

Guidelines/references

Handbook p145

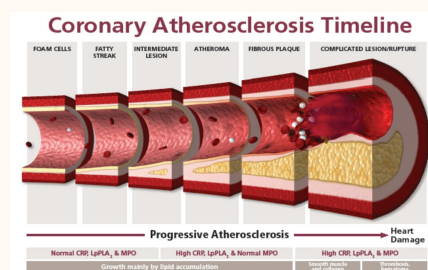
The National Heart Foundation. Dietary fat and heart healthy eating position statement

What is it?

Excess of low-density lipoprotein (LDL) in blood → fatty plaque builds up on arteries (atherosclerosis) → narrowing of arteries → blockages & reduced blood flow.

Treatments lower your risk of heart attacks and strokes

Atherosclerosis



Lipid Targets

Total Cholesterol No CVD risk= <5 mmol/L
terol

Risk of CVD= <4 mmol/L

LDL No CVD risk= <3 mmol/L

Risk of CVD= <2 mmol/L

Established CVD = <1.8 mmol/L

HDL Men: ≥1.0 mmol/L

Women: ≥1.2 mmol/L

Non-HDL-C <2.5 mmol/L

Triglycerides <2.0 mmol/L

Causes

Genetics Diet high in sat fat

Lack PA Smoking

Liver disease T2DM

Hypothyroidism Anorexia nervosa

Risk factors

Age

↑ BP

T2DM

↓ HDL

Family history of premature atherosclerotic heart disease (A type of arteriosclerosis)

Comorbidities

Obesity HPT

T2DM Metabolic Syndrom

CKD Hypothyroidism

NAFLD

Consequences

Stroke Coronary artery disease - Plaque buildup in coronary arteries - angina, heart attack, arrhythmias, or heart failure

Peripheral artery disease - caused by atherosclerosis, but in arteries supplying the limbs - ulcers, gangrene, or amputation

Nut Reqs

Total fats: 20-35% of total energy

Sat fat <10%

Fibre F: 25, M: 30g

Sol fibre: 6g/day

EPA & DHA: 250-300mg/day (heart foundation)

Intervention

Fibre F: 25g, M: 30g

(incl fluid)

Fats ↑ MUFA and PUFA

Fish 2-3 serves/week (250-500mmg O-3)

Fitness Improve HDL. 150mins/week

Phytosterols 2-3g/day (ProActive, Weetbix, Borden Bread, Milk) etc)

Intervention (cont)

Educate Types of fat, cholesterol in foods, portion control

Strategies

reduced fat swaps Cuts of meat (skin off)

psyllium husk fish recipes

legume recipes sterol swaps

portion control balanced meals

Lean protein options reduced fat dairy

Limit eggs to 7 each week Label reading

Sat Fat: max 2g/100g (except oils/cheese etc) Fibre: min 5g/100g

Trans fat: max 1g/100g Na: max 400mg/100g

Example PESS

Intake of type of fats inconsistent with needs

Excessive fat intake

Fats

PUFA	Monounsaturated	Saturated
Vegetable oils	Canola oil	Animal products
Nuts & seeds	Margarines	Coconut
Canola & flaxseed oil	Olive oil	
Soybeans	Peanut oil	
Oily fish	Avocado	
	Nuts	



By Michellephillips02

cheatography.com/michellephillips02/

Not published yet.

Last updated 10th July, 2025.

Page 1 of 1.

Sponsored by [ApolloPad.com](https://apollopadd.com)

Everyone has a novel in them. Finish

Yours!

<https://apollopadd.com>