

Jamison: Patient Education and Wellness

HANDOUT 9.5: CARDIOVASCULAR DIETARY WELLNESS PROTOCOL

The major aims for cardiovascular health are to maintain a satisfactory:

- Blood lipid level

Quiz: Test knowledge about fats. <http://facethefats.org/presenter.jhtml?identifier=3047294>

Advice types of fat required and sources: See

<http://www.myfatstranlator.com/>

<http://www.mayoclinic.com/health/fat/NU00262>

Trans fats

<http://www.mayoclinic.com/health/trans-fat/CL00032>

<http://www.webmd.com/video/truth-about-trans-fats>

Top 5 foods to lower cholesterol

<http://www.mayoclinic.com/health/cholesterol/CL00002>

Lean cuts of beef <http://www.mayoclinic.com/health/food-and-nutrition/AN00924>

- Blood pressure

See Sodium www.mayoclinic.com/health/sodium/NU00284

DASH menus www.mayoclinic.com/health/dash-diet/HI00046

- Weight

BMI calculator <http://www.healthcalculators.org/calculators/bmi.asp>

<http://www.mypyramid.gov/STEPS/stepstohealthierweight.html>

DIETARY AIMS

I avoid eating fat

I eat two or three fish meals each week

I eat nuts, legumes, or breast of chicken in preference to red meat

I use cold pressed liquid vegetable oils in salads and for cooking

I avoid margarine, butter, lard and coconut oil

I use low-fat dairy products

I eat whole grain/whole meal products in preference to refined products

I eat lots of vegetables and fresh fruit

I limit my salt intake to 3 g/day by not adding salt when preparing or eating food

CURRENT INTENDED ACHIEVED

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I use low-fat dairy products			
I eat whole grain/whole meal products in preference to refined products			
I eat lots of vegetables and fresh fruit			
I limit my salt intake to 3 g/day by not adding salt when preparing or eating food			

and avoiding heavily salted items
 I limit my alcohol to one (30 mL) or two
 drinks/day
 I maintain my ideal body weight

Insert details of present activity	Insert date at which intended activity will be achieved	Insert progress report on new exercise behaviour

Qualified claims about reducing the risk of cardiovascular disease

<http://www.cfsan.fda.gov/~dms/qhc-sum.html#qccardio>

Qualified claims about reducing the risk of hypertension

<http://www.cfsan.fda.gov/~dms/qhc-sum.html#hyper>