

PREHRANA U PODRŠCI LIJEČENJU KORONARNE BOLESTI SRCA

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Postoji više vrsta bolesti srca kao što su: kongestivno zatajenje, bolest srčanih zalistaka, kardiomiopatije, aritmije i druge. Ipak najčešća je koronarna bolest srca (KBS) odnosno bolest koronarnih arterija. To je ujedno i najčešći uzrok srčanog udara, koji nastaje zbog nakupljanja plaka u koronarnim arterijama. Odabir određenih vrsta hrane u svakodnevnoj prehrani može pomoći u prevenciji, liječenju i smanjenju simptoma bolesti. Cilj rada je prikazati najčešće vrste hrane i dodataka prehrani koje se preporučuju kod sastavljanja jelovnika za pacijente kod bolesti koronarnih arterija. Prehrana u prevenciji i podršci liječenju koronarne bolesti srca uključuje mediteransku i antihipertenzijsku DASH dijetu, a posebno nizak unos rafiniranih ugljikohidrata, te preporučeni unos dijetalnih masnoća. Odabir određenih namirnica u svakodnevnoj prehrani može pomoći u liječenju i smanjenju simptoma bolesti. Tako konzumacija orašastih plodova, mahunarki, cjelovitih žitarica, fitosterola, umjerenih količina alkoholnih pića, hrane bogate dugolančanim omega-3 polinezasićenim masnim kiselinama, magnezijem, vitaminom C, vlaknima i flavonoidima, povezana je sa smanjenim rizikom od KBS. Prehrana treba biti obogaćena bobičastim i jagodastim voćem, začinskim biljem kao što su češnjak, crni luk, đumbir, te biljnim ekstraktima ginka i gloga. Vlakna su jako bitna. Djelotvornim su se pokazali dodaci prehrani: vitamini (B3, B6, B9, C i E), minerali (magnezijum i selen), omega-3 masne kiseline i alfa lipoična kiselina. Preparati se mogu koristiti kao pojedinačni ili u kombinacijama. Pored prehrane, obavezni su umjerena fizička aktivnost, dobar san i izbjegavanje stresnih situacija. Koronarna bolest srca vodeći je uzrok srčanog udara i smrti u cijelom svijetu. Način prehrane i konzumiranje određenih vrste hrane su dio životnog stila svake osobe, koji pored navika i genetike imaju važnu ulogu u etiologiji KBS.

Ključne riječi: prehrana, koronarna bolest srca

NUTRITION IN SUPPORT OF CORONARY HEART DISEASE TREATMENT

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There are several types of heart disease such as: congestive heart failure, heart valve disease, cardiomyopathy, arrhythmias and others. However, coronary heart disease (CHD) is the most common. It is also the most common cause of heart attack, which occurs due to the accumulation of plaque in the coronary arteries. Choosing certain types of food in daily diet can help prevent, treat and reduce the symptoms of the disease. The aim of the paper is to present the most common types of food and dietary supplements that are recommended when compiling menus for patients with coronary artery disease. Diet in the prevention and support of coronary heart disease includes the Mediterranean and antihypertensive DASH diet, and in particular the intake of low levels of refined carbohydrates, and the recommended intake of dietary fats. Choosing certain foods in daily diet can help treat and reduce the symptoms of the disease. Thus, consumption of nuts, legumes, whole grains, phytosterols, moderate amounts of alcoholic beverages, foods rich in long-chain omega-3 polyunsaturated fatty acids, magnesium, vitamin C, fiber and flavonoids is associated with a reduced risk of CHD. The diet should be enriched with berries, herbs such as garlic, onion, ginger, and herbal extracts of ginkgo and hawthorn. Fiber is very important. Dietary supplements have been shown to be effective: vitamins (B3, B6, B9, C and E), minerals (magnesium and selenium), omega-3 fatty acids and alpha lipoic acid. The preparations can be used individually or in combination. In addition to diet, moderate physical activity, good sleep and avoiding stressful situations are mandatory. Coronary heart disease is the leading cause of heart attack and death worldwide. Diet and consumption of certain types of food are part of every person's lifestyle, which in addition to habits and genetics play an important role in the etiology of CHD.

Key words: nutrition, coronary heart disease