



تجمع عسير الصحي - نطاق بيشة

Asir Health Cluster of Bisha Zone



(Diet for heart patients )





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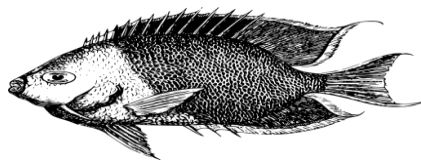
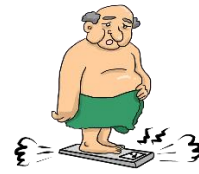
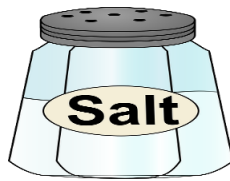
❖ Why the need for a diet for heart patients?

In the event that you are a person with heart disease, you should pay attention to what you eat in your daily meals well, as the food eaten negatively or positively affects your health and even psychological status as well.

Following a diet for heart patients contributes to reducing the symptoms of heart disease, controlling the various rates associated with heart health such as cholesterol, pressure, sugar and insulin, and helps greatly in recovering from heart disease while following other healing methods such as treatment

❖ Dietary guidelines to follow to maintain the integrity of the heart

- ✓ Get rid of excess weight
- ✓ Eat a diet low in salt and cholesterol
- ✓ Stay away from foods high in fat
- ✓ Eat a lot of dietary fiber found in bran, vegetables and fruits
- ✓ Stay away from eating foods that contain a high percentage of cholesterol such as: egg yolk - liver - brain - knuckles - butter - shrimp - sausage - burgers - shawarma - mortadella
- ✓ Do not eat canned foods because they contain a high percentage of salts and fats
- ✓ Reduce the use of table salt in cooking and refrain from putting salted on the table





❖ Foods recommended for heart patients

Vegetables, fruits, whole grains, low-fat dairy and lean protein sources are foods that provide the right nutrients for patients with heart disease.

- Fruits and vegetables

Vegetables and fruits are good sources of minerals and vitamins, in addition to their richness in dietary fiber, so they are useful foods for cardiovascular patients and should be included in the diet.

- Low-fat proteins

Food Type	Permitted foods	Prohibited foods
Fruits & Vegetables	✓ All kinds of fruits and vegetables ✓ Fruits & Vegetables	☒ - Vegetables cooked in oil, ghee or butter ☒ -Coconut

In general, one of the best sources of protein for heart disease is lean meat, skinless chicken meat and fish, as well as low-fat dairy products, eggs, and most importantly choose the least fat among them specifically.

Proteins to limit or avoid	Proteins to choose
☒ Milk, other full-fat dairy products	✓ Low-fat dairy products such as yogurt, cheese and milk
☒ Egg yolk	✓ Egg whites
☒ Fatty meats	✓ Fish, especially cold-water fish such as salmon
☒ Hot dog or sausage	✓ Skinless chicken
☒ Fried meat	✓ Legumes
☒ Organic meats such as liver-brain-elbow-heart	✓ Soybeans and soy products
	✓ Lean meat



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❖ ? Reduce unhealthy fats in the diet of cardiovascular patients

Avoiding saturated and trans fats in general is an important step in order to reduce the level of cholesterol

Fat type	Recommended quantities
Saturated fats	Generally less than 6% of the total calorie intake per day (if the total calorie intake is 2000 calories, i.e. about 11-13g).
Unsaturated fats	Prohibited

An easy way to add healthy fats (and fiber) to the diet is to use ground flaxseed in particular, due to their richness in omega-3, as well as fiber..

Which fats to choose	Fats to reduce
✓ ? Olive oil	☒ ? Butter
✓ ? Canola oil	☒ ? Grease
✓ ? Oil of nuts and vegetables	☒ ? Cream sauce, as well as milk-free creams
✓ ? Obesity, unsaturated fat free	☒ ? Gravy
✓ ? Obesity low cholesterol	☒ ? Vegetable obesity and also hydrogenated synthetic
✓ ? Seeds and nuts	☒ ? Cocoa butter found in chocolate
	☒ ? Coconut, palm, cottonseed oils, as well as palm kernel oil.

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❖ Important..

- The optimal diet is the one that is under the guidance of a therapeutic nutritionist so that there is no imbalance and deficiency in the necessary nutritional components that are necessary for the body and when organizing meals, take into account the size of the body and the level of activity and for help communicate through this application with the specialist to provide you with your accurate diet according to your health condition...

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