

## Diet for Heart Diseases

Heart is the most crucial organ of the human body. The pumping of heart is absolutely essential for the healthy living of the individuals. Any complication related to this major organ of the body is known as heart disease. It is also dubbed as the cardio vascular disorder. Heart attack, Angina, Stroke are the major cardiac disorders. Some important symptoms of these diseases are breath shortness, chest pain, numbness, dizziness, light-headedness, tingling sensation, weakness, nausea, fatigue, pain in jaw, neck and throat region and pain in upper abdomen.

Therefore, people suffering from heart diseases must follow a strict dietary structure. This dietary regime given below provides a list of food products to be avoided and included in the dietary structure. The patient is advised to follow this list strictly with care and dedication. This will aid in providing relief to the patients from the complication and its related symptoms.

<b><u>FOOD PRODUCTS TO BE AVOIDED</u></b>	<b><u>FOOD PRODUCTS TO BE CONSUMED</u></b>
<b>Vegetables</b>	<b>Vegetables</b>
<ul style="list-style-type: none"><li>× Vegetables with creamy sauces</li><li>× Fried or breaded vegetables</li></ul>	<ul style="list-style-type: none"><li>✓ Potatoes</li><li>✓ Tomatoes</li><li>✓ Lemon</li><li>✓ Lettuce</li><li>✓ Broccoli</li><li>✓ Peas</li><li>✓ Carrots</li><li>✓ Sweet Potatoes</li><li>✓ Spinach</li><li>✓ Kale</li><li>✓ Asparagus</li><li>✓ Bell Pepper</li><li>✓ Onions</li><li>✓ Garlic</li></ul>

	<ul style="list-style-type: none"> <li>✓ Beans</li> <li>✓ Papaya</li> </ul>
<b>Fruits</b>	<b>Fruits</b>
<ul style="list-style-type: none"> <li>× Coconut</li> <li>× Canned fruit packed in heavy syrup</li> <li>× Frozen fruit with sugar added</li> </ul>	<ul style="list-style-type: none"> <li>✓ Avocadoes</li> <li>✓ Nuts</li> <li>✓ Raspberries</li> <li>✓ Strawberries</li> <li>✓ Blackberries</li> <li>✓ Blueberries</li> <li>✓ Oranges</li> <li>✓ Bananas</li> <li>✓ Red Grapes</li> <li>✓ Black Grapes</li> <li>✓ Grapefruit</li> <li>✓ Peaches</li> <li>✓ Cantaloupe</li> <li>✓ Kiwi</li> <li>✓ Squash</li> <li>✓ Pomegranate</li> <li>✓ Apples</li> <li>✓ Raisins</li> </ul>
<b>Non Veg</b>	<b>Non Veg</b>
<ul style="list-style-type: none"> <li>× Red meat</li> <li>× Smoked and canned fish</li> <li>× Organ meats like liver</li> <li>× Marbled and fatty Meats</li> <li>× Breaded Meats</li> </ul>	<ul style="list-style-type: none"> <li>✓ Lean Meat</li> <li>✓ Cold water fish like mackerel, salmon, sardines, tune, trout and herring</li> <li>✓ Skinless chicken</li> </ul>
<b>Spices</b>	<b>Spices</b>

<ul style="list-style-type: none"> <li>× Table Salt</li> </ul>	<ul style="list-style-type: none"> <li>✓ Turmeric</li> <li>✓ Cumin</li> <li>✓ Coriander</li> <li>✓ Fenugreek</li> <li>✓ Cardamom</li> <li>✓ Cinnamon</li> <li>✓ Black Pepper</li> </ul>
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<b>Other food products</b>	<b>Other food products</b>
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<ul style="list-style-type: none"> <li>× White, refined flour</li> <li>× Muffins</li> <li>× Corn bread</li> <li>× White bread</li> <li>× Frozen waffles</li> <li>× Quick breads</li> <li>× Pies</li> <li>× Buttered popcorn</li> <li>× Doughnuts</li> <li>× Biscuits</li> <li>× Cakes</li> <li>× Egg noodles</li> <li>× High-fat snack crackers</li> <li>× Butter</li> <li>× Chips</li> <li>× Cookies</li> <li>× Bacon fat</li> <li>× Cocoa butter</li> <li>× Non Dairy Creamers</li> <li>× Palm</li> <li>× Lard</li> <li>× Full fat milk</li> <li>× Sausages</li> </ul>	<ul style="list-style-type: none"> <li>✓ Oatmeal (steel-cut or regular)</li> <li>✓ Whole-wheat flour</li> <li>✓ Whole-grain bread</li> <li>✓ High-fiber cereal</li> <li>✓ Whole-grain pasta</li> <li>✓ Brown rice</li> <li>✓ Buckwheat</li> <li>✓ Barley</li> <li>✓ Flax seeds</li> <li>✓ Olive Oil</li> <li>✓ Nut Oil</li> <li>✓ Canola Oil</li> <li>✓ Margarine</li> <li>✓ Soybeans and soy products</li> <li>✓ Walnuts</li> <li>✓ Cheese</li> <li>✓ Low fat milk</li> <li>✓ Yogurt</li> <li>✓ Eggs</li> <li>✓ Legumes</li> <li>✓ Flaxseed</li> <li>✓ Chia Seeds</li> <li>✓ Dark Chocolate</li> </ul>
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| <ul style="list-style-type: none"><li>× Hot Dogs</li><li>× Canned Soup</li><li>× Frozen Dinner</li><li>× Soy Sauce</li></ul> | <ul style="list-style-type: none"><li>✓ Green Tea</li><li>✓ Coffee</li></ul> |
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The diet chart given has taken into account the optimum quantity of carbohydrates, vitamins, proteins, fats and minerals, which is required by the patient suffering from heart diseases. Also, this ensures that the patient leads a happy and healthy life.

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