



Diet and Disease: A Look at CVD

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What is Cardiovascular Disease (CVD)?

- Definition
- Statistics
 - Death rate
 - Hypercholesterolemia
- Who is at risk?
- How does it relate to diet?



Detrimental Diets

Factors that increase risk of CVD:

- Trans Fat
- Saturated Fats
- Excess Sodium



Dietary Recommendations

DASH Diet

- Dietary Approaches to Stop Hypertension (high blood pressure)
- Main diet prescribed to those with hypertension and hypercholesterolemia
- First major clinical studies were conducted in the late 1990s and showed promising results





DASH Diet

- Main focus is on reducing blood pressure through the introduction of more fruits and vegetables
 - Higher amount of Ca, K, and Mg in the diet
- Minimization of daily intake of sodium and fat
 - Studies done shown that sodium intake of <1500mg/day
- People who follow this diet saw a drop of 6 mm Hg systolic and 3 mm Hg diastolic, even greater for those with hypertension

DASH Diet As a Meal Manager

- Increase amount of fruits and vegetables
- Limit sodium to 1500mg/day
- Lean meats such as fish and poultry
- Decrease fatty foods
- Don't eat out at fast food restaurants



Lifestyle Changes

Exercise



- 30 minutes a day, 5 times a week of moderate aerobic exercise
- Improves blood circulation
- Increase HDL levels, decrease LDL levels
- Increases heart strength

Stress

Manage Stress Levels

- Yoga and meditation
- 6-8 hours of sleep
- Positive attitude
- Simplify your schedule



Dont Smoke

Negative Effects of Smoking:

- Weakens heart function
- Damages linings of your arteries
- Build up of fatty material which will narrow the artery
- Increases blood pressure

