

Functional Food for Heart Health

Functional food are food that may provide health benefits beyond basic nutrition. They may also lower the risks of certain diseases when eaten regularly at effective levels.

Incorporating functional food into a well-balanced diet with regular exercise may improve cholesterol levels.



TC

Total Cholesterol

The total amount of cholesterol in the blood.



LDL

LDL Cholesterol

Considered “bad” cholesterol because it carries and deposits cholesterol in the arteries.



TG

Triglycerides

A type of fat in the blood which increases the risk of heart disease.





















HDL

HDL Cholesterol

Considered “good” cholesterol because it helps remove cholesterol from the arteries.

Instead of depending on these specific food for their supposed health benefits, it is still crucial to have a diverse and healthy diet to maintain good heart health. Make it a habit to read the nutrition information panel on food labels to find out the content of functional ingredients in the food products!

Functional Ingredients	May help with...	Food Sources
<p>Beta-glucans (soluble fibre)</p> <p>Aim for: 3g/ day</p> <p>Duration: daily for at least 4 weeks</p>	<p>↓</p> <p>TC</p> <p>↓</p> <p>LDL</p>	<p>Example of 3g beta-glucans:</p> <p> Uncooked oats (¾ cup or 10 tbsp or 75g)</p> <p> Oat bran powder (2 scoops)</p> <p> Cooked Barley (1 cup or 200g)</p>
<p>Soy Proteins</p> <p>Aim for: 25g/ day (3 servings/ day)</p> <p>Duration: daily for at least 6 weeks</p>	<p>↓</p> <p>LDL</p>	<p>Example of 1 serving of soy protein:</p> <p> Edamame (½ cup or 75g)</p> <p> Soybean curd (1 bowl or 250g)</p> <p> Tofu (½ block)</p> <p> Tempeh (¾ piece or 40g)</p> <p> Soy milk (1 cup or 250ml)</p>
<p>Omega-3 Fatty Acids</p> <p>Aim for: 0.5g/ day or 1 serve of fish 2-3 times/ week</p> <p>Duration: at least 6-8 weeks</p>	<p>↓</p> <p>TG</p> <p>↑</p> <p>HDL</p>	<p>Mostly from oily fishes:</p> <p> Salmon/ tuna/ cod fish/ mackerel/ catfish (1 palm size or 120g)</p> <p> Canned mackerel (½ can or 120g)</p> <p> Canned tuna/ sardines (1 small can)</p>

Functional Ingredients	May help with...	Food Source
<p>Plant sterols/ Phytosterols*</p> <p><i>*Plant sterol-fortified foods are not suitable for individuals with sitosterolemia/ phytosterolemia</i></p> <p>Aim for: 2g/ day (2-3 servings/ day)</p> <p>Duration: daily for at least 3 weeks</p>	<p>↓</p> <p>TC</p> <p>↓</p> <p>LDL</p>	<p>Example of 1 serving of plant sterols:</p>  Plant sterol milk (1 glass or 200ml)  Plant sterol juice (1 bottle or 70ml)  Plant sterol yoghurt (½ cup or 70g)  Plant sterol milk powder (3 tbsp or 31g)
<p>Nuts & Seeds (mono- and poly-unsaturated fat)</p> <p>Aim for: 30g/ day</p> <p>Duration: 4-5 times/ week for at least 4-12 weeks</p>	<p>↓</p> <p>LDL</p>	<p>Example of 30g nuts & seeds:</p>  <p>1 handful of unsalted pumpkin/ sunflower seeds, almonds/ cashews/ walnuts</p>  <p>Chia/ flaxseeds (2 tbsp)</p>  <p>Nut oil (1 tbsp or 15ml)</p>

Tips to Incorporate Functional Food into your Diet

Beta-glucans

Mix oats or oat bran powder into beverages



Add oats or barley into homemade baked goods (e.g. muffins, cookies, cakes)



Have barley as a refreshing beverage (consume the barley as well)



Cook rice with barley



Soy Proteins

Add tofu, tempeh or edamame to your cooking instead of meat



Go for tofu or other soy protein as part of your meals when dining out



Consume soy beancurd/ tau huey for dessert (request for lesser syrup or add soymilk to beancurd)



Tips to Incorporate Functional Food into your Diet

Plant sterols/ Phytosterols*

**Plant sterol-fortified foods are not suitable for individuals with sitosterolemia/ phytosterolemia*

Prepare malted beverages/ coffee/ tea with plant sterol fortified low-fat milk



Use plant sterol fortified milk in place of coconut milk when cooking soups or curries

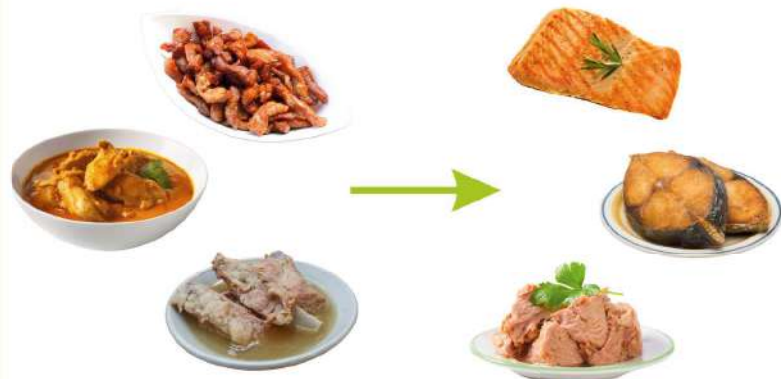


Consume with meals for best effect



Omega-3 Fatty Acids

Replace meat with oily fish in your cooking, for example: sardines, tuna, mackerel or catfish



Tips to Incorporate Functional Food into your Diet

Mix nuts or seeds into soups and salads



Swap sweet spreads like jam or kaya for unsalted and unsweetened nut spreads on bread



Nuts & Seeds

Choose unsalted nuts as a healthier snack option



Portion the nuts into Ziplock bags or crack your own nuts to slow down the eating process



Contributed by Nutrition & Dietetics Service, Allied Health Services

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