



National University
Heart Centre
Singapore

Heart Healthy Diet



Journey to a Healthy Heart

Educational resources by NUHCS

Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- **Heart Healthy Diet**
- Stress Management
- Smoking Cessation

Disclaimer

Information from this section has been adapted from the following:

NUHCS Eating to Your Heart's Content

<https://www.nuhcs.com.sg/Heart-Health/Articles/Pages/Eating-to-Your-Heart's-Content.aspx>

NUHCS Foods for A Healthy Heart

[https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/2421NUHCS Foods for a Healthy Heart English FA online.pdf](https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/2421NUHCS_Foods_for_a_Healthy_Heart_English_FA_online.pdf)

NUHCS Healthy Living, Hearty Living

[https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/Healthy Eating Healthy Living A5 menu \(updated as of Dec 2015\).pdf](https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/Healthy_Eating_Healthy_Living_A5_menu_(updated_as_of_Dec_2015).pdf)

Other resources:

<https://www.healthhub.sg/programmes/55/my-healthy-plate>

[https://www.healthhub.sg/live-healthy/211/make healthier choice](https://www.healthhub.sg/live-healthy/211/make-healthier-choice)

<https://www.healthhub.sg/programmes/nutrition-hub/nutri-grade-mark#home>

<https://www.pharmacy.nhg.com.sg/all-about-fat-3>

Healthy Heart Diet

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Healthy Eating

- Today, ill health is due to a combination of excess intake as well as inadequate consumption of nutrients.
- Poor dietary habits may worsen the following cardiovascular risk factors:
 - ❖ High blood pressure
 - ❖ High lipids / Cholesterol
 - ❖ Diabetes
 - ❖ Elevated body mass index
 - ❖ Depression / Stress



Healthy Food for Your Heart

Fruits and Vegetables

- Fruits and vegetables contain dietary fibre, which can lower your cholesterol level.
- Eating a variety of vegetables in **different colours** gives us a complete spectrum of vitamins and minerals.

Example: **Green**-spinach, broccoli;
Red-tomatoes, red peppers; **Orange**-carrots, pumpkin; **Yellow**- corn, yellow squash



- The recommended intake is to have at least **two servings of fruits and vegetables in a day.**

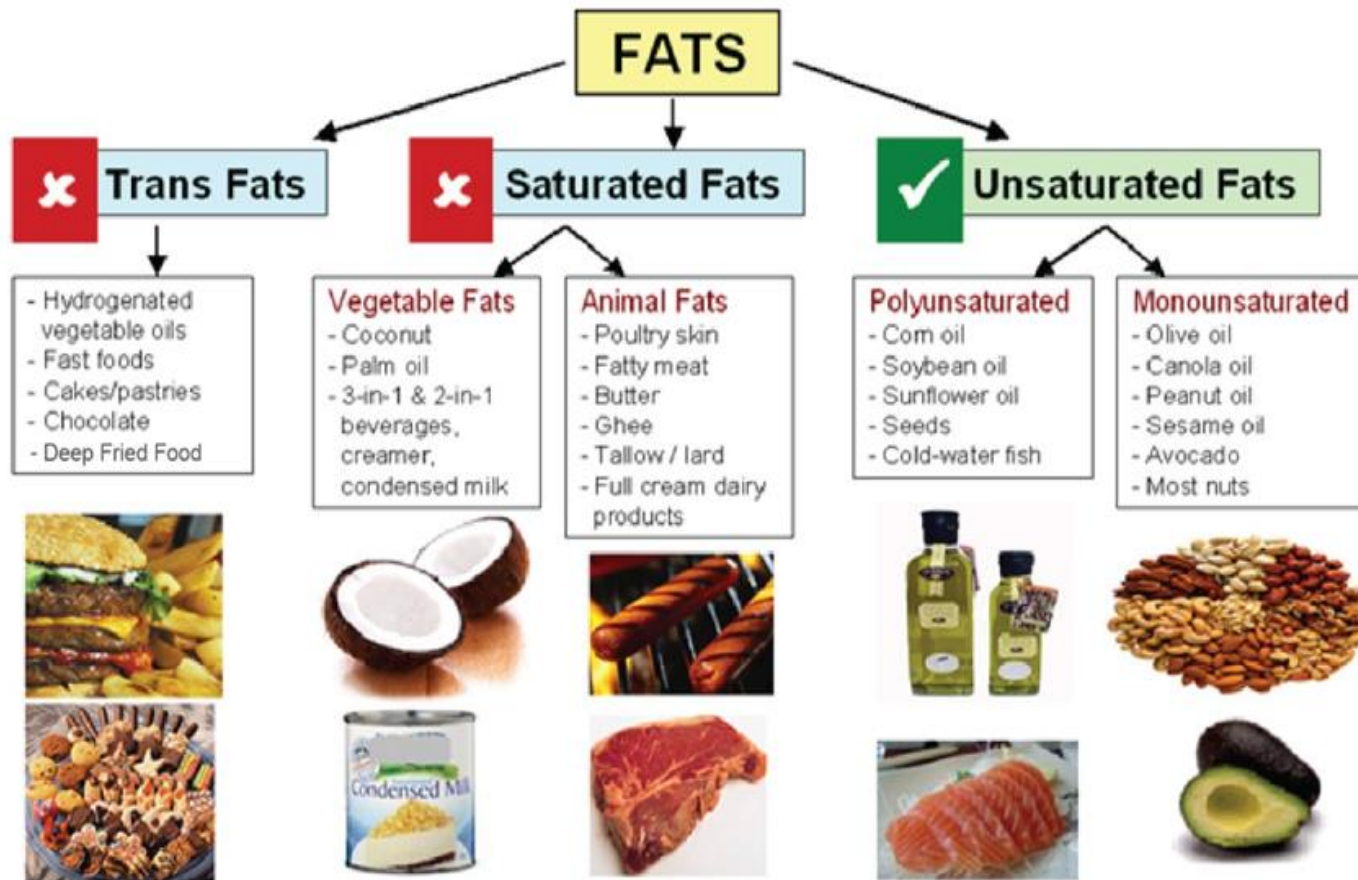
Wholegrain Products

- Wholegrain products are also high in dietary fibre to lower your blood cholesterol.
- Whole grains takes a longer time to digest and leads to more stable blood glucose levels.
- The recommended intake is to have at least one serving of wholegrain product in a day.
- As a general guide, **look out for the word whole** as in wholemeal, wholegrain or wholewheat. For example, wholemeal bread, wholemeal pasta, brown rice, oats, quinoa etc.



Fats

Fats are essential for fueling our body with energy and support cell function. Fat helps the body absorb vitamin A, vitamin D and vitamin E. Healthy unsaturated fats include **polyunsaturated fats** and **monounsaturated fats**.



Illustrated by National Healthcare Group

Fats

Saturated Fats



Saturated fats such as fatty meat, full cream dairy, butter and coconut oil should be consumed in moderation to prevent excess calorie intake.

Trans Fat



However, Trans fat or hydrogenated oils such as highly processed and deep-fried food are the worst kind of fat. Trans fat need to be avoided as much as possible because it raises “bad” cholesterol and lowers “good” cholesterol.



Polyunsaturated fat (Oily Fish)

- Salmon, cod, tuna and mackerel are all examples of oily fish which are packed with Omega-3 fatty acids that contain anti-inflammatory properties and help to improve cardiovascular health.
- The recommended intake is to have at least **two servings of 100g oily fish per week.**

Monounsaturated fat (Nuts and Seeds)

- Nuts and seeds contain fibre, unsaturated fats, vitamins and minerals, which are beneficial for the heart. Example of nuts and seeds are almonds, walnuts, pistachio, macadamia, pumpkin seeds, sunflower seeds etc.
- Consumption should be limited as they may lead to unnecessary weight gain due to the high calories.
- The recommended intake is to have a small handful of nuts or a cup (40 g) a few times a week.
- Always choose the [✓]unsalted/ [✓]raw / [✓]baked nuts instead of ^Xfried/ ^Xsalted/ ^Xsugar-coated nuts.





Shopping for Healthier Food

Choose products which are:

- lower in sugar, saturated fat and salt
- higher in fibre and calcium
- skimmed/low-fat dairy products
- unsaturated oils
- wholemeal/wholegrain/un-polished products

Avoid products that contain:

- hydro-genated fats/oils/shortening, as these are high in saturated fat and trans fat



Healthier Choice Symbol (HCS)



Using the Healthier Choice Symbol (HCS) to guide your grocery purchases is one way to incorporate healthier options into your diet.

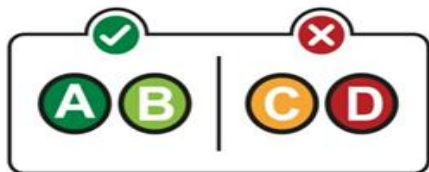
Eat All Foods in Moderation

Illustration by HealthHub



Nutri-Grade Mark

**CHOOSE BETTER
WITH NUTRI-GRADE**



**GO FOR
HEALTHIER CHOICE
DRINKS OR WATER**




The Nutri-Grade mark grades your drinks based on sugar and saturated fat levels.

Drinks graded “A” have the lowest sugar and saturated fat content while “D” have the highest.

Choose A or B Nutri-Grade drinks and avoid C and D

NUTRI-GRADE mark for beverages

	A 	B 	C	D
SUGAR CONTENT (grams per 100ml)	<1 and no sweetener	>1 to 5	>5 to 10	>10
SATURATED FAT CONTENT (grams per 100ml)	≤ 0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8

How drinks are graded



Example: Full-Fat Milk

Grade A

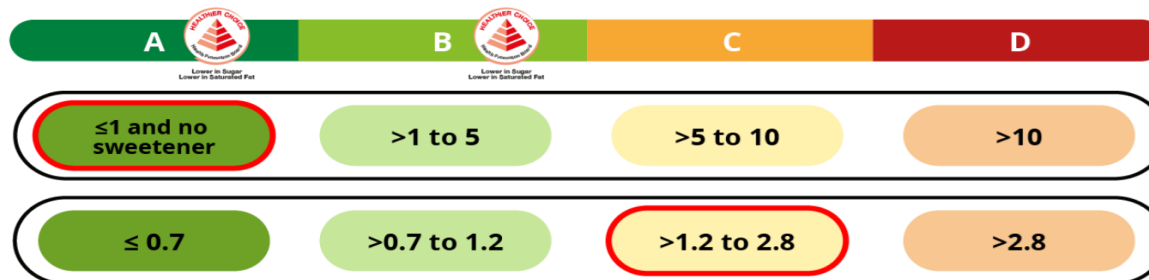
Sugar content
= 0g per 100ml

Grade C

Saturated Fat content
= 2.8g per 100ml

Final Grade

Grade C



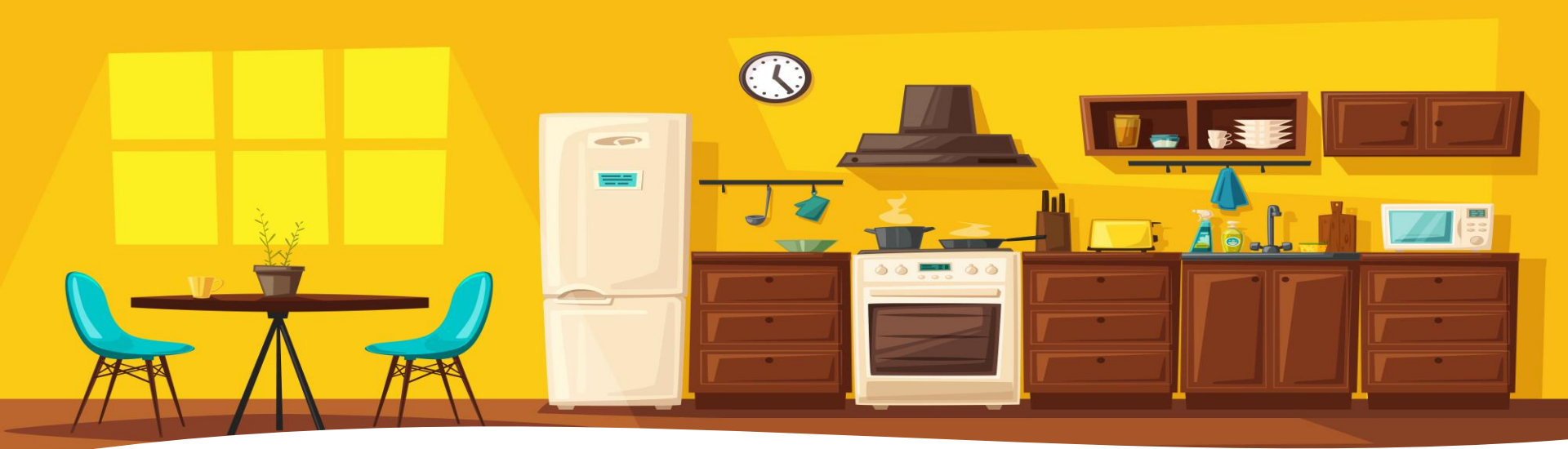
Illustrations by HealthHub



Healthier Cooking

When Cooking at Home:

- Lower fat cooking methods: steam, grill, bake, boil and stir-fry
- Use a non-stick cooking pan
- Replace coconut milk with low-fat yoghurt/evaporated milk
- Choose natural herbs/spices to flavour your food
- Use HCS healthier oils which are lower in saturated fats
- Remove skin and visible fats



Dining Out

When Dining Out:

Choose

- Healthier options : steamed, baked, grilled, stir-fried, boiled or soupy dishes
 - More vegetables and less oil
 - Fish, especially those rich in Omega-3s
 - Wholegrain options such as brown rice or wholegrain noodles instead of refined carbohydrates like white rice
 - Plain water, unsweetened tea/coffee or lower sugar beverages
 - A serving of fruits or a cup of low-fat yoghurt as dessert
- Limit the intake of gravies and sauces
 - Remove skin and visible fats

Portion Your Food

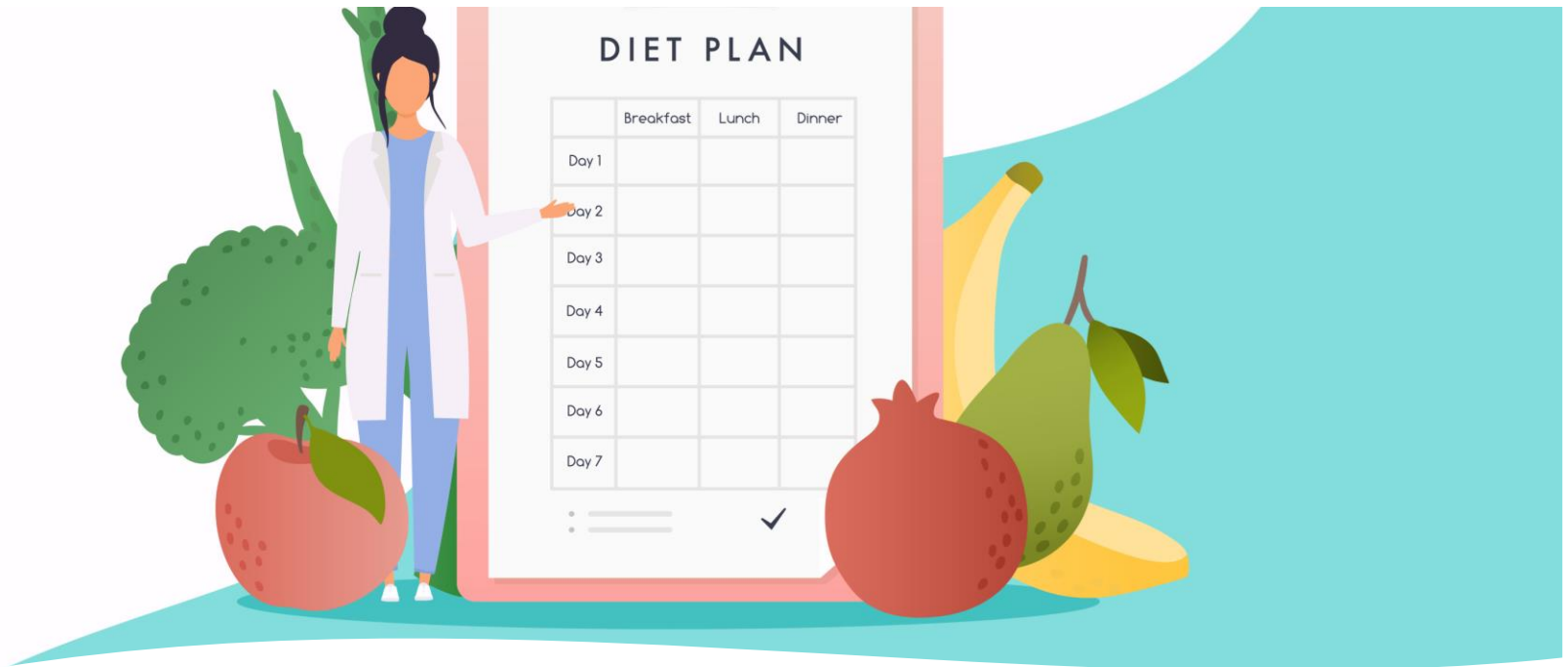


Illustration by HealthHub

For main meals, include all food groups in the right proportions for a balanced meal.

Fill your plate with:

- Quarter plate of wholegrains
- Quarter plate of lean protein
- Half plate fruit and vegetables



Control How Much You Eat

- Before and during meals, drink water or zero-calorie beverages to fill up your stomach.
- Use a small plate so you do not overeat.
- Chew your food properly before swallowing.
- Stop eating when you feel 80% full.

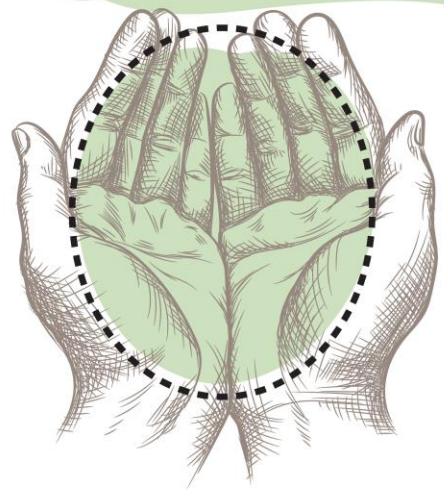
Summary about portioning of food



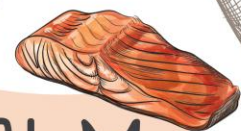
FIST
CARBS SERVING
ABOUT 1 CUP (150-200G)
PERFECT PORTION OF RICE,
FRUIT OR COOKED VEGETABLES



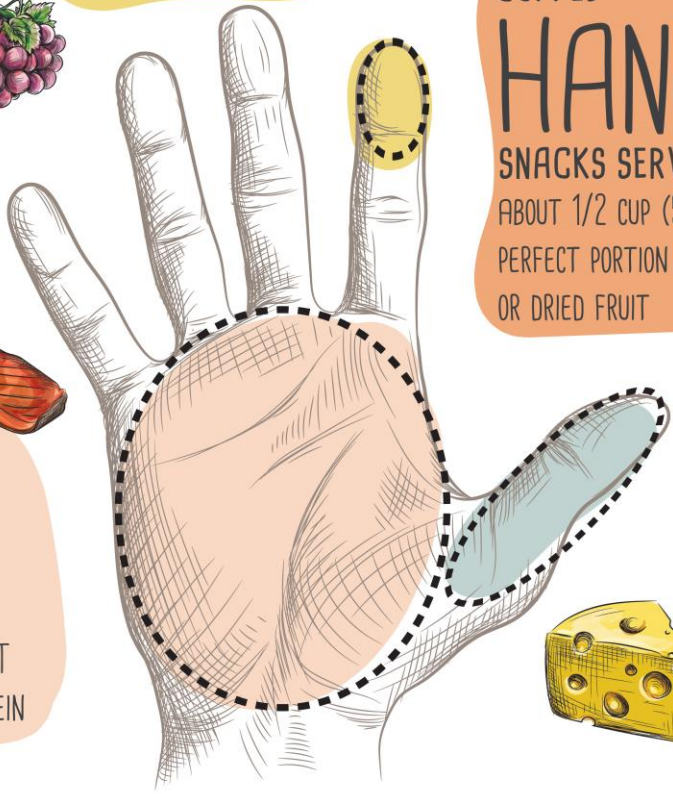
TWO HANDFULL
SALADS SERVING (FRESH SPINACH, LETTUCE)



PALM
PROTEINS SERVING
ABOUT 100G (3-4OZ)
PERFECT PORTION OF MEAT
DOUBLE UP FOR VEGE PROTEIN



FINGERTIP
FATS SERVING ~1 TEASPOON
OILS, BUTTER OR MAYONNAISE



CUPPED HAND
SNACKS SERVING
ABOUT 1/2 CUP (50-80G)
PERFECT PORTION OF NUTS
OR DRIED FRUIT



THUMB
DAIRY SERVING
ABOUT 2 TABLESPOONS
SERVING SIZE OF CHEESE
OR PEANUT BUTTER



Thank you.

