



# Ishrana kod kardiovaskularnih bolesnika

## Nutrition in Cardiovascular Patients

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### Apstrakt

**Uvod:** Pravilnom brigom o sopstvenom zdravlju možemo ublažiti uticaj naslednih faktora za nastanak kardiovaskularnih bolesti. Redovna fizička aktivnost, umeren unos visoko-kalorične hrane, redukcija duvana i alkohola, između ostalog, učiniće naš život kvalitetnijim i boljim.

Ukoliko se bolest ipak pojavi, ne treba ignorisati problem, jer adekvatna terapija sprečava nastanak komplikacija. Ne treba zaboraviti kontrolu stresa i kvalitet spavanja, kao osnove dobrog zdravlja.

### Preporuke kod povišenog krvnog pritiska i pratećih kardiovaskularnih poremećaja

Ishrana treba da bude usmerena na rešavanje povišenog nivoa masnoća u krvi, visokog krvnog pritiska i povišene telesne težine, pogotovo visokog procenta visceralnih masti koje direktno okružuju unutrašnje organe.

Idealan način da se ispoštuju preporuke jeste uključivanje zdravih namirnica u jelovnik, naročito proizvoda od celog zrna žita (hleba, testenina, pahuljica i mekinja od celog zrna, integralni pirinač), leguminoza (mahunarki), voća (malina, borovnica, ribizla, jagoda, kupina), kao i koštunjavog voća (badema, pistača).

U lakšim slučajevima može se jesti krto meso (teleće, živinsko, jagnjeće, pa i govede) i bela riba, kuvana ili pripremljena na puteru. Kod teških slučajeva treba izostaviti svako meso i masnoću, naročito ako postoji i oboljenje bubrega, što je dosta česta pojava.

Mineralne soli, naročito kuhinjsku so, treba izbegavati. U slučajevima teških srčanih mana, naročito ako postoji i oboljenje bubrega ili ako se pojavi otok, so se mora potpuno izostaviti. Da bi se hrana pripremila ukusnije, treba joj dodati malo drugih začina: limuna, slatke paprike i luka.

Uzimanje tečnosti mora se svesti na najmanju meru. U naročito teškim slučajevima ukupna količina tečnosti ne sme preći 600 g dnevno. Iako mleko predstavlja odličnu hranu za srčane bolesnike, pošto sadrži malo soli, ne može se davati u velikoj količini zbog toga što sadrži mnogo vode. U lakšim slučajevima, naročito ako nema otoka, može se uzimati do jedan litar dnevno. Upotreba alkohola zabranjena je svakom srčanom bolesniku, jer alkohol deluje vrlo loše na srčani mišić.

Ne treba zaboraviti da gotovo svaki srčani bolesnik kada se nalazi u dobrom stanju, podnosi dobro i vari gotovo svaku hranu. Preduga i stroga dijeta može dovesti do slabljenja organizma, koje nije ni poželjno ni potrebno. Uglavnom treba izbegavati teška jela i ona koja nadražuju, nadimaju ili izazivaju zatvor, a hraniti se više povrćem, voćem, mlečnom hranom, šećerom i testom. Obroci treba da budu manji i

### Abstract

**Introduction:** By taking proper care of our health, we can mitigate the influence of hereditary factors on the development of cardiovascular diseases. Regular physical activity, moderate intake of high-calorie foods, and reduction of tobacco and alcohol, among other things, will make our lives better.

If the disease does appear, the problem should not be ignored, because adequate therapy prevents complications. We should not forget stress control and sleep quality, as the basis of good health.

### Recommendations for high blood pressure and accompanying cardiovascular disorders

Nutrition should be aimed at solving elevated blood fat levels, high blood pressure, and increased body weight, especially a high percentage of visceral fat that directly surrounds the internal organs.

The ideal way to comply with the recommendations is to include healthy foods in the menu, especially whole grain products (bread, pasta, whole grain flakes, bran, integral rice), legumes, fruits (raspberries, blueberries, currants, strawberries, blackberries), as well as stone fruits (almonds, pistachios).

In mild cases, tender meat (veal, poultry, lamb, even beef) and white fish, cooked or prepared in butter, can be eaten. In severe cases, all meat and fat should be avoided, especially if there is kidney disease, which is quite common.

Mineral salts, especially table salt, should be avoided. In cases of severe heart defects, especially if there is also kidney disease or if swelling occurs, salt must be completely omitted. To make the food tastier, you should add some other spices: lemon, sweet pepper, and onion.

Fluid intake must be minimized. In particularly severe cases, the total amount of liquid must not exceed 600 g per day. Although milk is an excellent food for heart patients, since it contains little salt, it cannot be given in large quantities because it contains a lot of water. In mild cases, especially if there is no swelling, up to one liter per day can be taken.

The use of alcohol is prohibited for any heart patient because alcohol has a very bad effect on the heart muscle.

We should not forget that almost every heart patient when in good condition, tolerates well and digests almost any food. A too-long and strict diet can lead to a weakening of the body, which is neither desirable nor necessary. You should generally avoid heavy meals and those that irritate, bloat, or cause constipation, and eat more vegetables, fruits, dairy foods, sugar, and dough. Meals should be smaller and more numerous, 4 to 5 times a day. After the main meals, you should lie down for at least one hour.



mnogobrojniji, 4 do 5 puta na dan. Posle glavnih obroka treba ležati bar jedan sat.

Dijetu treba menjati prema stanju srca, pa je, prema tome, potrebno savetovati se s lekarom, koji jedini može, kontrolišući stanje srca, bubrega, jetre i pritiska krvi, odrediti kada koju hranu treba izostaviti ili ponovo upotrebljavati.

Pražnjenje creva treba da bude redovno. U slučaju zatvora odlično deluje gorka so u mlakoj vodi, ujutro.

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Ukoliko se bolest ipak pojavi, ne treba ignorisati problem, jer adekvatna terapija sprečava nastanak komplikacija. Ne treba zaboraviti kontrolu stresa i kvalitet spavanja, kao osnove dobrog zdravlja.

The diet should be changed according to the condition of the heart, so it is necessary to consult a doctor, who alone can, by controlling the condition of the heart, kidneys, liver, and blood pressure, determine when which foods should be omitted or used again.

Bowel movements should be regular. In case of constipation, bitter salt in lukewarm water, in the morning, works well.

**Conclusion:** By taking proper care of our health, we can mitigate the influence of hereditary factors on the development of cardiovascular diseases. Regular physical activity, moderate intake of high-calorie foods, and reduction of tobacco and alcohol, among other things, will make our lives better.

If the disease does appear, the problem should not be ignored, because adequate therapy prevents complications. We should not forget stress control and sleep quality, as the basis of good health.