

Today, with the effects of technological developments and changes in life conditions, people lead a different lifestyle compared to previous generations. Nutritional behavior also changed along with the changes in the life style. These changes play an important role in the occurrence of many diseases. Among these, coronary heart diseases are one of the most common ones around the world, as well as in our country. However, it is a disease that can be avoided with healthy nutrition and adjustments in the life style.

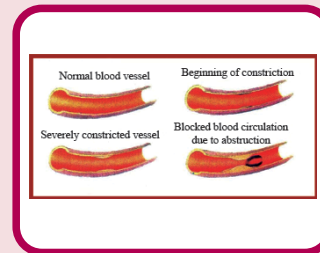
#### RISK FACTORS

- Age (over 45 for men, 55 for women)
- Early menopause
- High LDL, triglyceride and low HDL levels.
- Low consumption of fruits and vegetables.
- Sedentary lifestyle
- Stress
- Alcohol consumption and smoking
- Genetic susceptibility
- Obesity, hypertension, diabetes and etc.

Atherosclerosis is one of the main reasons for coronary diseases.

This leads to the loss of flexibility, constriction and obstruction of the veins. Fatty substances like cholesterol accumulate in the walls of the veins, constrict the veins and causes loss of flexibility.

This constriction process may start in early ages and gradually continue. This process may accelerate with unfavorable lifestyle and nutritional behavior.



### To prevent coronary heart diseases:

#### 1. Have adequate and balanced nutrition.

Recommended amounts from the four food groups should be taken for consuming and using adequately the energy and nutritive substances necessary for the body to regenerate and function.

#### 2. Pay attention to the types of fats you consume and how much you consume.

- Prefer vegetable oils and olive oil to animal fat in your meals.
- Do not use margarine, animal fat, etc.
- Prefer low fat or fat free milk and dairy products.
- Eat more fish and poultry, without the skin. Eat less red meat, even if it is low fat or fat free.
- Choose appropriate cooking methods to use less fat. Prefer to boil, grill or bake your food; do not add oil to food with meat.

### 3- Consume fiber rich foods.

You should eat legumes, whole bread, bulgur, vegetables and fruits that decrease blood cholesterol level.



### 4- Do not consume excess amount of sugar.

You need to eat fresh fruits and drink fresh fruit juices instead of concentrated fruit juices. You should not consume cookies, cakes, bonbons and carbonated beverages.



### 5- Pay attention to your salt consumption.

There is an important relationship between salt consumption and hypertension. Canned foods, pickled foods, salty nuts, sauces and etc. should be avoided in the diet.



### 6- Maintain your ideal body weight.

High level of body fat increases the risk of heart diseases. You should be careful to maintain your ideal body weight.



### 7- Avoid smoking and consumption of alcohol.

Smoking and alcohol consumption are important risk factors for coronary artery diseases as they increase blood pressure and heart beat.



### 8- Increase your physical activity.

You should do regular physical activity such as cycling, slow-paced running, and jogging for your heart's health.



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## CORONARY HEART DISEASES AND NUTRITION

