

## Mental health and wellbeing

### Nutrition Support Action Plan (NSAP) for case managers/key workers- cardiovascular disease

Nutrition plays a role in some risk factors for heart, stroke, and blood vessel disease:

- high blood lipids such as cholesterol and triglycerides
- hypertension (high blood pressure)
- diabetes mellitus
- overweight and obesity

#### What can my consumer eat for a healthy heart?

- Plenty of plant-based foods. These are a good source of fibre, vitamins, and minerals and are low in saturated fat and salt. These include wholegrain breads and cereals, fruits and vegetables and legumes.
- Lean meats, poultry, fish, reduced fat dairy products.
- Reduce sugar and foods high in sugar.
- Healthier fats instead of saturated fats. Fats in food are a mixture of three different types known as *monounsaturated*, *polyunsaturated* and *saturated* fats.

They each have a different effect on blood cholesterol levels.

#### Monounsaturated fat

Helps to lower LDL “Bad” blood cholesterol if meals are also low in saturated fat.

Sources include:

- monounsaturated margarine spreads e.g. canola or olive oil based
- monounsaturated oils e.g. olive, canola and peanut oils
- nuts e.g. peanuts, cashews, macadamias
- avocado

#### Polyunsaturated fat

Helps to lower LDL “Bad” blood cholesterol if meals are also low in saturated fat. Sources include:

- polyunsaturated margarine spreads
- polyunsaturated oils e.g. sunflower, safflower, soybean oils
- oily fish e.g. salmon, sardines, tuna
- nuts e.g. walnuts, hazelnuts, brazil nuts
- seeds e.g. sunflower, sesame

## **Saturated fat**

Raises LDL “Bad” blood cholesterol levels (a risk factor for heart disease). To reduce blood cholesterol levels, it is important to reduce foods high in saturated fat. Sources include:

- fatty meats
- full fat dairy products
- butter
- two vegetable oils (coconut and palm oil)
- most deep fried take away foods
- most commercially baked products such as biscuits and pastries, including meat pies and sausage rolls

## **What about cholesterol in food?**

Some foods contain cholesterol, but the only ones that should be limited are the ones that also contain saturated fats (it's the saturated fat that's the problem!). These are not eaten by many people anyway and include offal e.g. liver, kidney and brains.

## **Actions for case manager/key worker**

1. Does your consumer follow a healthy diet? Check with ‘NSAP Assessing your consumer’s diet’.
2. Does your consumer do enough physical activity? Half an hour most days can be done in bouts of 10 or 15 minutes.
3. Does your consumer need to lose weight? Refer them to the health service's dietitian or an Accredited Practising Dietitian ([www.daa.asn.au](http://www.daa.asn.au) and search ‘Find a Dietitian’)
4. Has your consumer had their fasting blood fats tested? This can be done at their local GP surgery.
5. Does your consumer have high blood fats? Follow recommendations above (that suit your consumer’s food preferences).
6. Does your consumer need to reduce their alcohol intake? Refer them to the health service's 'Alcohol & Other Drugs' support service
7. Does your consumer need to stop smoking? Try Quitline on 137 848.

## **Need more information?**

Heart Foundation

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

Refer your consumer to your health service’s dietitian or an Accredited Practising Dietitian (APD)

[www.daa.asn.au](http://www.daa.asn.au) (‘Find a Dietitian’)