

### Guidelines/references

Handbook p145

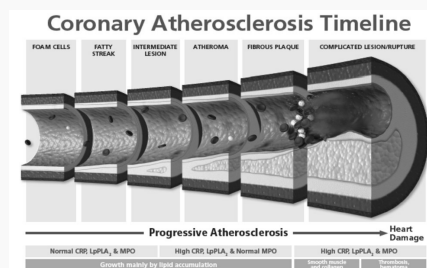
The National Heart Foundation. Dietary fat and heart healthy eating position statement

### 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	Sat
Vegetable oils	Canola oil	Animal products
Nuts & seeds	Margarines	Coconut
Canola & flaxseed oil	Olive oil	
Soybeans	Peanut oil	
Oily fish	Avocado	
	Nuts	



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