Eating for your heart
Information on healthy eating for people with coronary heart disease, and for their family and friends.
Produced by
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This booklet is one of the booklets in the Heart Information Series. For a complete list of booklets see page 33.

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About this booklet

This booklet contains advice on healthy eating for people with coronary heart disease. It explains how what you eat and drink affects your heart, and looks in particular at the effects of:
• the different types of fat in foods
• fruit and vegetables
• fish and fish oils
• salt, and
• alcohol.
It also gives you some general guidelines for healthy eating.

This booklet is not a substitute for the advice your doctor, dietitian or cardiologist (heart specialist) may give you based on his or her knowledge of your condition.
Getting ready to make changes

If you have coronary heart disease, your doctor or a nurse or dietitian may already have given you information about healthy eating and how to eat well for your heart. Perhaps you have already managed to make some changes. Maybe you have tried to make changes but have gone back to your old habits. Or perhaps much of the information in this booklet is new to you.

There are always advantages and disadvantages to making changes to what you eat. Weighing these up can help you come to a decision about what you want to do. It will be much easier to make changes once you have decided that there are good reasons for making them.

Eating well can help improve your general health. If you have coronary heart disease, it brings important extra benefits too. Eating well can:
• help you to maintain or reach a healthy weight (and so reduce the strain on your heart)
• help lower your blood cholesterol level
• help keep your blood pressure down
• help prevent atheroma (fatty material) from building up in the inside walls of your arteries
• help prevent blood clots from forming
• increase the chances of survival if you have a heart attack, and
• lower your risk of a stroke.

Think about what you could gain from eating well. Fill in the box on the next pages. Come back to it every now and then to remind yourself about your reasons for wanting to change. It will help you keep to your decision to eat more healthily.