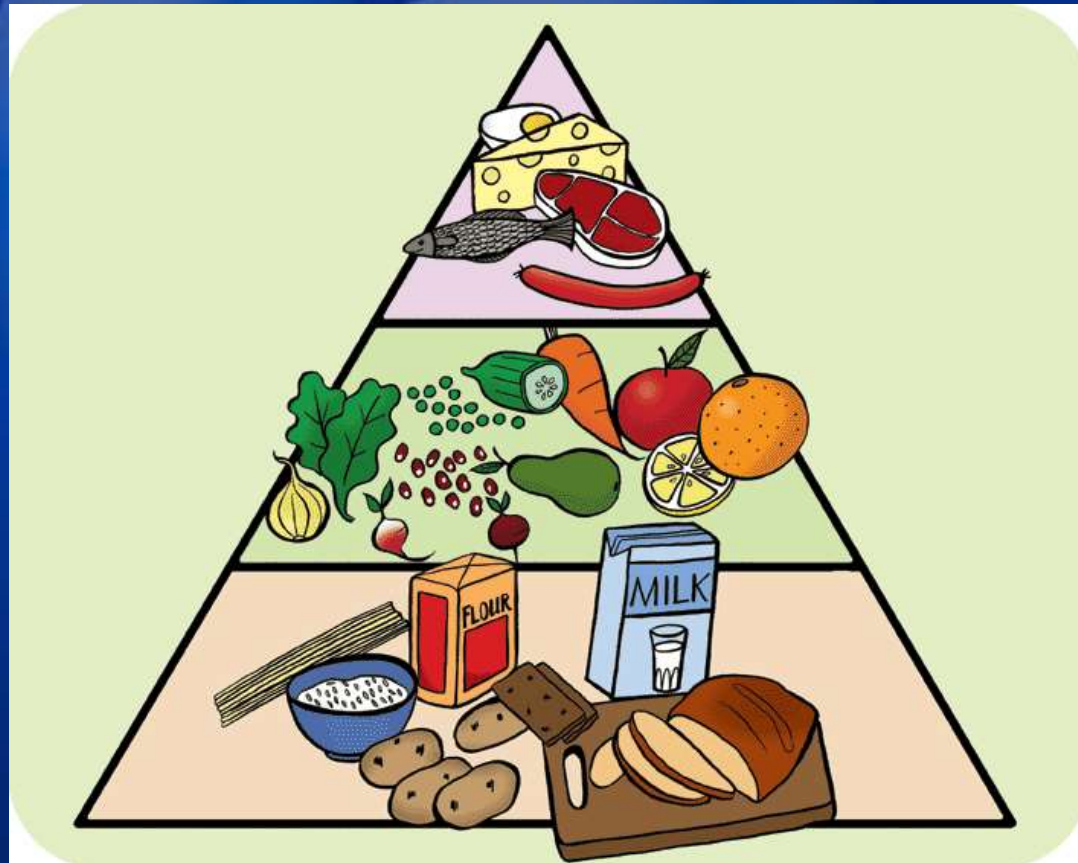


# Balanced Healthy Nutrition For The Heart

Hospital Health Promotion  
National Cardiovascular Center  
Harapan Kita



# Food Pyramide



# Nutritional Imbalance

## Cause

- ❖ Obesity
- ❖ Hypertension
- ❖ Hypercholesterolemia

➡ Coronary Heart Disease

- ❖ DIABETES MELLITUS
- ❖ OTHER DEGENERATIVE DISEASES



# Recommended Healthy Diet



# CARBOHYDRATE

## List of The Menus

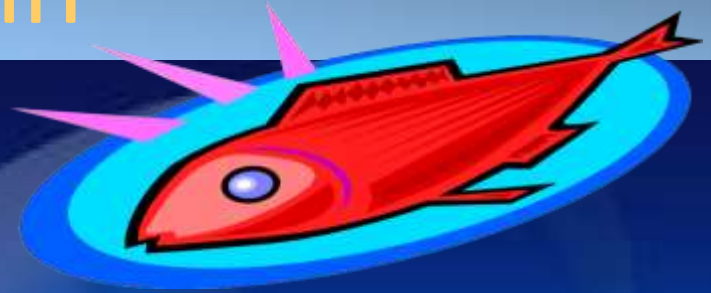
Red Rice  
Oatmeal  
Low-fat cakes  
Crackers cake  
Roti tinggi serat

## Avoid

High-fat cakes  
Sandwich  
Pastry



# Animal Protein



## List of The Menus

- Fish Sea
- Skinless chicken
- 2 eggs/week
- Read meat



## Avoid

- Chicken without skin
- Viscera (tripe, liver, spleen)
- Seafood (shrimp, squid, scallops)

# LIST OF SATURATED FAT CONTENT & CHOLESTEROL FOOD INGREDIENTS

	SATURATED FAT	CHOLESTEROL
• Beef	5.1	70
• Lamb	3.6	70
• Pork	11.3	70
• Chicken meat	0.9	60
• Fish	1	70
• Egg	3.7	550
- Shrimp	-	125
• Liver	-	300
• Brain	-	2000
• Milk	1.8	11
• Powder milk	16.3	85
• Condensed milk	4	-
• Cheese	11.3	100





## CHOICE OF MENUS

- Tofu
- Tempeh
- Green bean
- Red Beans

## AVOID

- Fried Peanuts
- Fried Cashews







## SELECT

- Unsaturated cooking oil
- Margarine
- Low-fat jam

## AVOID

- Coconut Oil
- Butter
- Coconut Oil
- High-fat Jam

# LIST OF SATURATED FAT CONTENT & CHOLESTEROL FOOD MATERIALS



## SATURATED FAD

## CHOLESTEROL

• Coconut Oil	80.2	-
• Corn Oil	9.4	-
• Cotton seed oil	32.7	-
• Olive Oil	19.1	-
• Peanut Oil	21.9	-
• Soybean Oil	12.8	-
• Sesame Oil	26.2	-
• Minyak bij	9.8	-
• Margarine	21	-
• Butter	44.1	250
• Lard	28.4	95



**Milk**



# Yogurt

Full Cream Milk  
Full Milk Cheese  
Full Milk Yogurt

Skimmed Milk  
Low-fat Cheese  
Non-fat Yogurt

## SELECT

- Fresh Fruit
- Frozen Fruit

## AVOID

Fruits / vegetables  
prepared with butter /  
milk

# FIBER



# Food Processing

**SELECT**

Grilled  
Steamed  
Braised Boiled  
Steamed Rice  
Sauteed  
Roasted



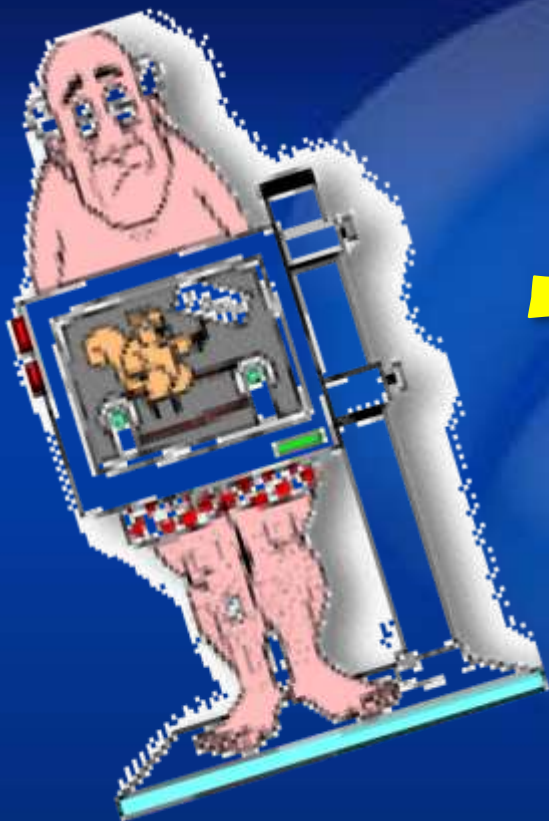
**AVOID**

Frying  
Consuming food  
contain of thick  
coconut oil

# The Sample Day Menu

- Breakfast Bread, with pineapple jam  
Tomato Juice
- Snack 10.00 Wet spring roll
- Lunch Rice  
Beef Empal  
Napolitan Tempeh  
Saut Long Beans, Corn Beans  
Waterme
- Snack 16.00 Orange
- Makan Malam Rice  
A loaf of fish with  
tomato sauce  
Read Bean Stew  
Cap cay  
Papaya





**THANK YOU**