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Healthy dietary modification for a better life

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Do you know the prevalence of Coronary Artery Disease (CAD) is increasing in an alarming rate in Sri Lanka? CAD is the narrowing of arteries due to the buildup of plaques in the walls of the arteries that may lead to heart attacks. Unhealthy diet is one of the major risk factors for developing CAD. We all know that prevention is better than cure. Therefore, healthy dietary modification is one of the best strategies to prevent and management of CAD. In this study, we assessed the dietary patterns, food preferences of the adults with CAD and adults at risk of developing CAD. The main objective of this study was to develop an educational e- resource including dietary menus for adults with CAD and adults at risk of developing CAD. This study was conducted in 3 phases in Kandy and Badulla districts. Under the first phase, assessed the dietary patterns and food preferences of the adults with CAD and adults at risk of CAD. It was a cross sectional study consisted with conveniently selected 15 CAD patients and 15 adults at risk of CAD. An interviewer administered questionnaire, food frequency questionnaire and 24 Hr dietary recalls were the data collection tools of this study. Observed the available and affordable food items for them. In the second phase determined the nutritional requirements for the adults with CAD and appropriate menus were developed. Those developed menus consisted of breakfast, lunch, dinner and 2 snacks. Then, those developed menus were evaluated by the experts in the nutrition to check the appropriateness. Under the phase 3, those developed and evaluated menus were compiled into an e -resource (blog) with serving sizes showing photos. The name of the developed blog is 'Heart healthy menus for adults'. The developed blog is consisting with seven whole day dietary menus, energy ranged from 1100 kcal-1700 kcal. Finally, we can suggest that those developed menus can be used to reduce the risk of developing CAD in the Sri Lankan population.