

RELATIONSHIP BETWEEN HEART DISEASE AND DIETARY FATS

WHAT IS HEART DISEASE?

- A broader term that includes many heart conditions.
- One type of heart disease that is common is coronary artery disease. This happens when someone's blood can't travel to the heart properly.
- Some signs of heart disease are chest pain, shortness of breath, and swelling of certain areas of the body.



WHAT ARE DIETARY FATS?

- Crucial for the human body to function.
- Fat protects our organs, produces hormones and helps the body absorb nutrients.
- While it's important to consume fats within our daily diet, too much of an unhealthy type of fat may lead to negative health effects.



ALL ABOUT FATS

DIFFERENT TYPES OF FATS:

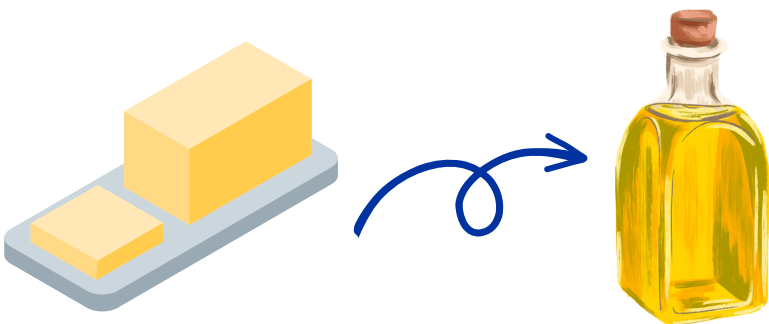
Saturated fat is commonly found in foods containing animal products. This type of fat can be found in foods such as burgers, pizza, cake and cookies.

Unsaturated fat is a healthier fat and has many health benefits. This type of fat can be found in foods such as seafood, nuts and seeds, avocados and olive oil.

Poly unsaturated fat and monounsaturated fat are known to be heart healthy, and they can improve cholesterol. This type of fat can be found in foods such as avocados, nuts and seeds, olives and peanut butter.

SIMPLE SWAPS TO MAKE:

- A few times a week, use beans or fish instead of meat.
- Snacking on nuts instead of chips or crackers.
- Using 2% milk or low-fat milk instead of whole milk.
- Using olive oil instead of butter or margarine when cooking.
- Using avocados as a spread on sandwiches instead of using mayo.
- Instead of brownies and cookies for dessert, try fresh cut fruits or vegetables such as cucumbers and carrots.



Created for the Food as Health Alliance by Lauren Turner, dietetic intern, July 2023

References;

1. Centers for Disease Control and Prevention. (2022, July 11). Healthy eating tips. <https://www.cdc.gov/nccdphp/dnpao/features/healthy-eating-tips>
2. American heart Association (2017, Nov 1). Dietary fats. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>



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