

ANGINA PECTORIS

Pain in the region of heart on exertion is known as angina pectoris.

CAUSES

- 1) Inadequate supply of blood and oxygen to the heart is the main reason.
- 2) Atherosclerosis of the coronary artery.
- 3) Arteriosclerosis.
- 4) Increased triglycerides and cholesterol.
- 5) Sedentary life.
- 6) Obesity.
- 7) Lack of exercise.
- 8) Sudden emotional upsets.
- 9) Chronic consumption of alcohol.
- 10) Chronic smoking.
- 11) Drug abuse like - cocaine etc.
- 12) Hypertension.
- 13) Diabetes mellitus.
- 14) Family history.

DIETARY MANAGEMENT

- 1) Cut down salt (common table salt) intake in your diet to avoid hypertension. Intake should not exceed more than 2 to 2.5 gm a day.
- 2) Avoid foods rich in cholesterol: ground nut oil, ghee, butter, whole milk, eggs, lard (fats derived from pig meat), tallow (fats derived from goat or sheep mutton), oily fish, meats and red meat - all non-vegetarian food contain cholesterol in varied amount.
- 3) Avoid non-vegetarian food especially red meat.
- 4) Increase intake of foods that contain PUFA's (poly unsaturated fatty acids) flax / linseed oil is the richest source of PUFA's. Other oils that contain PUFA's are sesame oil, mustard oil and olive oil. As all oils are high in fats, its consumption should be limited. The intake of oils should not exceed 20gms a day.
- 5) Sesame oil and almond oil hinders the absorption of LDL (low-density lipoproteins), so it is advisable to use replace other cooking oils by sesame oil.
- 6) Increase your intake of water.
- 7) Consume whole grain cereals and whole pulses.
- 8) Take high fiber diet - whole grains, bran, oat, green leafy vegetables, peas, beans, potatoes, raw vegetables, salads, dried fruits and fresh fruits.
- 9) Eat fruits and vegetables with the skin.
- 10) Cut down the intake of sugar and other sweeteners.
- 11) Replace whole milk with semi-skimmed or skimmed milk.
- 12) Avoid fat-rich portions of flesh foods. Instead have lean meat.
- 13) Avoid fat-rich desserts and fried snacks like cakes, pastries, puddings etc
 - I. Instead of frying food boil, steam, grill or roast food.
 - II. Avoid coffee and caffeinated drinks, junk food - pizza, burgers etc.
 - III. Consume food rich in magnesium
 - a. Nuts and sea food, green leafy vegetables, sea plants like Japanese sea plants, whole grains, Peas, lotus stem, pulses, legumes and oil seeds
 - IV. Increase intake of vitamin C, it maintains the elasticity and integrity of the artery walls.

- a. Citrus fruits, green leafy vegetables.
 - b. Eat vegetables- cabbage, broccoli, tubers- potatoes and sweet potatoes.
- V. Reduce calcium intake (reduce but do not completely avoid calcium as it is needed for maintenance of our body):-
- a. milk and sea food, nuts, green leafy vegetables, whole grains, peas, lotus stem, pulses, legumes and oil seeds
 - b. Should avoid custard apple and banana as they are high in calcium.

NOTE

- 1) Reduce weight if obese.
- 2) Stop smoking and alcohol consumption.
- 3) Exercise regularly.
- 4) Take brisk walks for 40 minutes daily morning.
- 5) Practicing yoga and breathing exercises plays a very important role in lowering the cholesterol levels.
- 6) Do some relaxation techniques like yoga, meditation etc to relieve the stress Change your lifestyle to reduce stress-physical or mental.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .