

# MAINTENANCE DIET FOR CARDIOVASCULAR DISEASE

The maintenance diet is designed to reduce the risk of cardiovascular disease by reducing the formation of harmful forms of cholesterol, which promote atherosclerosis and heart disease. ie oxidised LDL. The diet will promote the loss of excess adipose fat deposits (abdominal) associated an increased risk to glucose intolerance, hypertension and heart disease.

The maintenance diet allows 20-25% of calories as fat (P/S ratio >1) compared to the regression diet for reversal of blocked arteries which uses only 10% fat (P/S >1). AP/S ratio >1 indicates a higher intake of monosaturated and polyunsaturated fats compared to saturated fats.

Prevention of cardiovascular disease involves a diet with the following features

1. Reduction of total fats from 30-40% down to 20-25% of total calories.
2. Saturated fats must be kept to a minimum: less than 5-7% of total calories.  
This involves the restriction of animal fats from meat, dairy and eggs.
3. Saturated fats can be replaced by
  - Complex carbohydrates: fruit, vegetables, grains
  - Monounsaturated fats like canola oil, olive oil
  - Polyunsaturated fats from fish, vegetables and grains.
4. High contents of antioxidant nutrients from fruits, vegetables and supplements: Vitamin E, Beta Carotene, Vitamin C, Coenzyme Q10, selenium, Flavonoids, etc. These antioxidant nutrients protect the LDL cholesterol from being oxidised into harmful forms that promote atherosclerosis.
5. High Fibre intake of 40-50g per day from fruits, vegetables, grains and supplements
6. Regular consumption of cold water fish: 4-5 servings per week of salmon, tuna, mackerel, tailor, mullet, herring, sardines, trout, snapper and deep sea cod. Cold water fish is high in omega 3 fatty acids like EPA/DHA which have been proven to decrease hypertension, atherosclerosis and heart disease.

## MAINTENANCE DIET

### DO NOT EAT

Meat, Sugar/Honey, Salt, Coffee, Fats and oils, Cakes and biscuits, Fried foods

### LIMIT

Cold water fish 200g 4-5 times per week: Salmon, tuna, trout, herring, sardine, Mackerel, snapper, tailor, mullet, cod.

Chicken breasts 1-2/week (without skin)

Dairy: Non-fat milk or yogurt 1 cup/day

Alcohol: 1-2 glasses of wine/day

Nuts; Unroasted without salt 1cup/wk

## **TO EAT (UNRESTRICTED)**

All vegetables, all grains, all beans, all fruit, Soya products: tofu and tempeh, all herbs and spices.

### **Example Recipes**

#### **Breakfast**

Baked beans on rye, grilled tomato, fruit/nut/soya blend, decaf coffee or herbal tea.

#### **Lunch**

Lentil burger, vegetables patty, green salad with balsamic vinegar and lemon.

#### **Dinner**

Grilled salmon with capsicum, Thai seafood salad, mushrooms risotto, baked apple with cinnamon

#### **Snacks**

Fruits, nuts, hummus

If you want to eat a healthy diet, you'll need to do more than choose the right foods. It's also important to prepare foods in a healthy way. There are many different methods to cut cholesterol, trim fat and reduce calories without sacrificing taste or spending all day in the kitchen. Here are a few tips to help you serve more savory dishes that are both heart smart and nutritious.

The way you prepare foods is just as important as the foods that are being prepared.

All meats and chicken, turkey etc. hormone free & antibiotic free, Fish (wild caught)

- Roast using a rack so the meat or poultry does not sit in its own fat drippings. Baste with fat-free liquids such as wine, tomato juice or lemon juice instead of pan drippings.
- Bake foods using little extra liquid in covered cookware.
- Stir-fry in a wok with vegetable stock, wine or a little bit of peanut oil.
- Grill or broil with a rack to allow fat to drip away from the food.
- Steam foods in a basket over simmering water.
- Poach chicken or fish by immersing it in simmering liquid.
- Sauté with an open skillet over high heat. Cook using nonstick vegetable spray, a small amount of broth or wine, or a little bit of oil rubbed onto the pan using a paper towel.

You can make your favorite recipes more heart healthy by substituting certain ingredients to reduce fat, cholesterol and sodium.

- Instead of heavy cream, use evaporated fat-free milk.
- Replace sour cream with low-fat cottage cheese and low-fat or nonfat yogurt.
- Substitute cream cheese with margarine blended with dry, low-fat cottage cheese.

- Instead of shortening, use olive, canola or safflower oil.
- Swap a whole egg for an egg white plus unsaturated oil, or cholesterol-free egg substitute.
- Trade whole or two percent milk for one percent or skim milk. Grass fed, no antibiotics or hormones.
- Exchange canned vegetables for fresh or frozen vegetables.
- Switch to low-fat cheeses.
- When baking, replace oil, shortening or butter with ripe mashed bananas or applesauce.
- Use lower-cholesterol meats, such as beef round, sirloin, loin and ground beef that is 15 percent fat or less, ground turkey, and chicken breast with the skin removed.
- Replace salt with herbs and spices to add flavor.
- Substitute a portion of all-purpose flour with whole wheat flour, oatmeal or whole cornmeal.

Now that you have prepared a mouth-watering, heart-healthy entrée, don't be tempted to add on butter, sauces or dressings that can be high in cholesterol and saturated fat. Instead, try some low-fat flavorings to spice up your meal, such as salsa, horseradish, herbs (oregano, basil, cilantro, thyme, parsley, sage and rosemary), spices (cinnamon, nutmeg, pepper and paprika), mustard, catsup, and reduced fat or nonfat mayonnaise, yogurt or soy sauce. For more information about heart healthy cooking, visit the American Heart Association Web site at [www.americanheart.org](http://www.americanheart.org) for the Dietary Approaches to Stop Hypertension (D.A.S.H) eating plan that has all the elements of a heart-healthy diet