

# Diet Corner

## Pointer on oils and fats

1. Best type of oil to consume is one which is rich in MUFA, Viz Olive oil, Rice Bran Oil, Groundnut Oil, Sesame oil, Soya oil, Mustard oil
2. Although type of oil is important, quantity of oil used is very important. Recommended quantity is 4 teaspoons (20g) per person per day.
3. Do not over heat oils while cooking or giving tadka
4. Avoid deep fat frying
5. Avoid using oil used for frying in cooking or in simple words do not reuse the oils
6. Store oils in cool, dark places
7. Buy filtered oils over refined oils
8. Cold pressed virgin oils should be used for cold cooking like: salad dressing, on roti or bread

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## **Be aware of Potassium rich diet when you take ACE inhibitor**

Patient of mine at initial diagnosis of Hypertension with LVH was started on ACE INHIBITOR with a view to reversing LVH in addition to good control of BP.

His Potassium started raising unexpectedly which prompted exploring reasons for his fortuitous Hyperkalemia. After exclusion of all other causes, it was revealed his banana intake was high. He had to stop bananas and other potassium rich fruits, vegetables etc to his dismay. Potassium normalised. Just then a Nephrologist came with the proposal of exchanging the ACE with Losartan which through experience was shown not that much associated with Hyperkalemia and an added benefit of Hypouricaemic effect with the retention of extra cardiac benefit with Losartan.

Finally ended with Losartan Indapamide combination which has successfully normalised Potassium. After 20 years of persistence with ACE, LVH reversal was achieved. (Regular ECHO). Even the thought of combining ACE with Kayexalate (Sodium Polystyrene Sulfonate) with a view to chelating and excreting Potassium and persistence with ACE was discarded.

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