

## HEART DISEASE

Heart disease causes one in every four deaths in Australia. Saturated fats are 50% above desired levels and these need to be replaced with polyunsaturated fats.

Major risk factors known to increase heart disease and stroke are *raised serum cholesterol levels, cigarette smoking, high blood pressure, excessive alcohol consumption, obesity, diabetes & lack of exercise.*

Certain polyunsaturated fats are essential for healthy hearts. Omega-6 fatty acids are found in oils such as sunflower, safflower, soya bean and grapeseed. Omega-3 fatty acids are found in oily fish such as sardines, salmon, tuna and herrings. The body can make Omega-3 from food oils such as linseed, soya bean, olive, canola, walnut and wheat germ.

Vitamin E found in vegetable oils, nuts and whole grain cereals are good heart foods. Garlic lowers cholesterol and blood pressure and helps dissolve clots.

Water-soluble fibres found in oats, barley, dried beans, vegetables and fruit can help lower cholesterol.

Anti-oxidants found in fruit and vegetables help reduce heart attack and stroke.

Non-insulin diabetics who replace saturated fats with unsaturated fats, particularly monounsaturates, can lower cholesterol levels and the risk of cardiovascular disease.

Atherosclerosis begins in childhood progressing from arteries with fatty streaks to raised artery lesions in teenagers. Fatty foods and smoking in teenage years sets the pattern for heart disease and high cholesterol levels later in life.

## DIETARY SUGGESTIONS

1. Cook home made meals.
2. Limit take-away & processed foods which generally contain hidden saturated fats & sugar.
3. Replace butter with margarine brands such as *Nuttlex, Naytura Soya, Meadow Lea Sundew*
4. Do NOT fry foods but grill, steam, stir-fry, bake.
5. Flavour foods after cooking with garlic, ginger, herbs, lemon, red wine.
6. Use nuts, seeds & avocado as food flavours.
7. Select low fat or reduced fat dairy products.
8. Eat fish 3-4 times a week and try to select fish which contains essential fatty acids such as pink salmon, trout, tuna, Atlantic herring and mackerel.
9. Reduce the amount of red meat in the diet & fat (particularly animal fats & hydrogenated oils). Trim fat from meat & skin from chicken.
10. Eat plenty of fruits, vegetables & legumes to increase fibre, potassium & magnesium intake.
11. Select wholegrain cereals & wholegrain breads.
12. Increase folic acid by eating liver, chicken, pork, broccoli, cabbage, free range eggs, lentils, wholemeal bread.
13. Use soya drinks, soya flour and tofu in stir –fry dishes.
14. Drink at least 8 glasses of water per day. Drink black and green tea to supply flavonoids & antioxidants.
15. Limit salt, coffee, alcohol, spicy foods sugar, soft drinks, fried, processed & refined foods and white flour products such as white bread.
16. Greatly reduce all sources of sodium/salt from the diet to reduce the risk of hypertension. Read labels carefully & try to avoid products that have salt, soda & sodium on the label such as baking soda, MSG, canned foods (unless labelled salt free), commercially prepared foods, baked products, preservatives, diet soft drinks, sugar substitutes, meat tenderisers and soy sauce.
17. Reduce stress by undertaking relaxation exercises such as walking, meditation, Tai Chi, yoga or relaxation massage.

# HEART DISEASE



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## PRODUCTS

- ♥ Less than 3% fat, no saturated fat
- ♦ Low salt (less than 120 mg/100g)
- Low GI
- \* No added sugar
- High Fibre

### Biscuits – 97% Fat Free

- ♥\* Apricot Temptation (GI – 47)
- ♥\* Spicy Apple Sensation (GI – 47)
- ♥\* Blueberry Bliss (GI – 47)
- ♥\* Sticky Date (GI – 47)
- ♥\* Zesty Ginger (GI – 47)

### Slices/Bars – Gluten Free, Wheat Free

- ♦ Omega Bar (GI – 21)
- ♥\* Strawberry Slice Multipack – 97% fat free  
- Medium GI (58)

### Nutritional Snack Bars:

- ♦ Yoghurt Coated Almond & Apricot (GI – 52)
- ♦ Almond & Apricot (GI – 54)
- ♦ Simply Nuts (GI – 39)
- ♦ Macadamia & Pineapple – Medium GI (56)

### Snacks - Gluten Free, Wheat Free

- ♥♦\* Baked Corn Chips - Plain
- Fried Corn Chips ♦\* Plain  
♦ Cheese
- ♦\* Chick Pea Chips
- ♦\* Potato Chips – No added salt
- Snackbread *Dry Crackers*

### Spreads

- ♥ Vege Spread - gluten/yeast free
- \* Soy Butter - gluten free, peanut free

### Confectionery - Gluten Free, Wheat Free

- Fruit strips enriched with a vitamin and mineral blend
- ♥♦\* Apricot & Apple (GI – 29)
- ♥♦\* Peach & Pear (GI – 29)
- ♥♦\* Plum & Apple (GI – 29)

### Breakfast Cereals

- ♥♦\* Hi-Lite Cereal with Wholegrain - enriched with vitamin C, iron & folate (GI – 54)
- ♥□♦\* Rice Flakes with Psyllium, gluten free
- ♥□♦ Rice Puffs with Psyllium, gluten free
- ♥□♦ Corn Flakes with Psyllium, gluten free
- ♥\* Ultra Rice with Psyllium, gluten free
- ♦\* Muesli – Yeast Free, Wheat Free (GI – 44)
- ♦\* Muesli - Gluten Free/Wheat Free (GI – 50)
- ♦\* Quick Oats *Porridge*, wheat free (GI – 50)

### Breakfast Bars

- ♥♦\* Hi-Lite Breakfast Bar (GI – 53)
- ♦\* Muesli Breakfast Bar – Gluten Free (GI – 50)
- ♦\* Super Berry Breakfast Bar, only 4% fat  
– Medium GI (57)

### Pastas

- Gluten Free, Wheat Free
- Enriched with a vitamin & mineral blend with added fibre.
- ♦♥\* Enriched Spaghetti (GI – 51)
- ♦♥\* Enriched Rice (GI – 51)

### Sauces

- Gluten Free, Wheat Free
- ♥♦\* Tomato Pasta Sauce

### Fruit Spreads

- Gluten Free, Wheat Free
- ♦♥\* Apricot (GI – 29)
- ♦♥\* Raspberry (GI – 26)
- ♦♥\* Strawberry (GI – 29)
- ♦♥\* Marmalade (GI – 27)

### Beverages - Gluten Free, Wheat Free

- Organic Grape Juices
- ♥♦\* Black Muscatel
- ♥♦\* Shiraz
- ♥♦\* White Muscatel

### Bakery

- Gluten Free, Wheat Free
- ♥♦\* All-Purpose Flour
- ♥ Pancake Mix - Medium GI (61)
- Corn Fritter (GI – 34)

### Cookbook (RRR \$24.95)

#### Low Allergenic Personal Care Products

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll-on
- Fragrant free aluminium free roll-on deodorant
- Fragrant free body soap

#### Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of the carbohydrate according to their effect on glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55  
Medium GI = 56 – 69  
High GI ≥ 70

The Freedom Foods Cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation easy. Visit Freedom Foods website [www.freedomfoods.com.au](http://www.freedomfoods.com.au) or free-call 1800 646 231 for further information.