

FOODS TO INCLUDE IN THE CARDIOPROTECTIVE DIETARY PATTERN

Benefits of dietary treatment

Dietary treatment now involves the promotion of a cardioprotective dietary pattern. This pattern offers more than simple LDL-cholesterol reduction, via mechanisms that improve the lipid profile and glycaemic control, lower blood pressure, and reduce the risk of clotting. Dietary treatment is additive to drug therapy and integral to reducing cardiovascular risk.

A variety of dietary patterns reduce cardiovascular risk. These patterns have in common a high plant food content and minimal content of meat or dairy fats, and commercially hardened plant oils or fats. They include most of the following food components:

Food Component	Recommendation	Serving Size Example
<p>Vegetables and fruit</p> <p>Choose coloured varieties daily, especially the green, orange and red vegetables</p>	Aim for at least 8 servings daily	½c cooked vegetables, 1c raw green vegetable or salad, 1 medium apple, pear, orange, nectarine, banana, ½c stewed, frozen or canned fruit
<p>Whole grain breads and cereals</p> <p>Choose a variety of grain products with at least half as whole grain products</p>	Aim for 6 or more servings daily depending on body weight and activity	1 medium slice of bread or ½ bread roll, ½c bran cereal or ⅔c wheat cereal, ½c cooked porridge or 3T muesli, ½c cooked pasta or ½c cooked rice
<p>A variety of oils and spreads (including sterol-fortified spreads), nuts, seeds or avocado</p> <p>Choose products made from sunflower, soya bean, olive, canola, linseed, safflower or nuts and seeds, other than coconut</p>	Aim for 3 or more servings daily depending on body weight and activity	1t soft table margarine or oil, 2t light margarine (45-60% fat), 3t low fat mayonnaise (10% fat or less), 1T avocado, 1D nuts or pumpkin seeds, 1D peanut butter, 1T sunflower or sesame seeds
<p>Low fat or fat-free milk products</p> <p>Use 0-0.5% fat milk. Hard cheese and semi-soft cheeses can be included to 4 times weekly in very small amounts</p>	Include 2 – 3 servings daily or replace with soy products	1 glass trim or low-fat milk, 1 pottle low fat yoghurt, ⅓c cottage cheese, 2T parmesan cheese, 2cm cube cheddar cheese, 3cm cube standard camembert, brie, edam, feta, mozzarella
<p>Fish, dried peas, beans, soy products, skinned chicken, or very lean meats</p> <p>Choose 1 – 3 servings from this group daily depending on body weight</p> <p>If eating fish, choose some oily fish species such as tuna, kahawai, trevally, kingfish, warehou, dory, salmon, sardines, eel, squid, mussels, and oysters</p>	<p>Include 1 – 2 fish servings weekly</p> <p>Include dried peas and beans 4 – 5 times per week</p> <p>Limit meats to 1 – 1 ½ servings daily</p>	<p>2 small/medium fillets of cooked fish, 1c mussels, ⅓c salmon or ½ can sardines,</p> <p>1c cooked dried beans, chickpeas, lentils, dahl, ½c tofu or tempeh, 1 glass fortified soy milk</p> <p>100-120 grams trimmed meat/chicken, ½c mince or casserole</p>

Abbreviations: c = cup D = dessertspoon T = tablespoon t = teaspoon

When considering a healthy dietary pattern think about the following:

- Choose plenty of fresh foods
- Choose more dried peas, beans, or nuts if you do not eat fish, meat, or poultry
- Select ready prepared and packaged foods labelled low in saturated fat and salt and high in fibre
- Mostly avoid deep fried foods, butter, palm oil products, hard or visible white fat, salty foods, or adding salt to foods.

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