

# Updated Heart Foundation Nutrition Recommendations - 2019

In August 2019 the Heart Foundation announced the release of three new evidence papers that updated our advice on eggs, dairy foods and red meat for healthy Australians. This adds to our recommendations on dietary fat (2018) and our recommendations on heart healthy eating patterns (2016). Consistent with the latest nutritional evidence, our emphasis is now on encouraging people to maintain healthy patterns of eating rather than eating to specific nutrient recommendations.

A summary of these changes together with how they integrate with our general nutrition advice is given in the table below. Advice for specific patient groups is grouped at the end.

	<b>Heart Foundation recommendations for the Healthy Population</b>	<b>Evidence base</b>
<b>EGGS</b>	No limit on eggs for general population. Include eggs as part of a heart healthy eating pattern	Eggs don't appear to significantly affect cardiovascular risk in the general population. <a href="#">Download here</a>
<b>DAIRY FOODS</b>	Regular or reduced fat unflavoured milk, cheese and yoghurt Limit butter, cream, ice cream and dairy-base desserts	Existing evidence on dairy foods and cardiovascular risk is mixed however there appears to be no difference between regular or reduced fat milk, cheese and yoghurt on CVD risk. The evidence suggests a 'neutral' effect, and a possible 'protective' effect with dairy foods and hypertension, stroke and type 2 diabetes risk. Portion size is still important and reduced fat dairy products are lower in kilojoules than full fat varieties. <a href="#">Download here</a>
<b>RED MEAT</b>	Limit lean red meat to 1-3 meals a week Limit processed meats	The evidence suggests a moderately adverse relationship between unprocessed red meat and cardiovascular disease, indicating a limit of up to 50g/day or 350g/week. The evidence continues to support recommendations to avoid processed meat consumption for cardiovascular health. <a href="#">Download here</a>
<b>DIETARY FAT</b>	Replace saturated fats with unsaturated fats Limit trans fat as much as possible No specific recommendations on cholesterol Omega-3 intake should be achieved by 2-3 servings of fish per week. In those with high triglycerides and heart failure, consider prescribing omega3 supplements	Replacing saturated fats with unsaturated fats is associated with reductions in LDL cholesterol and increases in HDL-c. Cholesterol in food does not impact blood cholesterol to the same extent as saturated and trans-fat. <a href="#">Download here</a>



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	<b>Heart Foundation recommendations for specific patient groups</b>	<b>Evidence base</b>
<b>DIETARY MODIFICATIONS FOR SPECIFIC PATIENT GROUPS</b>	<p><b>Diabetes</b> – Limit eggs to no more than 7 per week</p> <p><b>High cholesterol</b> – Limit eggs to no more than 7 per week Choose reduced fat dairy products</p> <p><b>Raised triglycerides</b> – consider omega-3 supplementations</p> <p><b>Heart Failure</b> – consider omega-3 supplementation</p> <p><b>Patients at high absolute risk of CVD</b> – 2-3 g/day of plant sterols can be included to lower LDL-C</p>	<p>There is evidence that increasing egg intake increases risk of CVD in those living with T2DM.</p> <p>There is evidence that egg consumption raises LDL-c therefore it is prudent to limit intake in those with raised LDL.</p> <p>There is evidence that response to dairy fat is higher for those with elevated LDL-C.</p>

**Heart Healthy eating patterns** focus on vegetables, fruits, wholegrains, nuts and seeds, fish and seafood. Smaller amounts of healthy protein sources such as lean poultry and eggs can be included as well as unflavoured milk, cheese and yoghurt. Limit red meat to 1-3 meals a week. Use herbs and spices instead of salt.

#### See our position paper

[heartfoundation.org.au/images/uploads/main/Nutrition\\_Position\\_Statement\\_-\\_HHEP\\_FINAL-3.pdf](http://heartfoundation.org.au/images/uploads/main/Nutrition_Position_Statement_-_HHEP_FINAL-3.pdf)

#### Visit our website for:

#### Updated Recipes:

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

#### Additional information on the Heart Foundation nutrition advice:

[heartfoundation.org.au/for-professionals/food-and-nutrition](http://heartfoundation.org.au/for-professionals/food-and-nutrition).

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