, rajmah), soyabean, peas.
- Choose fish or poultry over red meat. Egg whites are also very good protein sources. Low fat dairy products can provide protein and minerals like calcium, making them good choices.

6 LIMIT SALT OR SODIUM⁵



Beware of other sources of sodium (other than salt) like biscuits, processed, canned, ready-to-eat foods, soup powders, sauces, pickles, papads, ketchup.

Be aware of health risks related to heart health and take steps in the right direction to live a healthier and happier life.

References:

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