



## Medical Nutrition Therapy: Healthy Heart

### What is a Healthy Heart Diet?

The Healthy Heart diet is for people who have dyslipidemia and need to improve lipid levels. The diet consists of controlled portion intake, especially of saturated fat, cholesterol, sodium and sufficient fibre intake.

### Why do I need a Healthy Heart diet?

The purpose of the Healthy Heart diet is to help prevent, or delay the progression of coronary heart disease, to address hypertension, congestive heart failure, and management of cardiac disorders. Benefits to the healthy heart diet is a better control of fluid retention, feeling better, and better management of other associated symptoms of your medical condition.

Aim for less than 2300 mg of sodium per day, which is the standard recommendation. Too much salt makes your body hold on to extra water, which increases the strain on your heart. For more information on how to reduce sodium intake, please ask for the **Low Sodium** handout.

Include omega-3 rich foods in your diet. They may help to reduce inflammation in your body. Canada's Food Guide recommends at least 2 servings of fish per week. Other sources of omega-3 fats include flaxseeds, canola oil, soybeans and walnuts. If you are worried you are not getting enough omega-3 fats from your diet, you may need an omega-3 supplement. **Limit intake of saturated fats** to less than 7% of Daily Value (DV).

**A high fibre diet** is recommended, if weight loss is part of your prescribed Healthy Heart management. Fibre acts like a net, slowing down absorption of fat and sugars and is therefore effective weight management. If you are overweight, and are planning to lose weight, aim to lose weight slowly. For information on how to lose weight in a safe and healthy way, please talk to a registered dietitian or your health care provider. Other lifestyle changes that you can take are to quit smoking, and limit alcohol intake.

Therapeutic Meals can provide you with delicious meals that are personalized to your medical needs and preferences. To order please visit our website at [www.therapeuticmeals.com](http://www.therapeuticmeals.com), or call us at 250 415 5444 (Victoria, British Columbia). Therapeutic Meals also offers private Registered Dietitian services to assist you with your Healthy Heart Diet.

For your convenience, Therapeutic Meals also offers meal planning services, creating individualized menus. The menu's can be created on a weekly, bi-weekly or monthly cycle. With meal plans, we automatically re-order your meals for you. You can change your menu at any time you wish.