

EDITORIAL

FOOD AND CARDIOVASCULAR DISEASE: WHAT TO EAT AND WHAT NOT TO EAT

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In 2019, the Global Burden of Disease study revealed alarming statistics regarding cardiovascular disease (CVD) in Pakistan. The estimated age-standardized incidence and death rates were 918.18 and 357.88 per 100,000 respectively, surpassing global averages.¹ Notably, Pakistan faces unique challenges with a high prevalence of Rheumatic heart disease and early onset coronary artery disease.¹

The World Health Organization's 2021 factsheet underscores four pivotal modifiable behavioral risk factors for CVD and stroke: unhealthy diet, physical inactivity, tobacco use, and harmful alcohol consumption. These behaviors manifest in individuals as elevated blood pressure, glucose, lipids, and adverse body mass index, exacerbating cardiovascular risk.² In Pakistan, the consumption of unhealthy foods and excessive calories significantly contributes to adverse cardiometabolic profiles, including obesity and dyslipidemia.²

Recent research, such as that by Daruish Mozaffain et al. in "Food is Medicine," advocates for food-based interventions tailored to individual health conditions, ranging from medically tailored meals to nutritional and culinary education.³ However, Pakistani patients with CVD face challenges due to the lack of localized guidelines, educational resources, and accessible nutritionists. Shah et al.'s review underscores the importance of providing clear and culturally relevant dietary guidance for the local population.⁴

Addressing these challenges requires the development of high-quality, culturally sensitive educational materials. These resources should be readily understandable, pictorial, and integrated into both inpatient and outpatient care. Local experts, including dietitians and researchers, can play a crucial role in creating tailored educational content. Figures 1 exemplify the efforts of these experts to provide practical guidance to the Pakistani population.⁴

In conclusion, there is an urgent need for comprehensive, easy-to-understand patient education resources catering to the unique nutritional needs of Pakistani individuals with cardiovascular disease. By addressing these gaps, we can empower patients to make informed dietary choices and improve cardiovascular outcomes.

Figure 1a: Diet for Heart failure⁵Figure 1b: Diet for Diabetes Mellitus⁶

Figure 1c: Diet for Coronary Artery Disease Patients⁷

وہ غذائیں جو دل کے مریض کثرت سے کھا سکتے ہیں۔		وہ غذائیں جو دل کے مریض کبھی کبھی کھا سکتے ہیں۔		وہ غذائیں جن سے دل کے مریض پرہیز کریں۔	
					
چکن	دودھ	لیکوڈ مارجرین	پروسس شدہ گوشت	پنیر	
					
مچھلی	انڈے	بکرے/ گائے کا گوشت	جھینگے	کریم	
					
سبزیاں	پھل	میٹھا	سافٹ ڈرنکس	گھی	
					
کنولا تیل	اناج	باربیکیو	جوس	میونیز	
					
خشک میوے	اناج والی اشیاء		ڈے والا کھانا	گرددے/جگر/ مغز	

Figure 1d: Diet for Hypertension⁸

وہ غذائیں جو ہائی بلڈ پریشر کے مریض کثرت سے کھا سکتے ہیں۔		وہ غذائیں جو ہائی بلڈ پریشر کے مریض کبھی کبھی کھا سکتے ہیں۔		وہ غذائیں جن سے ہائی بلڈ پریشر کے مریض پرہیز کریں۔	
					
چکن	انڈے	باستا	سافٹ ڈرنکس	فاسٹ فوڈ	
					
چاول	خشک میوے	بکرے/ گائے کا گوشت	پروسس شدہ گوشت	کیچپ	
					
سبزیاں	پھل	میٹھا	پنیر	پنیر	
					
دودھ	دہی	پاپے	چلی گارک ساس	باٹ ساس	
					
اناج والی چیزیں	مچھلی	ڈبل روٹی/ بن	سویا ساس	باربیکیو	
					
پھلیاں	کنولا تیل		نوڈلز		

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