



HEART DISEASE AND MEDICAL NUTRITION THERAPY EDUCATION

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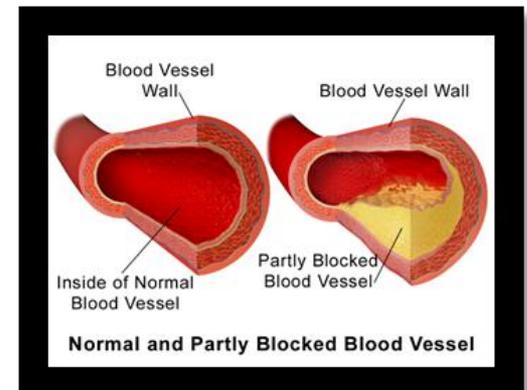
WHAT YOU WILL LEARN

- **What heart disease is**
- **How nutrition can impact heart disease**
- **Congestive heart failure and weight fluctuations**
- **Nutrition modifications related to heart disease**
- **Heart healthy diet example menu**
- **Heart healthy diet options offered at BJEC**
- **Take – home tips**



HEART DISEASE

- Is also known as cardiovascular disease
- It includes conditions that affect the blood vessels of the heart, its structure, and function
- The most common types of heart disease include:
 - Coronary Artery Disease (plaque builds up on inner walls of blood vessels)
 - Congestive Heart Failure (CHF, a chronic condition where the heart does not pump blood as well as it should)
 - **Symptoms:** shortness of breath, fatigue, swollen legs/feet, weight gain related fluid retention (edema), rapid heartbeat
 - **Risk factors:** High blood pressure, diabetes, obesity, Chronic Obstructive Pulmonary Disease (COPD), kidney disease, viral or bacterial infection, older age
 - Heart Attack
 - Atrial Fibrillation (irregular heartbeat)



HOW NUTRITION IMPACTS HEART DISEASE

- Depending on your diet and lifestyle choice you may be more vulnerable to heart disease
- Research supports following diets similar to DASH (Dietary Approach to Stop Hypertension) or Mediterranean to aid in heart disease management
 - Lower in sodium and saturated/trans fats from packaged processed foods
 - Higher in potassium, fiber, antioxidants, and heart healthy fats
- Fluid restrictions are ordered by your Physician as needed in some cases of congestive heart failure to aid in decreased edema (fluid retention) and potential shortness of breath
- Lower fat meals may be beneficial if you have hyperlipidemia (high cholesterol levels)
- Exercise when medically cleared has heart healthy cholesterol lowering benefits, weight loss can improve cardiovascular health and reduce obesity related risk factors



CONGESTIVE HEART FAILURE (CHF) AND WEIGHT FLUCTUATIONS

- One side effect of CHF is weight fluctuations because fluids build-up or “congest” in the body
- The body may try to make up for weakened heart pumping muscles by holding more salt and water in the blood
- Look out for sudden weight gain related to fluid retention (edema) by weighing yourself daily:
 - Weight gain of 2-3 pounds in 24 hours
 - Weight gain of 5 or more pounds in 1 week
 - Call your Doctor or notify your clinical team immediately
- You may also notice you urinate less frequently, a healthy amount of urine output is ~5-8 cups per day and the color should be pale yellow “lemonade color” not dark yellow “apple juice color”
- Your Doctor may prescribe a diuretic to help remove excess fluid from your body



NUTRITION MODIFICATIONS & HEART DISEASE

- Typically a safe weight gain rate is 0.5-2.0 pounds per week however should be customized to meet your unique needs
- Many factors can effect your weight trends: time of day you weigh yourself, clothing worn, if you have used the restroom recently, if you recently ate a large meal and/or a salty meal, medications and health conditions that include your heart and kidneys
- It is best to weigh yourself at the same time of the day, after using the restroom and wearing the same clothing
- If you have a history of heart or kidney disease, keep in mind it is normal for you to have larger weight fluctuations , however talk to your doctor about what is a safe weight fluctuation specific to your conditions.
- If you have been told you need a specific texture or thickened liquids in your diet, please check with your Speech Therapist regarding safety of certain foods



NUTRITION MODIFICATIONS CONT...

- Bring awareness to the amount of fluid intake with meals and in-between meals to avoid fluid overload
 - Try 1 c of water in the morning with medications, 1 c coffee/tea with breakfast, sips of water to keep mouth moist until lunch, 1 c of water with lunch (no other fluids), sips of water to keep mouth moist until dinner, ½ c water with dinner, ½ c tea or milk, sips of water until bedtime to keep mouth moist
 - If you take a lot of medications try using applesauce or pudding instead of water. If you have not reviewed your medication list with your Doctor recently it may be helpful to see if you can reduce some of your medications
- Heart healthy fats and high fiber foods:
 - Variety of fatty acids in the diet is important and in the proper portion sizes: 1 pat of butter, 2 tsp olive oil, 2 tsp canola oil, ¼ c nuts/seeds, 2/3 c low-fat dairy, leaner cuts of animal fat
 - Whole grains (whole grain breads/cereals, brown rice), choose fresh fruit (instead of fruit juice, the fiber has been removed), vegetables (not including corn/peas)



HEART HEALTHY DIET EXAMPLE MENU



Breakfast	Lunch	Dinner	Snack
Oatmeal, low-fat milk, cinnamon, berries, ¼ c nuts, drizzle of honey	½ sandwich on whole grain bread, low sodium deli meat; side salad with cranberries, oil and vinegar dressing (2 Tbsp)	1 slice of regular crust pizza, low fat cheese, chicken and vegetables (avoid pepperoni), grilled Brussels sprouts	Fruited low fat yogurt, ¼ cup nuts or 1.5 tablespoons favorite nut butter
Veggie omelet, olive oil, whole grain bread with 2 thin slices of avocado, 1 c fruit	1 c low sodium soup with chicken, vegetables, and brown rice, 1 small apple	4-6 oz salmon grilled, 1 small sweet potato with a pat of butter, steamed broccoli	Hummus ½ c, raw carrots/celery, whole grain crackers

HEART HEALTHY DIET OPTIONS OFFERED AT BJEC

- Regular (NAS) Diet
 - This diet includes regular food items with salt added during the cooking process
 - You do not receive a salt packet on your tray
 - You can request Ms. Dash salt alternative with meals
 - Depending on what you order this diet may provide 2100-2800mg sodium per day
- Heart Healthy (2gm sodium) Diet
 - This diet includes food items that are cooked separately with no added salt (these food items taste more bland in flavor)
 - You will receive Ms. Dash to add flavor to your meals only
 - This diet provides ~2000 mg of sodium per day
- Fluid Restriction (ordered by your Doctor) only if needed
 - 1000mL - 1500mL per day (most common), an average person drinks ~1600-2400mL per day
- After risk and benefits are explained, you have the right to refuse any dietary restrictions on your diet orders

TAKE – HOME TIPS

- Heart Disease while at times very serious, should not cause fear while eating favorite foods
- Instead pleasure and awareness should be used in balance during mealtimes
- Some research supports more liberalized amounts of salt in the diet and better management of symptoms related to CHF
- Weighing yourself daily can be helpful in managing your heart condition
- Reviewing your diet and medications with your Doctor and Dietitian can bring a sense of peace and help simplify things
- If you are overweight starting an exercise program with Physician approval can help improve some of your symptoms and balance your emotions
- Following a meal plan that you enjoy will help you feel your best and potentially prevent symptoms from worsening



REFERENCES

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THANK YOU!

LEARN, GROW & LIVE WELL

