

Topic:

Food Consumption and Lifestyle their Impacts on Cardiovascular Disease

Cardiovascular disease (CVD) is amongst the leading cause of death globally and is a growing health concern in our African community in Germany mainly provoked by our Lifestyle and eating habits. This presentation aimed at looking into our eating habits and lifestyle and their influences on heart-related problems.

1. What is cardiovascular disease?

Is a type of disease that affects the heart or blood vessels? It's usually associated with a build-up of fatty deposits inside the arteries (atherosclerosis) and an increased risk of blood clots

2. 5 common CVD:

- Heart attack/Failure
- coronary heart disease (KHK).
- stroke.
- peripheral arterial disease.
- aortic disease

3. Major risk factors that can't be changed

- Increasing Age. The majority of people who die of coronary heart disease are 65 or older
- Male gender.
- Heredity (including race)
- Tobacco smoke
- High blood cholesterol (hyperlipidemia.
- High blood pressure
- Unhealthy Diet
- Stress
- Physical inactivity. (Movement ...
- Obesity and being overweight.

4. What are the symptoms of cardiovascular heart disease?

- chest pain.
- pains, weakness, or numb legs and/or arms.
- breathlessness.
- very fast or slow heartbeat, or palpitations.
- feeling dizzy, lightheaded, or faint.
- fatigue.
- swollen limbs.

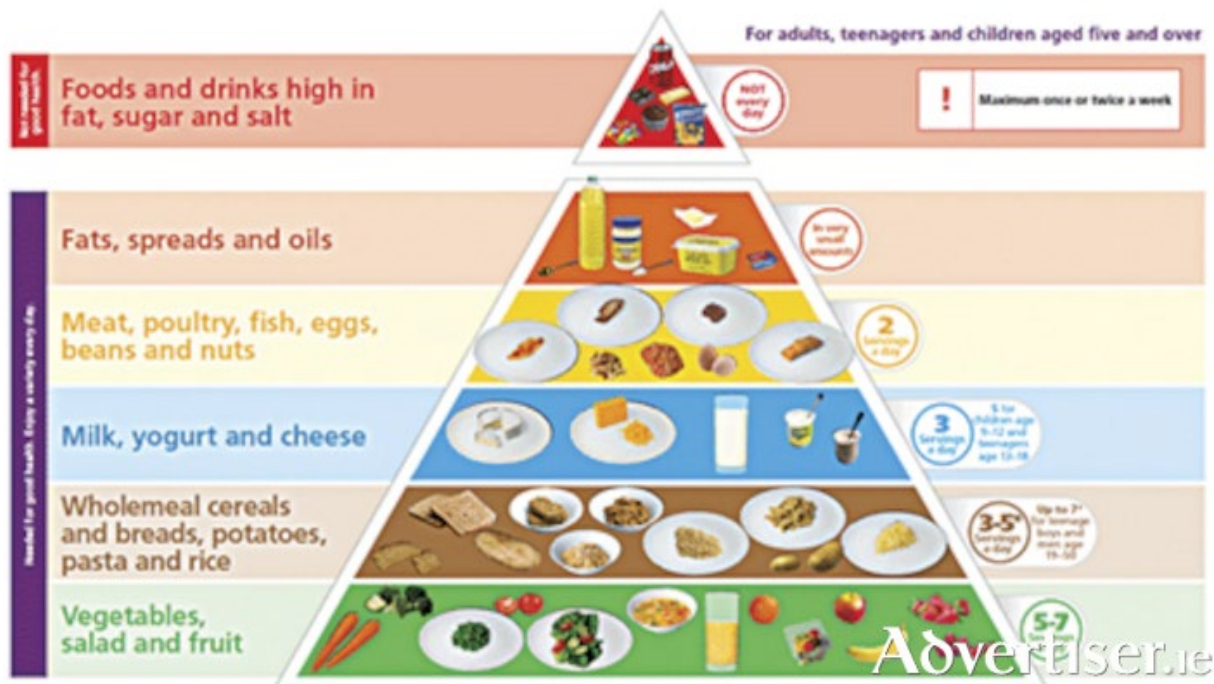
5. Prevention of CVD

- Eat a healthy diet. Maintaining a heart healthy diet is key for preventing heart disease
- Regular Exercise
- Regular blood pressure control
- Keep cholesterol under control.(lower
- healthy weight.(BMI
- Limit alcohol intake
- Don't smoke
- Stress management.

6. Heart-Healthy Food

- ✚ Leafy green vegetables. Leafy green vegetables like spinach, kale, and collard greens are well known for their wealth of vitamins, minerals, and antioxidants. ...
- ✚ Whole grains (millet, Barley, Oatmeal, whole wheat bread)
- ✚ Berries
- ✚ Avocados. ...
- ✚ Fatty fish and fish oil (herring, mackerel, black cod, salmon, sardines omega 3 fat
- ✚ Walnuts
- ✚ Beans
- ✚ Dark chocolate.

7. Food Pyramid



8. 8 Tips for basics healthy eating

1. Base your meal on high Fibre and starchy Carbohydrates
 2. Eat lots of fruit and vegetable
 3. Eat more fish
 4. Cut down on saturated fat and Sugar
 5. Eat less salt: not more than 6g/day
 6. Get active and have a healthy weight
 7. Do not get thirsty
 8. Do not skip breakfast
- ✚ Men 2,500 calories / day .
- ✚ Women 2,000calories/Day

8.1. Consume: Rice, oats, rye, pasta, pumpkin, seeds, peanuts, apricots, figs, lemons, raisins, amaranth, buckwheat, wheat-based roughage, vegetarian food, wheat bran, brown rice, wheat pasta, brown poha, soya, beans, chilli, etc.



Avoid: Banana, coconut, papaya, cashew, pistachios, beer, chicken, fish and eggs red meat.

8.2. Blood Group: B

Consume: Green vegetables, eggs, low-fat dairy, oats, milk products, animal protein, oat bran, paneer, eggs, fish, oat meal and quinoa.

Avoid: Corn, buckwheat, tomatoes, peanuts, sesame seeds, wheat, chicken, fish and eggs.

8.3. Blood Group: O (Meat eaters)

Consume: Meat, fish, eggs, kale, lettuce, broccoli, onions, pumpkins, turnip, red peppers, okra, garlic, ginger, cherries, figs, plums, prunes, raspberries, cranberries, gooseberries, animal protein, fermented foods, egg whites, chicken, sandwich, dhokla, kulcha, dosa, idli, etc.

Avoid: Spinach, cabbage, corn, cauliflower, eggplant, mushrooms, oranges, kiwi, strawberry, blackberry, coconut, green peas, peanut butter and wheat starch.

8.4. Blood Group: AB

Consume: Tofu, seafood, yoghurt, goat milk, egg, walnuts, millets, oats, rye, spelt, sprouted wheat, broccoli, cauliflower, beets, cucumber, plums, berries, and combination foods like rice + daal, and brown rice .

Avoid: Caffeine, alcohol, whole milk, buckwheat, corn, coconut, bananas, mangoes, avocados and black tea.

Starving and the gap in between meals does not suit this blood type



Initiated by Kudeca e.V. and Africa Impulse e.V.



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