



HIGHLIGHTS: Food Choices and Heart Disease



Some drugs that help people can have side effects. One of these drug side effects is lipodystrophy. It can increase the risk of heart disease. This fact sheet helps people to learn about heart disease and food.

Food and Heart Disease



Food choices can help to lower the risk of heart disease. The risk of heart disease is high when blood cholesterol is high. Blood cholesterol is like fat and is made in the body. It is in animal foods such as meat and dairy foods too. Some kinds of fat in the diet also increase the risk of heart disease.



Plan Healthy Meals

There are a few ways to lower the risk of heart disease. Planning meals before you eat helps to limit poor food choices. Even small meal plan changes can help. Plan meals to fit your budget and food needs. Know what your calorie, protein and fat needs are to make a good meal plan. It is best to plan meals with a nutritionist. Plan meals by using the foods in the table below. This can help to lower your risk of heart disease.

Meal Plan Tips

- Read food labels. Do not choose foods that first list fat, oil, or cholesterol. They all increase heart attack risk.

Some Foods that Help to Lower Cholesterol		
*Apples & applesauce	Canned tuna in water	Cranberries
Garlic & Ginger	Mackerel & Salmon	Lemon
Leafy greens	*Legumes/Beans	Mushrooms
Mixed Nuts & Seeds	*Oat bran & Oatmeal	Olives
<i>Olive and Canola oil</i>	Onion & Leeks	Orange juice
Soy foods	Whey protein	*Whole grains

- Choose more high fiber foods*.

- Eat more fresh fruit and vegetables. Do not eat grapefruit or drink its juice. It can change how drugs work in the body.

- Eat fewer store bought one-dish meals. Limit breakfast foods and cornbreads that are high in fat.

- Avoid high sugar drinks such as soda. Do not drink alcohol.

- Do not eat fried or fatty 'fast foods'.





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Fat and Food Choices



Butter and *some oils* (see table on the other side) are better to eat than other fats. Some fats may not be good for the immune system. Eat foods with omega-3 fatty acids such as fatty fish, walnuts and oils listed in the table.

Eat: • trans fat-free spreads (*I Can't Believe It's Not Butter Light* or *Country Crock Light*). Avoid: • foods with partially hydrogenated oils (trans fats) • saturated oils • fats such as palm oil, bacon fat, high-fat salad dressings, lard, shortening, etc.

Eat protein foods without fat: • fish • lean cuts of meat • soy foods, etc.

Avoid: fatty meats: • bacon • corned beef • fatty cold cuts • hot dogs • pork spareribs • fatty ground beef • sausage , etc.

Eat low fat: • cheeses • milk • ice cream • cream cheese • cottage cheese • yogurt, etc.

Fat Facts

- The best way to lower your cholesterol is to eat less saturated and trans fat.
- Trans fats are twice as bad to blood cholesterol as animal fats are.
- Some foods (such as chocolate) do not have cholesterol but do have saturated fat.

Healthy Food Choices Review

See a health care provider at least twice a year. Talk about: exercise (walking and weight lifting); ways to lower the risk of heart disease; and seeing a nutritionist to get a meal plan to help lower your heart disease risk.

A meal plan makes it easier to lower heart disease risk. All meals need to have lean protein and high-fiber foods. Eat more fruit and vegetables. Do not have cholesterol, saturated fat, trans fat, alcohol, grapefruit, and fried or high sugar foods.

Find out more about heart disease from the National Heart, Lung, and Blood Institute by telephone at: 301/592-8573. If you have Internet access visit the web site at www.nhlbi.nih.gov.

Note: This fact sheet is made to help people learn about heart disease and food. The information in it is current as of March 2005. It is not medical, fitness, dietetic, or professional advice. Ask a health care provider about the things in this fact sheet.