



Dietary Guideline for Cardiovascular disease

Due to changes in diet and lifestyle habits among Taiwanese people, the number of patients with hyperlipidemia has increased. If high blood lipid is not controlled and combined with factors such as hypertension and smoking, lipids will accumulate on the blood vessel walls, eventually leading to narrowing of the vessel lumen, obstructed blood flow, and tissue hypoxia. When this happens in the coronary artery, it can cause angina pectoris. If not actively treated, it will eventually lead to myocardial hypoxia and heart failure.

Therefore, correct diet habits can promote cardiovascular health. Even after undergoing medication or surgical treatment for cardiovascular disease, dietary control is still necessary to reduce the chances of coronary disease recurrence.

1. Principles of a cardiovascular disease diet

- 1.1 Maintaining ideal body weight
- 1.2 Controlling total lipid intake: using cooking methods that are low in fat, such as steaming, boiling, cold dressing, grilled, roasted, stewed, simmering, etc. Deep-frying is not recommended. Avoid fatty food such as fatty meat, chicken skin. (See attached table: Fatty food)
- 1.3 Using oils high in monounsaturated fatty acids for stir-frying (such as: olive oil, rapeseed oil, peanut oil), and avoiding foods high in saturated fatty acids (for example: lard). (See attached table: Food High in Saturated Fatty Acids)
- 1.4 It is recommended to eat less food with high in cholesterol, such as offal, shrimp eggs, fish eggs, and to limit egg consumption to one whole egg per week. (See attached table: Food High in Cholesterol)
- 1.5 Avoid foods rich in refined sugars (such as cakes and sweets). (See attached table: High Glycemic Index food)
- 1.6 Consume fish rich in Omega-3 unsaturated fatty acids (such as saury, salmon, and eel).



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- 1.7 Reduce sodium intake. Canned, pickled, and processed foods are high in sodium and should be avoided. Choose fresh foods and reduce the amount of salt used in cooking. Other high-sodium seasonings (such as monosodium glutamate, soy sauce, and black vinegar) should be reduced or avoided. (See attached table: Food High in Sodium)
- 1.8 Consume more fiber-rich foods (such as whole grains, vegetables, and fruits).
- 1.9 Avoid smoking, alcohol, caffeine-containing beverages, and other stimulating foods.
- 1.10 Patients taking traditional anticoagulants such as warfarin should avoid irregular and excessive consumption of vitamin K-rich foods, such as leafy vegetables (such as spinach, Chinese broccoli, lettuce, broccoli, and onions, with a total daily intake not exceeding 0.5 bowls), liver, and green tea.

2. Food you should reduce eating

| | Food high in Cholesterol | Food high in Saturated Fatty Acids | Fatty food | Food high in Sodium | High Glycemic Index food (tends to increase blood sugar) |
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| Staple food Whole grain | | | Instant noodles, fried rice, sesame cakes, fried dough sticks, fried buns, sweet bread, salty | Bread and pastries such as: sweet and salty biscuits, cakes, salty soda cookies, all sort of | Staple food that exceeds the recommended portion, or is made with added sugar |



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| | | | bread, Danish soufflé | noodles including instant noodle and instant rice noodles | |
| Meat, poultry, fish, eggs, beans and nuts | Fish eggs, shrimp eggs, crab roe, offal: heart (pork, beef, chicken), liver (pork, beef, chicken), pork kidney, pork belly. Eggs: whole eggs, egg yolks | Bacon | Pork belly, fatty meat, pork feet, beef brisket, pork skin, chicken skin, minced meat, meat sauce, meat floss, ham, sausage, bacon, fish eggs, shrimp eggs, crab roe, fish dumplings, canned fish, deep-fried tofu, deep-fried bean buns, gluten in oil | Pickled, marinated or salted food. Such as: ham, sausage, smoked chicken, braised meat, salted eggs. Canned food such as: pate, sardines, tuna. Fried chicken, burgers, assorted meatballs | |
| Dairy products | Cheese | Cheese, powdered creamer | Whole milk and its products such as: whole milk powder, ice | Cheese | |



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Dietary Guideline for Cardiovascular disease

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| | | | cream, cheese, whipping cream | | |
| Vegetables | | | | Preserved vegetables such as mustard greens, sauerkraut, pickled frozen vegetables with salt | Roots and tubers, (such as: sweet potatoes, pumpkins, yams) (potatoes are considered as whole grain) |
| Fruits | | Coconut meat | Olive, coconut meat | Candied fruit, dehydrated fruit | Candied fruit, fruit that exceeds the recommended portion |
| Fats and oild | Cream, butter | Baking Ghee, Lard, Palm Oil, Butter, Coconut Oil | Mayonnaise, salad dressing, excess amount of cooking oil, avocado | Cream, mayonnaise, salad dressing, margarine | Peanut butter |
| Other | | | All kinds of Chinese and Western pastries, such as: scallion pancakes, shredded | MSG, ketchup, bean paste, satay sauce, sweet bean sauce, oyster sauce, miso, black | Sweets, thicken or flour-based soups, confectionery, jams, all condiments with added |



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| | | | radish pancakes and other pastries, Shaqima, meatballs, etc., creamer, potato chips, tempura, chocolate. Nuts such as: melon seeds, peanuts, cashews, almond salad dressing, peanut butter, sesame paste, satay sauce, bean paste, sweet bean paste | vinegar | sugar and starch, batter fried food |
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