Dietary Tips for Angina

A healthy diet and lifestyle are the best ways to prevent heart disease

Be smart about fats

Avoid unhealthy fats like trans and saturated fats found in commercially baked and fried foods, dalda, vanaspati, milk fat and butter. Use of cooking oils should be restricted to 3–4 tsp per person per day. Avoid frying and reheating of oils. Include healthy omega 3 fat sources like fatty fish, walnuts, flaxseeds, chia seeds in small amounts.

Go low on refined foods and up the fibre

Instead of sugary drinks, breads, biscuits and other processed and packaged food, opt for whole grain foods like whole wheat flour, broken wheat, unpolished rice and millets like ragi, jowar, bajra. Also include a variety of colourful fruits and vegetables in the diet to increase the fibre content and give a boost of antioxidants.

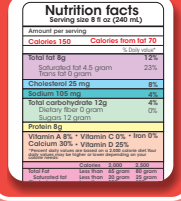
Watch out for your salt/sodium intake

Controlling blood pressure is very important to prevent angina. The WHO recommends no more than a teaspoon of salt/day for adults. High amount of sodium is present in processed and packaged foods. Also avoid usage of low sodium salts in the market as they are high in potassium which can be harmful.

Quit smoking and limit alcohol

Do not smoke or use tobacco. If you choose to drink alcohol, do so in moderation which is no more than two drinks per day for men and no more than one drink per day for women and individuals above 65 yrs of age.

(1 drink equals - 300 ml Beer or 120ml Wine or 30ml whiskey/gin/vodka/rum)

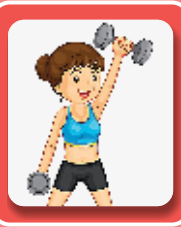


Read food labels

Look for amount of sodium, added sugars, saturated fats, trans fats before choosing the products for consumption. Go for products which have high fibre, protein and MUFA fats.

Stay in the target zone

Work to continually keep the blood glucose, blood pressure, and cholesterol levels in the target range.



Maintain healthy weight and exercise regularly

Maintain a healthy weight. Even 5% weight loss helps to reduce the risk of heart disease. Maintain your waistline < 35 inches if you are a man and < 32 inches if you are a woman. Exercise regularly for at least 30 mins , 5 days a week after taking your doctors consent for the appropriate exercise. Only exercise if you feel well. If at any time you feel pain or are unwell, stop or do not exercise that day.

Please turn over for the list of common foods which are allowed and which need to be restricted.

Karnataka

Foods Allowed

Breakfast

- Dosa/Neer Dosa
- Ragi Mudde
- Idli/Rava Idli
- Guliyappa/Paddu
- Set Dosa
- Ragi Dosa
- Uppitu
- Mandakki Oggarane
- Khara Pongal
- Uttapam

Main Meals

- Joladda Rotti
- Sajje Rotti
- Bisi Belle Bath
- Ragi Rotti
- Saggu
- Tomato Bath
- Vaangi Bhat
- Kosambari
- Chitrana
- Patrade
- Akki Roti
- Kalbutthi
- Saaru

Snacks

- Mandakki
- Avalakki Nuchinunde
- Hesaru Kaalu Usli

Foods to be Avoided

Breakfast

- Potato Saagu with Puri
- Benne Dosa

Main Meals

- Bendekaayi Gojju
- Balekai Bhajia
- Korri Gassi
- Kundapura Chicken
- Ennegayi or Thumbida Badanekayi
- Pandi Curry/Coorgi Style Pork
- Maamsa Saaru
- Kori Sukka
- Mandige

Snacks

- Aloo Bonda
- Chiroti
- Banana Sheera
- Mysore Pak
- Jolada Vade
- Menasinakai Bajji
- Thambittu Laddu
- Maddur Vade
- Nippattu
- Chakralu
- Mysore Bonde
- Aloo Bajji
- Maladu Laddu
- Endu Kobbari Laddu

*Foods to be avoided can be taken if the recipe is modified to make it less oily.
Similarly, foods in allowed list must be non-oily and consumed in limited portions as prescribed by the dietitian/doctor.

For more information about angina please visit:
www.anginaawarenessindia.com

ANGINA AWARENESS INDIA

SERVIER®