Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Functional Foods for Heart Health

Functional foods are foods that may have positive effects on health beyond basic nutrition. Along with a well-balanced, heart healthy diet and active lifestyle, eating these functional foods regularly may provide extra benefits. They may help improve your blood fat levels, mainly **by lowering total cholesterol and LDL-cholesterol** [the "bad" cholesterol].

Functional Ingredients	Food Sources
1. Beta-glucan (A type of fiber that dissolves in water) Amount: 3g per day Duration: At least 6 weeks	Example of 3g beta-glucan:  1 cup (250ml) or 10 tablespoons (75g) of uncooked oats  2 scoops of oat bran powder  1 cup (200ml) of cooked barley
2. Nuts and Seeds Amount: 30g or 1 handful per day Duration: At least 4 weeks	Example of 30g nuts & seeds:  1 handful or ¼ cup of nuts and seeds (baked, unsalted)

3. *erol or Stanol Natural compounds found in small amounts in all plant-based foods Amount: 2 to 3g per day Duration: At least 3 weeks	Example of plant sterol-fortified food products:  3 servings of plant sterol-fortified low fat milk per day 1 serving = 1 glass (200mL) or 3 tablespoons milk powder (31g)
4. Soy Protein Amount: 25g or 3 to 4 servings per day (to replace animal protein) Duration: At least 3 weeks	Example of 1 serving (7g) soy protein:  1 glass (250mL) unsweetened soy milk  ½ block bean curd  ¾ piece tempeh or fermented soybean  ½ cup unsalted Edamame beans

***Plant sterol-fortified product is not suitable for patient with sitosterolemia / phytosterolemia.**

Tips to add functional foods to your daily diet

1. Beta Glucan

- Add oats to your malted drink
- Enjoy breakfast with fruit and nuts oatmeal
- Add oats when baking (for example: muffins, pancakes)
- Cook rice with oats or barley.




2. Nuts and Seeds

- Add nuts such as peanuts or cashew nuts to soup or dishes;
- Enjoy yogurt with nuts and seeds.




3. Plant Sterol or Stanol

- Make coffee, tea, breakfast cereal, or oatmeal with plant sterol-fortified low fat milk
- Replace coconut milk with plant sterol-fortified low fat milk when cooking




4. Soy Protein

- Replace meat with tempeh or edamame beans when cooking
- Choose bean curd for your main meal with brown rice and vegetables (based on My Healthy Plate concept)






Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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ND.PE.03.0126