

ISCHEMIC HEART DISEASE (IHD):

IHD is atherosclerosis of the coronary arteries (arteries that supply blood to the heart). It is most important cause of death in the world.

CAUSES

- 1) Elderly are at high risk of IHD.
- 2) Males are more prone to IHD.
- 3) Women after menopause are also at risk of IHD.
- 4) Chronic smoking.
- 5) Hypertension.
- 6) High intake of dietary fats.
- 7) People with low HDL (high density lipoproteins) and high total cholesterol are at risk.
- 8) Obesity.
- 9) Diabetes mellitus.
- 10) Family history Of IHD.
- 11) Stress.

DIETARY MANAGEMENT

- a. Cut down sodium chloride (common table salt) intake in your diet to avoid hypertension. Intake should not exceed more than 2 to 2.5 gm a day.
- b. 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.
- c. Avoid non-vegetarian food especially red meat.
- d. 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 safflower oil, soybean oil, maize oil, sesame oil, rich bran oil, ground nut 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.
- e. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids.
- f. 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.
- g. Increase your intake of water.
- h. Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health.
- i. Eat more vegetables and fruits.
- j. Cut down the intake of sugar and other sweeteners.
- k. Avoid fat-rich portions of flesh foods. Instead have lean meat.
- l. Avoid fat-rich desserts and fried snacks like cakes, pastries, puddings etc
- m. Instead of frying food boil, steam, grill or roast food.
- a. Avoid coffee and caffeinated drinks, junk food - pizza, burgers etc.
- b. Consume food rich in magnesium:
 - i. Nuts and sea food, green leafy vegetables, sea plants like Japanese sea plants, whole grains Peas, lotus stem, pulses, legumes and oil seeds
- c. Increase intake of vitamin C, it maintains the elasticity and integrity of the artery walls.
 - i. Citrus fruits, green leafy vegetables.

- d. Reduce calcium intake (reduce but do not completely avoid calcium as it is needed for maintenance of our body):-
 - i. milk and sea food, nuts, green leafy vegetables, whole grains, peas, lotus stem, pulses, legumes and oil seeds.

NOTE

- a. Reduce weight if obese.
- b. Stop smoking and alcohol consumption.
- c. Practicing yoga and breathing exercises plays a very important role in lowering the cholesterol levels.
- d. Do some relaxation techniques like yoga, meditation etc to relieve the stress
Change your lifestyle to reduce stress-physical or mental.
- e. Do regular exercise or brisk walking for at least 40 minutes.

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 .