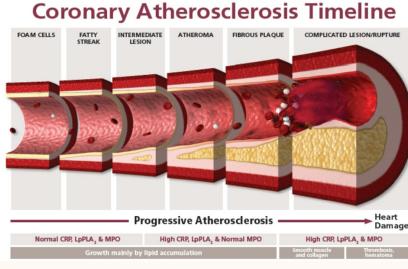


Guidelines/references	Risk factors		Intervention (cont)	
Handbook p145  The National Heart Foundation. Dietary fat and heart healthy eating position statement	Age ↑ BP T2DM ↓ HDL Family history of premature atherosclerotic heart disease (A type of arteriosclerosis)		Educate Types of fat, cholesterol in foods, portion control	
<b>What is it?</b>  <i>Excess of low-density lipoprotein (LDL) in blood → fatty plaque builds up on arteries (atherosclerosis) → narrowing of arteries → blockages &amp; reduced blood flow.</i> <i>Treatments lower your risk of heart attacks and strokes</i>			<b>Strategies</b>  reduced fat swaps psyllium husk legume recipes portion control Lean protein options Limit eggs to 7 each week	
<b>Atherosclerosis</b>  	<b>Comorbidities</b>  Obesity HPT T2DM Metabolic Syndrom CKD Hypothyroidism NAFLD		Cuts of meat (skin off) fish recipes sterol swaps balanced meals reduced fat dairy Label reading	
<b>Lipid Targets</b>  Total Choles- terol No CVD risk= <5 mmol/L 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	<b>Consequences</b>  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		Sat Fat: max 2g/100g (except oils/cheese etc) Trans fat: max 1g/100g	
<b>Causes</b>  Genetics Diet high in sat fat Lack PA Smoking Liver disease T2DM Hypothyroidism Anorexia nervosa	<b>Nut Reqs</b>  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)		<b>Example PESS</b>  Intake of type of fats inconsistent with needs Excessive fat intake	
	<b>Intervention</b>  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, Burgen Bread, Milk) etc)		<b>Fats</b>  PUFA Monounsat Sat 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/

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