

## **Appendix 1: ISCHeMiA Study Lifestyle Modification Information Sheet**

### ISCHEMIA- LIFESTYLE MODIFICATION INFORMATION SHEET

DIETARY CHANGES: All individuals encouraged to reduce daily salt intake by at least one third and, if possible, to less than 1 teaspoon (5 g) per day.

It is advisable to eat at least 400 g a day of a range of fruits and vegetables (a cup of fruits and half a cup of vegetables excluding potatoes) and whole grains (example, barley, corn (including popcorn), rice, rye, oats, wheat, and wild rice) and pulses (example beans, soya beans, chickpeas).

Attempt to reduce total fat (remove chicken skin, eat lean meat) and reduce saturated fat (butter, cheese) intake. Moderate amounts of vegetable oil is safe.

PHYSICAL ACTIVITY: All individuals encourage to do at least 30 minutes of moderate physical activity (e.g. brisk walking) a day, through leisure time, daily tasks and work-related physical activity.

WEIGHT CONTROL: All individuals who are overweight are encouraged to lose weight through a combination of a reduced-energy diet and increased physical activity.

TOBACCO CESSATION

REDUCTION IN ALCOHOL CONSUMPTION