



# **HEART DISEASE**

# NUTRITION GUIDE

# **ADOPT THE 8's FOR A HEALTHIER YOU**



#### **Positive Mindset**

Use at least 8 minutes to start your day engaging in, singing/listening to classical music, reading inspirational quotes, prayer, positive thoughts or self talks.



### **Hydration**

Drink at least 8 cups (8oz) water daily.



#### **Nutrition**

Follow my 4+4 Diet Plan.



# **Intermittent Fasting**

Consume all your meals within 8 hours daily (for example, 8:00 AM – 4:00 PM, 9:00AM- 5:00 PM). Fast 16 hours daily.



#### **Mood stabilization**

with 8 minutes of sunlight daily.



### **Physical Activity**

Eight repetitions of 5 minutes interval exercise routine daily: 4 minutes moderate intensity, 1 minute cool down (example 4 minutes speed walking and one minute normal pace walking, repeat this 8 times).



#### **Disconnect**

Use at least 8 minutes to end your day with thoughts of gratitude, forgive those who may have wrong you.



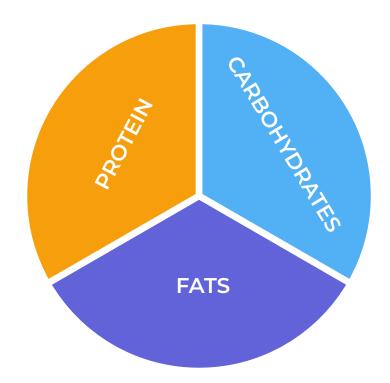
## Recharge

Aim to obtain 8 hours of restful sleep daily, try to be in bed before 11:00PM.

# **FOUR + FOUR NUTRITION PLAN:**



# **MACRONUTRIENTS:**



**ENERGY PROVIDING FOODS THAT THE BODY NEEDS IN LARGE QUANTITY** 

# G - Food group (GOOD, GO, GREEN)

### **PROTEINS**

Legumes

black beans garbanzo beans (chickpeas)

navy beans kidney beans pinto beans

lima beans lentils red beans

soybeans split peas **Others** tofu nuts tempeh seeds

### **CARBOHYDRATES**

Wild rice Brown rice Ouinoa

Whole wheat pasta Sweet potato Rye

Barley

Bulgur wheat

Potato Legumes Vegetables

**Fruits** 

**FATS** 

Avocado Seeds Olive Nuts

### **MICRONUTRIENTS**

(Essential elements needed by the body in very small amounts)

Vitamins and Minerals.

### - FOOD GROUP

# ("STOP or SICKNESS" GROUP)

The foods should be removed from diet or if used, try to keep at 10% of plate or time.

Fried foods Meats Fish

Cheese Eggs Sugar

Coffee White rice White flour Oil

# **UNDO HEART DISEASE**

Disease	Food or Nutrient	Function
Coronary Artery Disease/ Arteriosclerosis and Hyperlipidemia	Fruit	Consuming a lot of fruits is the best way to help prevent the development of arteriosclerosis. Fruits have anti- oxidative properties and are low in fat.
	Whole Grains	High consumption of whole grains helps prevent the formation of arteriosclerosis as opposed to consuming products of refined flour, such as white bread, white pasta, white flour, or white rice.
	Legumes (chickpea, black beans, peanuts, soy beans, red peas, white beans)	Are high in proteins and carbohydrates and in fat. Also provide phytoestrogen which protects the arteries.
	Vegetables	They are rich in antioxidants and phytochemicals and low in fat and sodium.
	Nuts	They are rich in unsaturated fatty acids that help reduce cholesterol. They also contain vitamin E which is an antioxidant and helps prevent arteriosclerosis.
	Fiber	Found in whole grains, fruits, vegetables, and legumes. They reduce the risk of arteriosclerosis.
	Oils	Vegetable oils contain unsaturated fatty acids that help lower cholesterol. They should be used instead of animal oils, such as butter. However, one must be cautious with their use of oils as they are very high in calories. Furthermore, cheap oils and GMO oils like canola oil, corn, soybean, and palm oil, promote inflammation in the body and are not healthy.
	Antioxidants	They prevent arteriosclerosis by preventing oxidation of lipoproteins. They include provitamin A, vitamins C and E, and flavonoids.
	Garlic	Functions as an antioxidant, preventing the oxidation of lipoprotein, hence reducing the risk of arteriosclerosis.
	Folate	Together with vitamin B6, folate reduces homocysteine levels which have been shown to play a role in arteriosclerosis formation. Folates are found in legumes and green vegetables.

### HYPERTENSION and HEART DISEASE MEAL PLANS

2 cups of hibiscus tea daily (un-sweet)

### **Breakfast**

- Day 1. Heart beat smoothie:1/4 medium beet, 1 stalk celery, 1 cup spinach, 1/3 cucumber, 1 small pear, ½-1cup water or ice.
- Day 2. Cashew-oat waffle with fruits sauce or chopped fruits.
- Day 3. Avocado black bean toast and ½ grape fruit.
- Day 4. Fruit bowl with 2 tablespoon chia and 1 tablespoon flax seeds
- Day 5. Overnight Oats with berries and ripe banana (8 oz oats plus 4-6oz chopped fruits)
- Day 6. Smoothie: 1 cup frozen berries, 1 ripe banana, 2 tbs chia, 1 tbs flax, 3/4 cup non-diary milk.
- Day 7. Make It Yourself.

#### Lunch

- Day 1. Tofu Vegetable stir fry with 1 cup quinoa.
- Day 2. Coconut Chickpea Curry, 2/3 brown rice, mixed vegetables
- Day 3. Baked Falafel with pita-pocket, lettuce and tomatoes.
- Day 4. Eggplant Zucchini baked with Meatless Balls
- Day 5. Roasted Vegetable Delight, with Raw Vegetable Salad
- Day 6. Mashed Cauliflower and White Beam with Lentil patties
- Day 7. Make It Yourself

### **Dinner**

- Day 1. Purple cabbage-onion-celery soup, fruit bowl
- Day 2. Hummus Vegetable Wrap, with an Apple
- Day 3. Spicy Mexican beans and pita chip, bowl of water melon.
- Day 4. Mashed Cauliflower and White beans with lentil patties
- Day 5. Bean Chili and corn bread or corn tortillas and a salad.
- Day 6. Fruit bowl with 2 tablespoon chia and 1 tablespoon flax seeds.
- Day 7. Make It Yourself



