

CCN- Heart Disease & Nutrition Programme

Our comprehensive programme combines evidence-based dietary interventions with personalised medical guidance to support cardiovascular health and recovery, focusing on key areas to optimize your heart health.



Protect the Heart

Targeted nutrition strengthens cardiac function and safeguards overall heart health.



Improve Blood Flow

Dietary plans enhance circulation and optimize oxygen delivery to vital organs.



Control Cholesterol

Evidence-based strategies help manage and reduce unhealthy cholesterol levels.



Reduce Inflammation

Nutritional interventions help to minimize systemic inflammation, a key factor in heart disease.

Why Heart Patients Need a Cardiac Diet

According to *Krause's Cardiovascular Nutrition* and the American Heart Association, proper nutrition plays a vital role in cardiac health management. Research demonstrates that dietary modifications can be as effective as medication in managing heart conditions.

Food changes are as important as heart medicines.



Lower LDL Cholesterol

Reduce harmful cholesterol through targeted nutrition



Reduce Blood Pressure

Control hypertension with proven dietary approaches



Improve Circulation

Enhance blood flow and vascular health



Reduce Inflammation

Combat cardiac inflammation naturally

40%

25%

35%



Comprehensive Heart Disease & Cardiac Nutrition Service

01

Cardiac Nutrition Assessment

Comprehensive evaluation of your cardiac health

02

Personalised Nutrition Plan

Customised dietary strategies for your condition

03

Supplement Guidance

Evidence-based supplementation recommendations

04

Weekly Monitoring

Regular tracking of health parameters

05

Daily WhatsApp Support

Continuous guidance for dietary queries

Cardiac Nutrition Assessment

Our comprehensive assessment evaluates all aspects of your cardiac health to create a personalised nutrition strategy:

- Disease classification: hypertension, CAD, cholesterol, angina, heart failure
- Complete lipid profile evaluation (LDL, HDL, triglycerides)
- Blood pressure and salt sensitivity testing
- Fluid balance and oedema assessment
- Weight and waist-to-hip ratio measurement
- Medication-food interaction analysis
- Gut health and digestion status
- Current dietary patterns and habits

Personalised Cardiac Nutrition Plans



Post-Heart Attack Diet

Soft cardiac meals designed for recovery. Low-salt, low-fat plan with hydration focus. Energy-enhancing nutrient support for BP stability and healing.



Post-Angioplasty/Stent Diet

Cholesterol-lowering foods and inflammation reduction. Heart-strengthening nutrition to support vascular health and



Hypertension Diet

DASH-based approach with high-potassium foods. Sodium restricted to less than 2 grammes daily for optimal blood pressure control.

Cardiac Care Programmes

3-Month Heart Care Programme

Our structured three-month programme provides comprehensive support through critical stages of cardiac recovery and health optimisation. Each phase builds upon the previous, ensuring sustainable heart-healthy habits.



Month 1: Stabilise

Sodium and cholesterol control with BP-stabilising meals. Post-surgery or post-stent dietary support for optimal recovery.



Month 2: Heal & Strengthen

Anti-inflammatory cardiac plan with fibre-rich meals for LDL reduction. Personalised weight-loss support for improved cardiac function.



Month 3: Long-Term Protection

Lifestyle change integration with heart-safe recipes. Exercise-nutrition timing optimisation and lipid reversal strategies.

6-Month Advanced Cardiac Wellness Programme

For comprehensive cardiac transformation, our six-month programme addresses all aspects of cardiovascular health. This extended programme is ideal for patients seeking complete lipid profile reversal, significant weight loss, or managing complex cardiac conditions.



Complete Lipid Reversal

Advanced strategies to reverse dyslipidaemia and achieve optimal cholesterol levels through targeted nutrition.



Stress & Cortisol Control

Integrative approaches combining nutrition and lifestyle modifications to manage stress hormones affecting heart health.



Weight & Visceral Fat Control

Sustainable weight-loss protocols targeting dangerous visceral fat around organs for improved cardiac outcomes.

Anti-Inflammatory Heart Diet

Long-term dietary pattern to reduce chronic

Gut-Heart Axis Care

Emerging research-based interventions targeting gut microbiome for

Long-Term Protection Blueprint

Comprehensive lifestyle and nutrition framework for