



Healthy Eating

to reduce your risk of heart disease

Choose these more often:

- ✓ **Fruits, vegetables and whole grains**
Enjoy a variety of fruit and vegetables every day and whole grains more often.*
- ✓ **Small portions (2-3 oz)** of lean meats**
 - Poultry or fish without skin
 - Pork or beef tenderloin
 - Lean ground poultry or beef
 - Enjoy grilled, baked, poached or in stir fried foods.
- ✓ **Enjoy tofu in place of meat more often!**
- ✓ **Fatty fish—Have fish for at least 2 meals per week**
 - Salmon
 - Trout
 - Arctic char
 - Herring
 - Mackerel
- ✓ **Low fat dairy products****
 - Skim, 1% or 2% milk
 - Cheese with less than 20% milk fat
 - Yogurt with less than 2% milk fat
- ✓ **Unsalted pecans or walnuts**
Eat a small handful (1 oz) if your potassium and phosphorus are not high.
- ✓ **Unsaturated Fats**
 - Olive oil
 - Flax seed oil, peanut oil or any nut or seed oil
 - Canola oil
 - Avocado oil, corn oil or any vegetable oil
 - Non-hydrogenized margarine (soft tub margarine)
- ✓ **Consider plant sterols**
Talk to your dietitian about the addition of plant sterols in your diet.

* Stay within your potassium and phosphorus allowance

**Ask your dietitian how much meat and dairy is right for you



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Choose these less often:

✘ Fast food

- Burgers
- Pizza

✘ High fat meats

- Chicken, turkey, or pork skin
- Visible fat on meat
- Fatty cuts of meat like ribs, prime rib, rib steak, or pork belly
- Regular ground beef or ground pork

✘ Deep fried foods

- French fries
- Chips
- Fried chicken
- Fish and chips
- Samosas and pakoras
- Deep fried meats or wonton, spring rolls

✘ High fat dairy products

- Homogenized milk or whipping cream
- Ice cream
- Regular cheese

✘ Commercial baked goods

- Doughnuts, croissants, pastries
- Bought cookies, muffins, cakes

✘ Saturated and Trans fats

- Butter
- Lard
- Shortening
- Hard margarines
- Coconut oil
- Coconut milk

Nutrition Facts

Serving Size: 1 tbsp (14g)
Servings Per Container 109

Amount Per Serving	% Daily Value*
Calories 130	Calories from Fat 130
Total Fat 14g	22%
Saturated Fat 12g	58%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	
Sugars 0g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.



✘ High fat frozen foods

- Meat pies, pizzas and pastas that have a cream or cheese base

Types Of Cholesterol



High Density Lipoproteins (HDL) or “good” cholesterol helps remove bad cholesterol that can block the blood vessels. Aim for a high number.



Low Density Lipoproteins (LDL) and Non HDL Cholesterol or “bad” cholesterol can deposit on blood vessel walls and can block blood flow to the heart. Aim for a low number.



Having high bad cholesterol levels can increase your risk of heart attack and stroke. Lifestyle changes that help improve heart health include:

- Quitting smoking
- Increasing physical activity
- Aiming for a healthy body weight
- Controlling stress

Soluble fibre helps lower LDL (Bad) Cholesterol. Aim for 10-25 g / day.

Try high soluble fibre supplements:



- 1 tbsp ground psyllium husks
- 1 tbsp Metamucil
- 2 tbsp ground flax seed

Soluble Fibre Content

- 3.5 g
- 3.4 g
- approximately 1.3 g

Eat fruit, vegetables and whole grains for soluble fibre.

Here are some examples:

- oatmeal 3/4 cup = 1.4 g
- asparagus 1/2 cup = 1.7 g
- turnips 1/2 cup = 1.7 g
- broccoli 1/2 cup = 1.4 g
- pear with skin 1.1 to 1.5 g
- peach with skin 1.0 to 1.3 g
- apple approximately 1.0 g
- popcorn (no butter/salt) 2 cups = 2.5g

Increasing soluble fibre by approximately 10g per day can lower your LDL by 3-7%



Nuts and seeds are heart healthy foods but are generally high in potassium and phosphorus. Whole grains can help lower cholesterol but they are higher in potassium and phosphorus than white bread or white rice. Ask your dietitian how to include these foods in your diet.

Kidney Diet Myths

DEBUNKED



What is the verdict on coconut oil?

Coconut oil is made up of mostly saturated fats, which are linked with heart disease.

The latest North American diet guidelines suggest limiting saturated fats to less than 10% of your total daily calories. This recommendation is backed by strong evidence that shows having more unsaturated fats is associated with lower total cholesterol and LDL levels. Canola, olive, sunflower and soybean oils are high in unsaturated fats.

Despite early research showing coconut oil raises HDL and that it has a smaller effect on total cholesterol and LDL than butter, vegetable oil is still a better choice. This is because vegetable oil increases total cholesterol and LDL less than coconut oil.

What about Eggs?

Eggs are high in “dietary cholesterol” but they are low in saturated fat and trans fat. Research has found that it is more important to reduce saturated and trans fat in the diet than it is to reduce dietary cholesterol. Eggs can be included in a healthy diet as a protein choice at meals, especially if they are replacing a higher saturated fat food like fatty meat. Fatty cuts of meat are high in saturated fat and “dietary cholesterol”.

I thought I was supposed to avoid nuts and seeds.

Why is this handout telling me to eat them?



Nuts and seeds are high in potassium and phosphorus so kidney patients have traditionally been advised to limit or avoid them. Since the kidney diet varies a lot from person to person, some people can include nuts and seeds as a protein choice and still have normal potassium and phosphorus blood levels. Research shows that eating nuts daily can reduce LDL or bad cholesterol levels. Other people who need to watch the amount of potassium and phosphorus in their diet more carefully should continue to avoid or limit nuts and seeds.

Quick fact:

Pecans and walnuts contain less potassium and phosphorus than most nuts.

1 oz (14-15 halves) = less than 100 mg phosphorus and 110 to 130 mg potassium



Kidney Diet Myths

DEBUNKED



Tofu...Really?

Research has found that eating soy protein every day can improve LDL levels. Tofu is a lower potassium and phosphorus soy protein

that can be used to replace meat. Other soy proteins like soy beans (edamame), dry soy nuts and soy milk are higher in potassium so they should be used more cautiously. Research is suggesting that for people with kidney disease, vegetarian meals may help lower protein in the urine and improve blood cholesterol levels.

My doctor says I have high triglycerides. What are triglycerides?

Triglycerides (TG) are a type of fat in your blood. The suggestions for improving your cholesterol on the first page will also improve your TG levels. Other things you can do to lower your TG are:

- Eat less sugar and sweets
- Avoid or limit alcohol
- Try taking a higher dose of omega-3 supplements such as 1000 to 4000 mg EPA/DHA per day. Ask your doctor if this amount is right for you, especially if you are taking blood thinners. Omega-3 supplements can also thin the blood. Choose a plain omega-3 supplement rather than one with omega-6 and 9 because most of us get enough omega-6 and 9 by eating a variety of foods.



What are plant sterols?

Plant sterols are substances naturally found in small amounts in plant foods like vegetable oils, nuts, cereals and legumes. Plant sterols are also added to foods like margarine and orange juice. Some studies have shown that plant sterols can improve cholesterol by partly blocking the absorption of cholesterol from food. The safety of plant sterols specifically in people with kidney disease has not been studied, but the safe upper limit set by Health Canada is a maximum of 3 g of plant sterols per day for adults. Consuming 2g per day can lower LDL cholesterol by 10-13% (There is no benefit in consuming more than 2 g). To maintain the cholesterol lowering effects, you must continue eating plant sterols long term.