Title: Diet and Lifestyle Recommendations after Myocardial Infarction

Author: Dennis Faith

Date: July 18, 2008

Key words: Myocardial Infraction Diet Mediterranean Low Fat Lifestyle

Abstract: Adherence to a dietary modification, whether Mediterranean style or low fat western reduces all-cause and cardiac mortality, recurrent MI, hospital admission for heart failure and stroke.

This document is a tri-fold pamphlet to outline the modifiable risk factors for recurrent coronary artery disease. A discussion of dietary recommendations and basic resources for dietary guidelines are presented.

Modifiable Risk Factors

Source: American Heart Association

Tobacco Smoke: Cigarette smoking is a strong risk factor for heart disease. Smoking more than doubles the risk of death.

* High Blood Cholesterol: High cholesterol increases risk of heart disease. A high "good" cholesterol level does not mean you can ignore it.

* High Blood Pressure: Elevated blood pressure increases the work done by the heart. This stress makes it more vulnerable to damage by weak vessels.

Physical Inactivity: Regular exercise prevents heart disease. Vigorous exercise is essential to benefit.

* Obesity and Overweight: Excess body fat, especially around the waist contributes to many heart disease risk factors. Losing even 10 pounds can decrease risk.

* Diabetes Mellitus: 3 of 4 people with diabetes die of a heart related cause. Even with good blood sugar control risks are elevated.

* Risk factors that are related to diet.

Dennis Faith
MS4, University of Minnesota

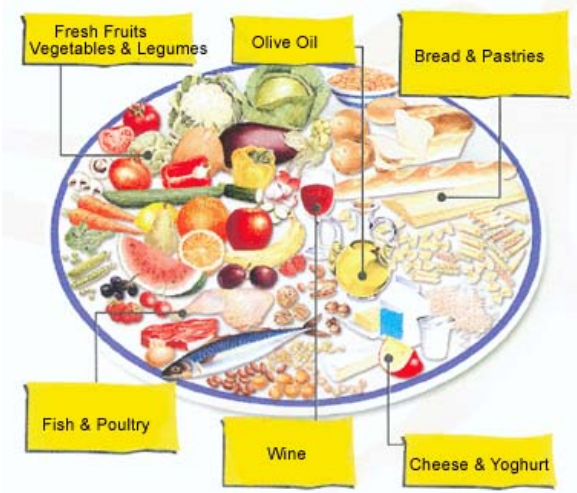
Additional Resources

Nutrition.gov
Information and Resources

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=2&tax_subject=392&topic_id=1746&placement_default=0

American Heart Association:
Summer Recipes

http://www.americanheart.org/presenter.jhtml?identifier=3056412



Cardiac Health

Eat Your Heart (Attack) Out

What you need to know about lifestyle to prevent it from happening again.

The Facts: What can I change ?

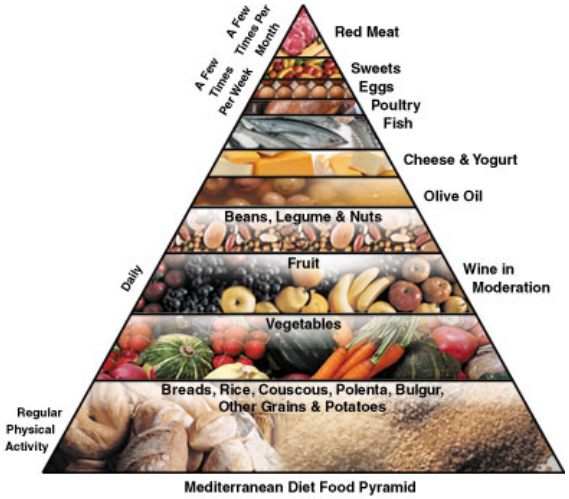
Medical Therapy: Medications that control risk factors reduce your chance of having another heart attack. However, they cannot completely eliminate the risk.

Physical Activity: Regular moderate to vigorous exercise helps strengthen the heart muscle. Regular exercise for 15 to 20 minutes on most or all days will improve your health and decrease additional heart disease risk.

Diet: The foods you eat have a major impact on heart health. Studies show that diet can decrease heart related deaths, decrease hospitalizations, chest pain and stroke.

What should my diet consist of ?

The most frequently recommended diet for heart health is the Mediterranean style diet.



Mediterranean Diet Food Pyramid

Recent data show that any diet low in saturated fat and sodium and high in fiber will reduce heart disease. One example of a low-fat western style diet is the American Heart Association Step II Diet.

What are Specific Guidelines ?

- ✓ Fruits, vegetables, breads, rice, grains and potatoes should cover ¾ of your plate.
- ✓ When you think of red meat think of Salmon.
- ✓ When you think of white meat think of Tuna.
- ✓ A single glass of red wine will provide vital anti-oxidants and improve cholesterol levels.
- ✓ Use skim milk instead of whole milk or cream.
- ✓ Use olive oil instead of lard, canola or butter.
- ✓ Eat baked, steamed or microwaved foods rather than fried.