

Healthy eating for Peripheral Arterial Disease (PAD)

What does healthy eating for PAD mean to me?

Healthy eating is an important part of a healthy lifestyle. Healthy eating, along with regular physical activity and choosing to be smoke-free can help you to:

- slow the process of atherosclerosis (plaque build up in the arteries)
- improve your blood fats
- achieve and maintain a healthy body weight
- reduce your risk of PAD, heart disease and stroke

Why should I be concerned about my blood fats?

Blood fats include cholesterol and triglycerides. Abnormal blood fats increase your risk for PAD, heart disease and stroke. Blood fats are also called blood lipids.

What is blood cholesterol?

Cholesterol is a wax-like fatty substance in your blood. It is made in your body by the liver. Small amounts of cholesterol are important for many body functions. Too much blood cholesterol or fat can build up in your blood vessels and block the blood flow to your legs, heart and brain. This may lead to PAD, heart disease and stroke.

There are 2 types of cholesterol in your blood:

1. High Density Lipoprotein (HDL) Cholesterol – GOOD cholesterol

Think of **HDL** as your “**H**ealthy” cholesterol.

HDL takes blood cholesterol back to your liver where it can be removed from your body. High levels are healthy for your arteries.

2. Low Density Lipoprotein (LDL) Cholesterol – BAD cholesterol

Think of **LDL** as your “**L**ousy” cholesterol.

LDL leaves cholesterol in the walls of your arteries causing them to narrow over time. High levels can lead to PAD, heart disease and stroke.

What are triglycerides?

Triglycerides are another type of fat found in the blood. High triglyceride levels are also linked to atherosclerosis.

If you have high triglycerides, your dietitian or dietetic assistant will give you information on how to lower them.

Will the cholesterol in my diet raise my blood cholesterol?

The cholesterol in food can raise blood cholesterol in some people. But it does not have as big an impact as saturated and trans fat on your blood cholesterol.

For a healthy diet, you should still limit dietary cholesterol.

Foods that are high in cholesterol include: animal foods such as untrimmed or marbled meat, poultry with skin, organ meats, high fat milk products and egg yolks. Eat these foods less often.

What about the fat in my diet?

The types of fat you eat can affect your blood cholesterol levels. Try to eat healthy fats more often. A healthy diet is low in saturated fat and trans fat.

Healthy fats:

Healthy fats are the unsaturated fats in your diet. They include:

- ✓ Monounsaturated fat
- ✓ Polyunsaturated fat
- ✓ Omega-3 fat

These fats do not raise your blood cholesterol levels. They can help lower LDL cholesterol when used in place of saturated fat and trans fat. Include foods that have unsaturated fat more often.

Foods that have unsaturated fats include:

- olive, canola, soybean, peanut and other vegetable oils
 - soft non-hydrogenated margarines
 - nuts and seeds
 - avocados
 - fatty fish such as mackerel, herring, trout, salmon and sardines
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Unhealthy fats:

- Saturated fat
- Trans fat

These fats can raise your bad LDL cholesterol. Trans fat can also decrease your good HDL cholesterol. Limit your intake of foods that have saturated and trans fats.

Saturated fat is found in:

- fatty meats such as prime rib and regular ground beef
- regular luncheon meats such as salami and bologna
- sausage, hot dogs and bacon
- full fat milk products such as whole milk, high fat cheese
- cream, butter and lard
- coconut, palm and palm kernel oil

Trans fat is found in:

- shortening
- commercial baked goods such as cakes, pies, donuts and croissants
- fast foods, deep fried foods and foods made with shortening or partially hydrogenated oils
- margarines made with partially hydrogenated oils

What about fibre?

There are 2 types of dietary fibre: soluble and insoluble.

Both types of fibre are important for good health. Increasing soluble fibre in your diet can help to lower the risk of PAD, heart disease and stroke by reducing bad LDL cholesterol levels.

Soluble fibre is found in:

- dried or canned beans, peas and lentils
- whole grains such as oats, oat bran and barley
- cereal with Psyllium fibre (All Bran™)
- fresh fruit such as citrus fruit, apples, apricots, pears, prunes and strawberries
- vegetables such as artichoke, broccoli, brussel sprouts, carrots, corn and squash

Be sure to drink plenty of fluids (8 to 10 cups of fluids) when increasing your fibre intake, unless you have been told to drink less by your health care provider.

What about salt or sodium?

If you have high blood pressure or heart failure, it is very important to limit the amount of salt or sodium in your diet.

Ways to reduce salt or sodium in your diet include:

- ✓ take the salt shaker off the table. Try seasoning your foods with herbs, spices and lemon juice instead
- ✓ do not use salt in cooking
- ✓ replace onion, garlic and celery salt with the fresh product or powder
- ✓ eat at fast food restaurants less often
- ✓ eat less cured and processed meats:
 - ham
 - sausage
 - bacon
 - hot dogs
 - bologna
 - salami
 - pepperoni

- ✓ Eat less processed or convenience foods that are high in salt or sodium:
 - canned soups
 - spaghetti or tomato sauce
 - processed cheese
 - soy sauce
 - pickles

In summary ...

The most important changes that you can make in your diet are to:

- ✓ Limit saturated and trans fat. Choose unsaturated and omega-3 fats instead.
- ✓ Increase your fibre intake, especially soluble fibre.
- ✓ Reduce your salt or sodium intake.

Recommended low fat cooking methods:

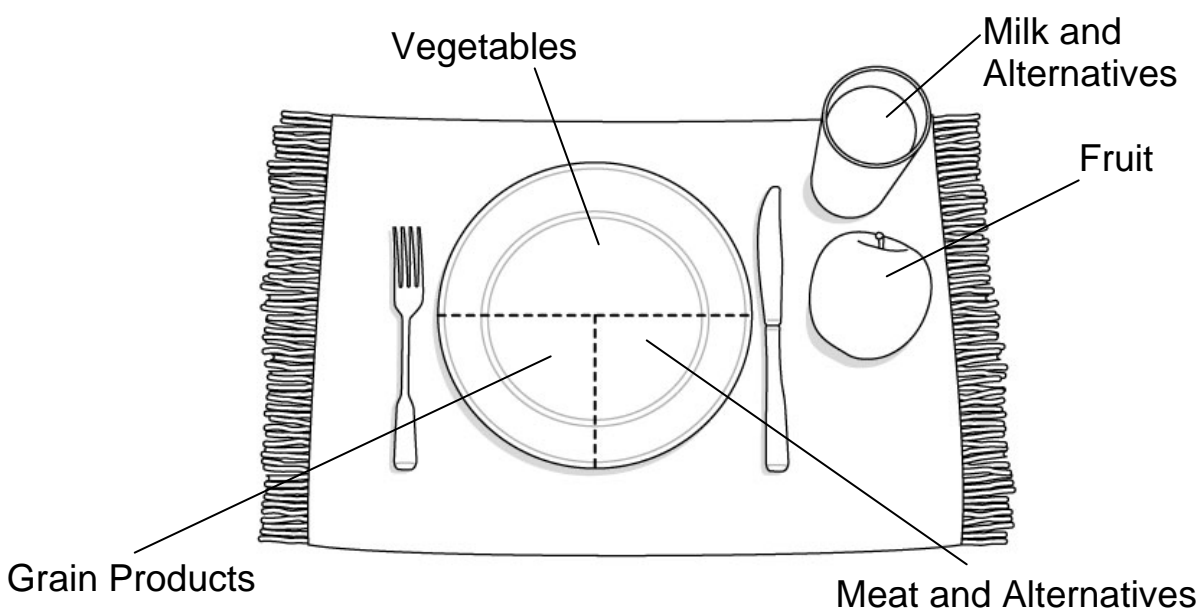
- bake
 - broil
 - grill
 - steam
 - barbeque
 - poach
 - microwave
 - use a non-stick pan
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How to build a healthy meal

Healthy eating means enjoying a variety of foods from all 4 food groups in Eating Well with Canada's Food Guide:

- ✓ **Vegetables and Fruit** – Fill $\frac{1}{2}$ of your plate with a variety of vegetables. Choose dark green, red and orange colours more often. Have a piece of fruit for dessert.
- ✓ **Grain Products** – Fill $\frac{1}{4}$ of your plate with whole grain products such as rice, pasta or bread.
- ✓ **Meat and Alternatives** – Fill $\frac{1}{4}$ of your plate with healthy, low fat meat and alternatives such as fish, legumes (peas, beans and lentils), tofu or small portions of lean meats.
- ✓ **Milk and Alternatives** – Have a glass of skim or 1% milk or a small container of low fat or fat-free yogurt to complete your meal.

Building a healthy meal is simple! Use the picture below as a guideline to help you.



You can get a copy of Eating Well with Canada's Food Guide from Health Canada's website: www.healthcanada.gc.ca/foodguide or ask to see a dietitian.

Food Recommended:	Food NOT Recommended:
<p>Meat and Alternatives</p> <ul style="list-style-type: none"> • fish, especially fatty fish such as herring, trout, salmon, sardines, and mackerel • lean cuts of meat with visible fat trimmed off such as strip loin or round • skinless chicken or turkey • peas, beans and lentils • egg whites or substitutes • soy based meat alternatives such as tofu and textured vegetable protein (TVP) 	<p>Meat and Alternatives</p> <ul style="list-style-type: none"> • deep fried chicken wings or battered fish • meat with visible fat such as prime rib or regular ground beef • chicken or turkey with skin • organ meats such as liver or kidney • regular luncheon meat such as bologna and salami, bacon, sausage or hot dogs • more than 3 egg yolks each week
<p>Milk and Alternatives</p> <ul style="list-style-type: none"> • skim or 1% milk, fat-free or low fat yogurt, 1% cottage cheese • lower fat cheese (less than 20% M.F.) • low fat ice cream (1% M.F.), frozen yogurt (2% M.F.), sherbet • fortified soy beverages 	<p>Milk and Alternatives</p> <ul style="list-style-type: none"> • full fat milk products such as whole milk, regular cheese
<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> • all, except foods listed under NOT recommended 	<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> • coconut • battered or deep fried vegetables
<p>Grain Products</p> <ul style="list-style-type: none"> • whole grain breads, cereals, pasta and rice • low fat snack foods such as air popped popcorn and low sodium pretzels 	<p>Grain Products</p> <ul style="list-style-type: none"> • commercial baked goods, such as cakes, pies, donuts and croissants • high fat snack foods such as potato chips and cheesies
<p>Fats and Oils</p> <ul style="list-style-type: none"> • soft, non-hydrogenated margarine • olive, canola, soybean, peanut and other vegetable oils • salad dressings such as oil and vinegar or low fat 	<p>Fats and Oils</p> <ul style="list-style-type: none"> • margarine made with partially hydrogenated oils • regular sauces and gravies • cream cheese, creamy salad dressings and regular mayonnaise • butter, cream, lard and shortening • coconut, palm kernel or palm oil

My blood test results

My goals ...

Total Cholesterol:	Triglycerides:
HDL Cholesterol:	Fasting Blood Sugar:
LDL Cholesterol:	Other:

Date	Total Cholesterol	HDL Cholesterol	LDL Cholesterol	Triglycerides	Fasting Blood Sugar	Other

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