

Healthy Eating Guide for Heart Disease

Heart disease includes a range of conditions that affect the heart. You can prevent or improve many types of heart disease by making healthy lifestyle choices. Following a healthy diet is one of the strategies to manage your heart health.

Tips for a Healthy Heart

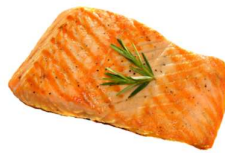
1. Consume a Variety of Heart-healthy Foods from all Food Groups and Follow their Recommended Serving Size



Brown rice, wholemeal bread, oats, chapati



Fruits & Vegetables



Oily fish



Lean meat



Tofu, nuts, legumes



Low fat dairy



Unsaturated oil & spreads

To identify the recommended number of servings suitable for your needs, please refer to the chart below:

Food Groups	Recommended number of servings per day							
	6 months (181 days) - 12 months	1-2 years	3-6 years	7-12 years	13-18 years	19-50 years	51 years & above	Pregnant & lactating women
Brown Rice & Wholemeal Bread	1-2	2-3	3-4	5-6	6-7	5-7	4-6	6-7
Fruit	½	½ - 1	1	2	2	2	2	2
Vegetables	½	½	1	2	2	2	2	3
Meat & Others <i>of which</i> Dairy Foods or Calcium-Rich Foods	2	2	2	3	3	3	3	3½
	1½	1½	1	1	1	½	1	1

My Healthy Plate - recommended servings per day reproduced from <https://www.healthhub.sg> with permission by Health Promotion Board, Singapore

Why is there a range of serving sizes?

Different individuals have different needs. Your dietitian will guide you on the portion that you need based on your requirements and activity levels.

2. Boost your Fibre Intake

Having more fibre can help to reduce cholesterol levels and reduce the risk of heart diseases. Increase your intake of fruits, vegetables, wholegrains and legumes.



Aim to consume at least half of your total grains as wholegrains, with 2 servings of fruits and vegetables each daily.



Brown rice, legumes

Make half your grains, wholegrains!

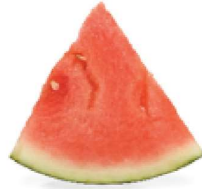


2 fruits + 2 vegetables daily!

Fruit (1 serving size)



1 small apple, orange, pear
or mango
(130g)



1 wedge of papaya,
pineapple or watermelon
(130g)



10 grapes/longans
(50g)



1 medium banana



¼ cup* of dried fruit
(40g)

My Healthy Plate - fruit serving sizes reproduced from <https://www.healthhub.sg> with permission by Health Promotion Board, Singapore

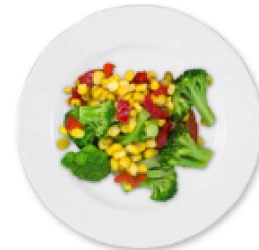
Vegetables (1 serving size)



¼ round plate* of cooked
vegetables



150g raw leafy vegetables



100g raw non-leafy
vegetables



¾ cup* of cooked leafy
vegetables



¾ cup* non-leafy
vegetables

My Healthy Plate - vegetables serving sizes reproduced from <https://www.healthhub.sg> with permission by Health Promotion Board, Singapore

3. Adopt a Low Salt Diet

Diets higher in salt are associated with an increased risk of developing heart disease.

Aim for no more than 2000 – 2400mg of sodium a day



That's about 1 teaspoon (5g) of salt!

Tips to Reduce Sodium Intake

A. Home Cooking



- Use salt, seasoning and sauces sparingly
- Use fresh herbs and spices to flavour food



- Use fresh vegetables instead of ready-to-use broth to make soup



- Cook food that require simple preparation like broiled, baked or roasted meat or vegetables with no heavy sauces, breading or batter



B. Grocery Shopping



- Choose fresh produce over processed or preserved food items



No Added Sodium



Lower in Sodium

- Choose food products labelled with the "No Added Sodium" or "Lower in Sodium" Healthier Choice Symbols



Himalayan, kosher, sea and rock salt all contain similar amounts of sodium as table salt. You should consume them in moderation.



- Choose food products that do not have sodium listed as one of the main ingredients or repeated in the ingredient list

INGREDIENTS

Leaf Mustard, Vegetarian Soy Sauce, Sugar, Salt, Monosodium Glutamate, Sodium Metabisulphite



Sodium can be listed as salt, sea salt, vegetable salt, rock salt or compounds with sodium in its name.

- You may consider reduced-sodium salt substitutes. If you have kidney disease or take certain medications for high blood pressure or heart disease, ask your dietitian or doctor about using salt substitutes.









C. Eating Out

- Leave soup behind & avoid excess gravy
- Avoid dipping sauces
- Choose plain rice over flavoured rice

	Where is the sodium?	How to reduce sodium intake
 <p>Fishball Noodle (Soup)</p>	<ul style="list-style-type: none"> • Fishball • Soup • Sauces 	<ul style="list-style-type: none"> • Leave soup behind • Avoid dipping soy sauce
 <p>Nasi Biryani</p>	<ul style="list-style-type: none"> • Gravy • Seasoning for rice and meat 	<ul style="list-style-type: none"> • Go easy on the gravy • Share this dish • Choose plain rice
 <p>Chicken Masala</p>	<ul style="list-style-type: none"> • Gravy • Seasoning for meat 	<ul style="list-style-type: none"> • Go easy on the gravy • Share this dish
 <p>Fast Food</p>	<ul style="list-style-type: none"> • Salt in fries • Processed meats • Sauces 	<ul style="list-style-type: none"> • Ask for unsalted fries • Limit fast food intake to once a week • Avoid dipping sauces



4. Choose Food Higher in Unsaturated Fat and Go Easy with Food High in Saturated and Trans Fat

	Saturated fat & Trans fat Increase your blood cholesterol level	
	Mono-unsaturated fat & Poly-unsaturated fat Decrease your blood cholesterol level	

	High-Density Lipoprotein (HDL) Cholesterol
"Good" cholesterol that helps remove cholesterol from the arteries	
	Low-Density Lipoprotein (LDL) Cholesterol
"Bad" cholesterol that carries and deposits cholesterol in the arteries	
	Triglycerides (TG)
A type of fat in the blood which increases the risk of heart disease	



Saturated fat & Trans fat



-  Increase LDL levels
-  Decrease HDL levels

Mono-unsaturated fat & Poly-unsaturated fat



-  Increase HDL levels
-  Decrease TG and LDL levels

Tips to Reduce Saturated and Trans Fat Intake



- Limit deep fried food to no more than twice a week, such as you tiao, curry puffs, banana fritters, fried chicken



- Limit processed meats, such as bacon, sausages, ham, cured meat, luncheon meat, bak kwa



- Limit coconut oil/ milk, butter, cream, 3-in-1 beverages, creamer, mayonnaise, cream-based salad dressings, heavy sauces or gravies



- Limit potato chips, doughnuts, pastries, cakes, cookies, frozen pizza, frozen fried food

INGREDIENTS

Wheat Flour, Water, **Vegetable Shortening**, Pork Meat, Vegetable Oil, Margarine, Sugar, Egg, Light Soya Sauce, Dark Soya Sauce, Oyster Sauce, Shallot,



Look for 'partially hydrogenated oil' or 'vegetable shortening' on ingredient lists to identify trans fat

Do you know?

Since June 2021, the Ministry of Health has banned the use of partially hydrogenated oils in all foods in Singapore. This includes fats, oils, and pre-packaged foods sold in Singapore, whether made locally or imported.

Healthier choices when snacking or cooking:

	Instead of	Choose this ✓
Choose a handful of unsalted nuts (30g), few times a week	 <p>Chips</p>	 <p>Unsalted Nuts</p>
Choose oily fish high in omega 3, a polyunsaturated fat, at least twice a week	 <p>Deep fried fish</p>	 <p>Mackerel, salmon, sardine</p>
Choose spreads with higher unsaturated fat content	 <p>Butter, hard margarine</p>	 <p>Olive/ canola oil soft margarine, avocado</p>
Avoid using animal fat in cooking	 <p>Lard, ghee, duck fat</p>	 <p>Canola, olive, rice bran oil</p>
Choose low-, non- or 'light' versions of milk or coconut milk	 <p>Full cream milk, coconut milk</p>	 <p>Low/ non-fat milk, "light" coconut milk</p>
Avoid high fat cooking methods	 <p>Vegetables prepared with heavy sauces or fried vegetables</p>	 <p>Vegetables prepared with a drizzle of healthier cooking oil</p>

Healthier choices when eating out:

<p>Tips when eating out</p>	<p>Instead of</p>	<p>Choose this ✓</p>
<p>Choose lean cuts of meat and poultry/ Remove any visible fat and skin</p>	 <p>Meat with skin</p>  <p>4 tsp oil</p>	 <p>Lean meat without skin</p>  <p>2 tsp oil</p>
<p>Choose noodles in clear soup over noodles in gravy or fried/ dry noodles</p>	 <p>Char kway teow</p>  <p>7.5 tsp oil</p>	 <p>Wonton noodle soup</p>  <p>1 tsp oil</p>
<p>Choose plain brown/ white rice over flavoured rice</p>	 <p>Chicken rice/ Nasi lemak/ Nasi briyani (rice only)</p>  <p>2 tsp oil</p>	 <p>No added oil</p>
<p>Choose dishes cooked without coconut milk</p>	 <p>Laksa</p>  <p>8 tsp oil</p>	 <p>Mee soto</p>  <p>2.5 tsp oil</p>
<p>Avoid adding fried shallots, sauces, and gravies</p>	 <p>Gravy added</p>  <p>3 tsp oil</p>	 <p>No gravy & added oil</p>


 = 1 teaspoon oil = 5g fat

5. Go Easy on Sweetened Food and Drinks

Consuming too much sugar may increase triglyceride levels and lead to weight gain. The Health Promotion Board recommends having no more than 10 teaspoons of sugar each day. This recommendation is based on a 2000 calorie diet. Reducing to 5 teaspoons of sugar daily can help you lose weight and improve your health.

Instead of	Choose this 
 <p>Brown sugar/ White sugar/ Rock sugar/ Gula melaka/ Sugar syrup/ Honey/ Coconut palm sugar/ Fructose/ Corn syrup/ Agave nectar</p>	 <p>Artificial sweeteners/ Luo han guo (monkfruit) extract</p>
 <p>Condensed milk</p>	 <p>Low fat evaporated milk</p>
 <p>Candies</p>	 <p>Sugar-free candies</p>
 <p>Dried fruits with added sugar/ Canned fruits in syrup</p>	 <p>Fresh or frozen fruits</p>
 <p>Cakes, brownies topped with fondant, topping or icing</p>	 <p>Cakes, brownies without fondant, topping or icing</p>

Instead of	Choose this ✓
 <p>Kopi with condensed milk and sugar 4 tsp sugar </p>	 <p>Kopi-o-kosong/ Kopi-c-kosong (with evaporated milk) No sugar </p>
 <p>Brown sugar bubble tea with pearls 18 tsp sugar </p>	 <p>Tea without creamer or sugar No sugar </p>
 <p>Tapioca pearls/ Fruit purees</p>	 <p>Ai yu jelly/ Aloe vera/ Konjac jelly/ White pearls</p>
 <p>Thick spread of sweet spreads e.g. Jam/ Kaya</p>	 <p>Thin spread of no added sugar spreads</p>
 <p>Sugar sweetened drinks 2 - 6 tsp sugar </p>	 <p>Sugar-free drinks No sugar </p>

 = 1 teaspoon of sugar (5g) = 35 kcal

6. Include Plant Sterols Daily

Plant sterols are effective in lowering cholesterol if you eat enough of them as part of a heart healthy diet. The recommended amount of plant sterols is 2g a day. Aim for 2-3 servings of milk fortified with plant sterols to achieve a total of 2g a day.



7. Consume Alcohol in Moderation

Drinking too much alcohol can increase triglyceride levels and lead to weight gain. If you drink alcoholic beverages, do so in moderation. Keep to 2 standard drinks for men and 1 standard drink for women.

1 Standard Drink = 10g Alcohol



330ml Beer



100ml Wine



30ml Spirits

8. Quit Smoking and Exercise Regularly

Smoking increases the risk of heart disease, raise blood pressure and reduce HDL cholesterol. Regular exercise, especially aerobic exercise, can lower blood pressure and improve HDL cholesterol.



If needed, talk to your doctor or physiotherapist before starting an exercise plan, especially after a medical procedure.

Contributed by Nutrition & Dietetics Service, Allied Health Services

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