Dietary Patterns for Heart Health: an evidence informed approach.

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I would like to acknowledge the Traditional Owners of this Land on which we are meeting today.

I would also like to pay respect to the Elders both past, present and emerging.

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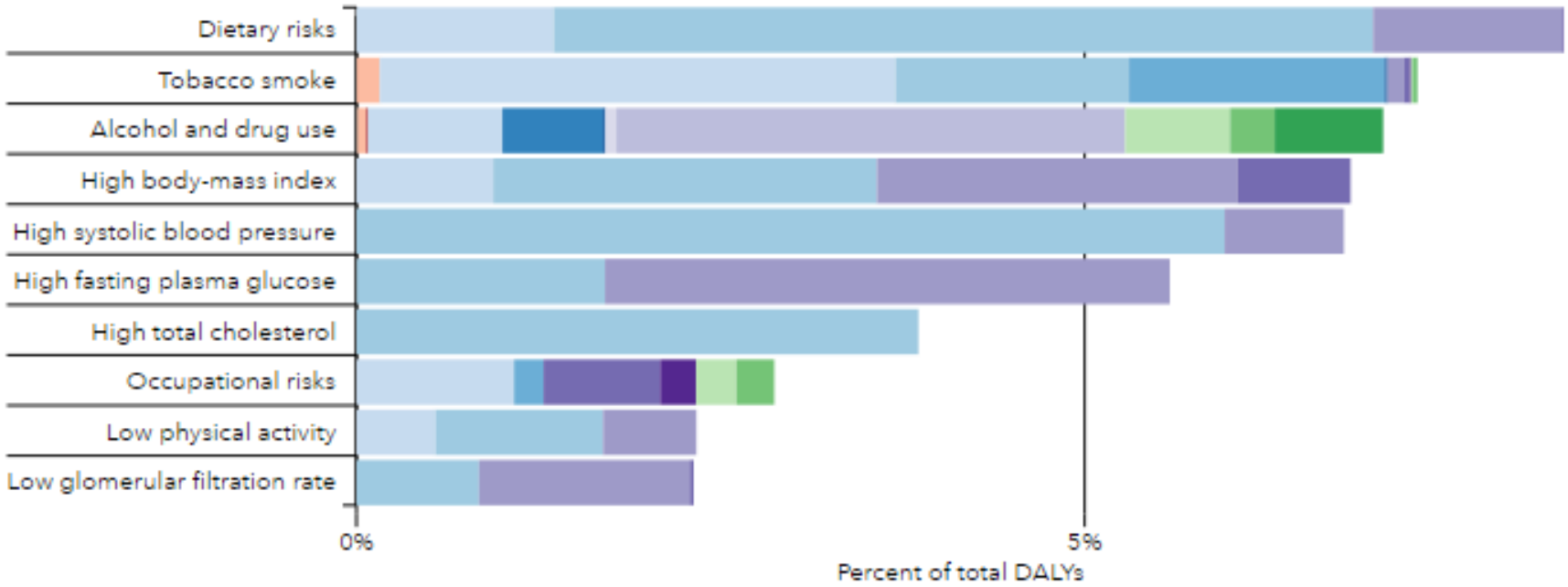
- Members of Heart Foundation advisory committees and the National Board, including
  - Food & Nutrition Advisory Committee
  - Clinical Issues Committee
  - Cardiovascular Health Advisory Committee
  - National Board of National Heart Foundation of Australia
- Ms Alison Camroux, Ms Jessie Porter & Ms Marina Mazza, Heart Foundation Policy Team

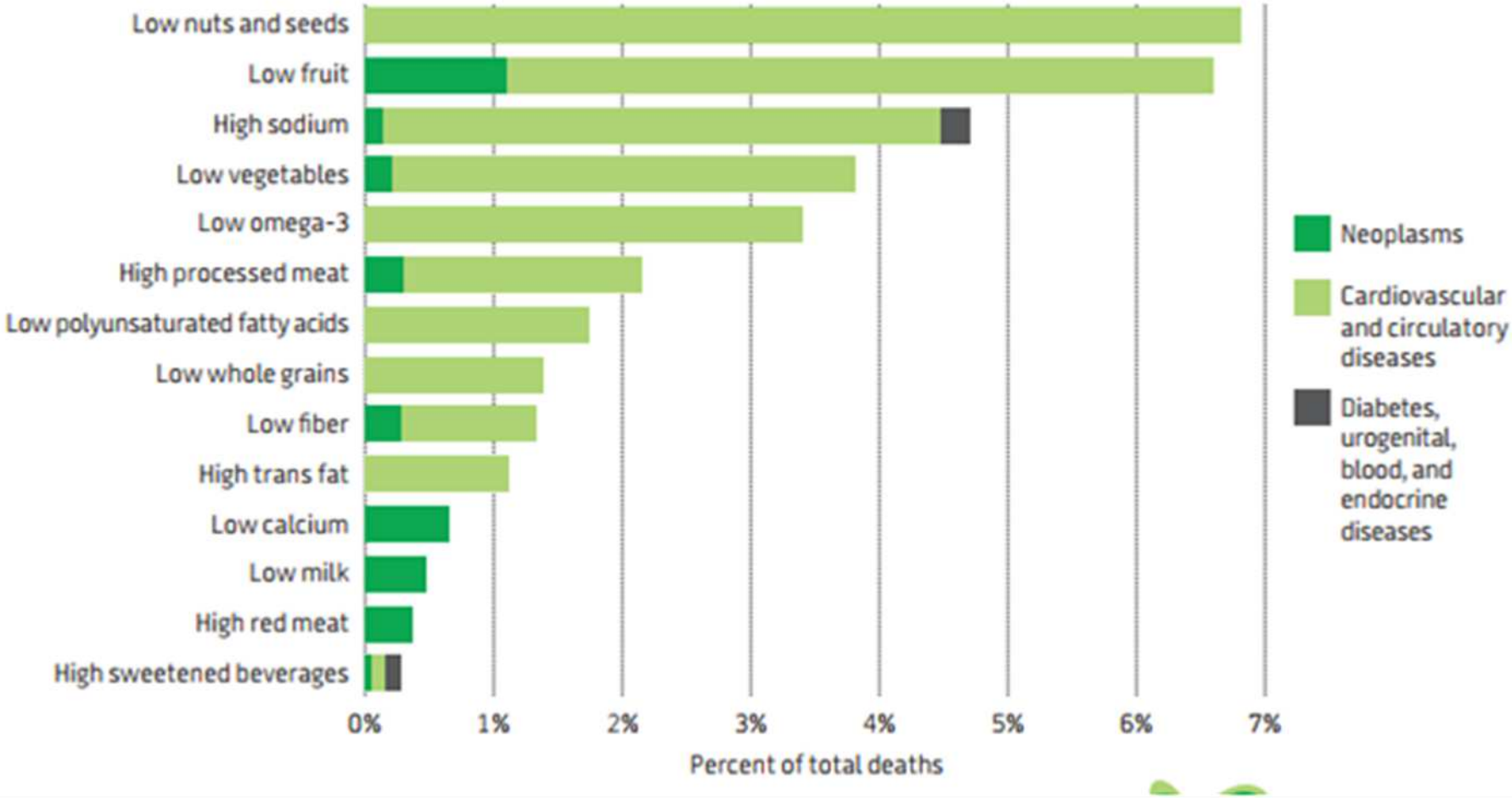
WHY FOOD?



Top 10 causes of DALYs with key risk factors, 2015

DIETARY RISK FACTORS

Figure 1: Dietary risk factor attribution to Australian deaths, 2010



WHY FOOD?

"Based on the current evidence, the optimal dietary pattern to reduce CVD is one that emphasizes

wholegrains,

fruits and vegetables, legumes, nuts, fish, poultry, and moderate dairy

and heart-healthy vegetable oil intake;

this pattern will likely reduce the CVD risk by about a third."

Anand S et al (2015) ***Food Consumption and its impact on Cardiovascular Disease: Importance of Solutions focused on the globalized food system*** A Report from the Workshop convened by the World Heart Federation.

AN EVIDENCE INFORMED APPROACH

- Systematic review
- Analysed evidence from systematic reviews published since 2010
- Primary and secondary prevention of CVD
- Assessed using NHMRC Framework

Dietary Patterns

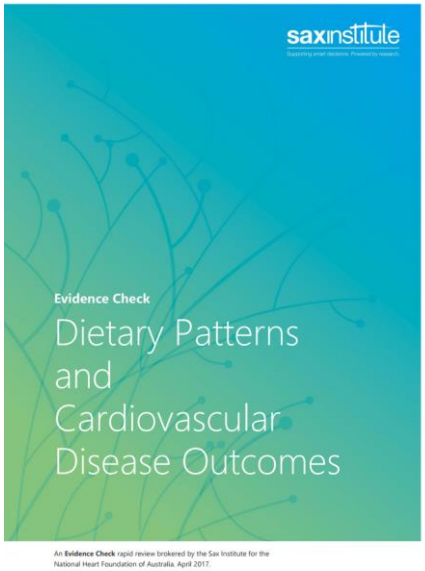
- Generated 16 evidence statements (4 primary, 3 secondary, 9 primary and secondary)

Dietary Fats

- Reviewed >50 studies; 4 evidence statements

Complemented with:

- Previous Heart Foundation Summaries
- Eating pattern trends (ABS and secondary analysis)
- Policy analysis



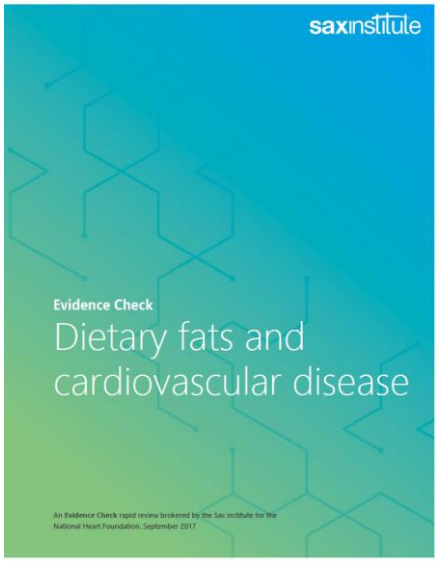


Table 3: Summary of evidence ratings relating to identified dietary patterns for primary prevention of CVD

EVIDENCE GRADE	Blood pressure	Lipids	Weight or body composition	CVD events and/or mortality
A	• DASH	X	X	• DASH
B	X	X	X	• Healthy/prudent
C	X	• Mediterranean	• Low GI/GL	• Mediterranean
D	X	X	X	X

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Collins CE, Burrows TL, Rollo ME. ***Dietary Patterns and Cardiovascular Disease Outcomes: an Evidence Check rapid review*** brokered by the Sax Institute for the National Heart Foundation of Australia, 2017. Accessed August 2017, from: https://www.heartfoundation.org.au/images/uploads/main/For_professionals/Dietary_patterns_and_cardiovascular_disease_outcomes.pdf

Similarities more important than differences…

Dietary patterns which recommend:

100% - Fruits, Vegetables, Whole grains

85% - Beans/Legumes

60% - Fish and Reduced-fat Dairy,

50% - Nuts/Seeds,

40% - Olive oil as main cooking oil

25% - low intake of Red Meat and Processed Meat Products.

Table 2: Food components of the eight dietary patterns which reported on specific foods and/or key nutrients

Dietary Pattern / Food component	Healthy/prudent Diet [24-28]	Mediterranean Diet V1 [29-31]	Mediterranean Diet V2 [32-38]	Vegetarian Diet [39]	DASH Diet [40-42]	Nordic Diet [43]	Tibetan Diet [43]	Portfolio Diet [16]
Fruits	X	X	X	X	X	X	X	X
Vegetables	X	X	X	X	X	X	X	X
Whole grains/breads/cereals[1]	X	X	X	X	X	X	X	X
Fish/seafood	X	X	X		X	X		
Low-fat dairy	X	X	X		X	X		
Poultry	X				X			
Beans/legumes	X	X	X	X	X		X	X
Nuts/seeds			X		X	X		X
Olive oil	X	X	X					
Rapeseed oil								
Alcohol (red wine)		X	X					
Meat and meat products								
Micronutrients[2]								
Plant sterols								
Limit on saturated fat		X						
Limit on meat/meat products		X	X	X				
Limit on refined sugars			X					
Limit on sodium								

[1] Whole grains/breads/cereals include: barley, rye, oats, wheat, corn and rice; [2] Micronutrients include: potassium, magnesium an

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Heart healthy eating principles

Healthy eating patterns do not rely on one type of food or one type of nutrient to promote heart health. Heart healthy eating patterns are based on a combination of foods, chosen regularly, over time. This optimal combination can be categorised into **five healthy eating principles**.

This style of eating is naturally low in saturated and trans fats, salt and added sugar and rich in wholegrains, fibre, antioxidants and unsaturated fats (omega-3 and omega-6). Eating this way will improve the heart health of all Australians by reducing cardiovascular disease (CVD) risk factors such as high blood pressure and blood lipids and decreasing the risk of CVD events and mortality. In addition to the quality of foods consumed, their quantity is also an important determinant of a heart healthy eating pattern, as it can lead to weight gain and in turn, heart disease.

1

Plenty of fruit, vegetables and wholegrain cereals

2

Variety of healthy protein sources including fish and seafood, lean meat and poultry, legumes, nuts and seeds

3

Reduced fat dairy such as unflavoured milk and yoghurt, and cheese

4

Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking

5

Herbs and spices to flavour foods, instead of adding salt

Discretionary foods and drinks

"…not an essential or necessary part of our dietary patterns."[1]

Meaning there is a zero requirement; yet make up >30% of average energy intake[2]

Following the Heart Foundation eating pattern means that discretionary foods are naturally excluded and are not part of a heart healthy eating pattern.

No discretionary foods feature in research on healthy eating patterns.[3]

1. National Health and Medical Research Council, 2013, *Australian Dietary Guidelines.* Canberra: Australian Government. <https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55_australian_dietary_guidelines_130530.pdf
2. ABS (2016) *4364.0.55.007 - Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011-12,* <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Discretionary%20foods~700 >
3. Heart Foundation (2017) Position on Dietary Patterns.

SUMMARY

Follow Heart Healthy Eating Principles which encourage:

- Replacement of saturated and trans fats with unsaturated fats
- Limit trans fats as much as possible
- No recommendations for dietary cholesterol
- Include wholegrains and soluble fibre
- Limit refined CHO (including free sugars <10%E)

Limit discretionary food and drinks

- Over one-third (35%) of total daily energy.
- Major contributor to saturated fat, trans fat and refined carbohydrates (including free sugars)
- No discretionary foods feature in research on healthy eating patterns

Health professionals can consider supplementing nutrition therapy with:

- omega-3 in people with heart failure and people with high triglycerides, and
- plant sterols enriched foods in people with high absolute risk who required cholesterol lowering therapies.

Nutrient	Target
Saturated fat	<10% total energy (E)
Omega-3 PUFA Combined EPA/DHA ALA	 250-500mg /day 1g /day
Omega-6 PUFA	4-10% E
Trans fat	<1% E
Free sugars	<10% E
Sodium	<2,000mg /day

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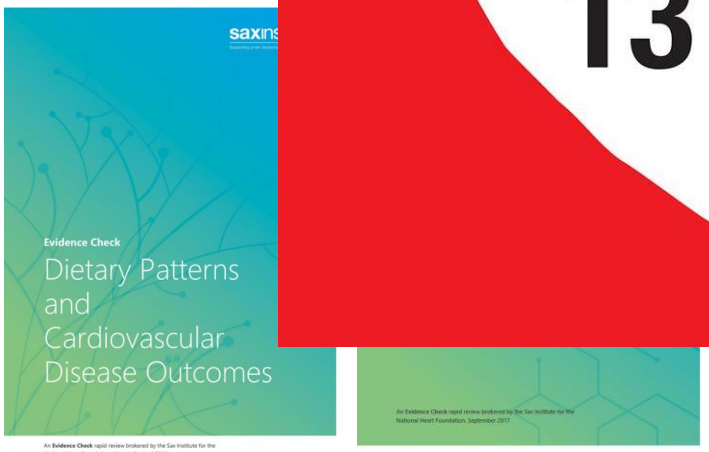

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Position statements

statements for health professionals including
lth professionals working in the area of nutrition

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-6). Eating this way will improve the heart health of
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Position statements

- Position statement: Eating for heart health (PDF)
- Position statement: Dietary Fats (PDF)
- Position statement: Salt (PDF)
- Position statement: Fish & Seafood (PDF)
- Position statement: Phytosterol/stanol enriched foods (PDF)

https://www.heartfoundation.org.au/for-professionals/food-and-nutrition/position-statements