CARDIAC DIET

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OBJECTIVES

- Define what cardiovascular disease is and observe how prevalent it is in the U.S.
- Learn ways to manage cardiovascular disease with a focus on diet.
- Learn what a cardiac diet is and how it is utilized at this hospital.
- Learn examples of foods high in salt and fat.
- Learn what Coumadin is and what foods it interacts with.
- Go through examples and how to respond to patient requests that conflict with diet orders.
What Is Cardiovascular Disease?

- Disease of the heart and blood vessels

Examples:
- Coronary artery disease
- Heart attack
- Heart failure
- Congestive heart failure
- Stroke
Prevalence of Heart Disease

- It is the leading cause of death in the U.S.
- 1 in every 4 deaths is from heart disease
- Coronary Heart Disease alone costs the U.S. $108.9 billion each year

http://www.cdc.gov/heartdisease/facts.htm
HOW IS CARDIOVASCULAR DISEASE TREATED?

- Medications
- Surgery
- Diet
WHAT IS A CARDIAC DIET?

- Eat more fruits and vegetables (4-5 servings a day)
- Limit the amount of cholesterol (200 mg a day)
- Eat more whole grains
- Eat more fiber (20g – 30g a day)
CARDIAC DIET CONTINUED...

- Eat less bad fat and more good fat
  - Bad fat is saturated and trans fat
  - Good fat includes food high in omega-3s (certain fish, olive oil, canola oil, soybeans, walnuts)

- Limit the amount of sodium
  - American Heart Association recommends 1,500 mg or less
  - Academy of Nutrition and Dietetics recommends 2,000 mg or less

Cardiac 2gm Na Low Fat
CARDIAC 2gm Na, Low Fat

- 2gm Na = 2,000 mg of salt
- Low Fat = reduced fat, 25% - 35% of total diet
SODIUM (AKA SALT)

- Table salt and other seasonings
- High processed foods—frozen meals, potato chips, packaged, deli meats, Ramen noodle, etc.
- Canned vegetables
- Soups
- Condiments—mustard, ketchup, soy sauce, BBQ Sauce, Worcestershire sauce, pickles
- Most cheeses
- Crackers and pretzels
- Bacon and sausage
FATS

- Whole milk, cream cheese, sour cream, cheese
- Butter and stick margarine
- Fried foods—meats, French fries, fried okra
- Certain meats—hamburger meat, chicken with skin, bacon, sausage, hot dogs
- Mayonnaise
- Salad Dressing (especially ranch)
- Baked cakes, pastries, cookies, pies, and candies
**COUMADIN AND VITAMIN K**

- Coumadin (Warfarin) — blood thinner prescribed to people with heart disease, prevents the blood from clotting

- Vitamin K — thins the blood, prevents Coumadin from doing what it is supposed to do
Foods High in Vitamin K

- Kale
- Spinach
- Collard Greens
- Mustard Greens
- Broccoli
- Brussels Sprouts
- Lettuce
- Cabbage
- Asparagus

- Kiwi
- Blackberries
- Blueberries
- Pickles
- Cucumber
- Grapes (red or green)
- Peas
SCENARIO 1

- A patient has a chicken sandwich and requests to have three packets of mustard. You notice they the patient is on a Cardiac diet. What do you do?
SCENARIO 2

- A patient on a Cardiac diet has a tray with a fruit bowl, chicken sandwich, mixed vegetables, whole milk, an iced tea, pickles, a packet of mustard, and a packet of mayonnaise. What is wrong with this person’s tray?

- What do you do?
SUMMARY

- Cardiovascular disease is very common in the U.S.
- Diet is a way to manage cardiovascular disease
- Limiting sodium and saturated fat is a big portion of a cardiac diet
- The hospital uses a Cardiac 2gm Na Low Fat diet for their patients with cardiovascular disease
- Patients on Coumadin should limit eating foods high in vitamin K
RESOURCES

- http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Healthy-Diet-Goals_UCM_310436_SubHomePage.jsp
- http://www.heart.org/HEARTORG/Caregiver/Resources/WhatIsCardiovascularDisease/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp
- Academy of Nutrition and Dietetics’ Nutrition Care Manual
- Texas Health Resources