

Abstract

Cardiovascular disease was the 3rd leading causes of death in 2001 of Taiwan. And ischemic heart disease (IHD) accounted for 55.4% of all cardiovascular disease deaths. Dietary practices was the most important risk factors of coronary heart disease. The purpose of this study was to evaluate the dietary practices in ischemic heart disease patients. Data were obtained by a food frequency questionnaire from 102 IHD outpatients (67 men and 35 women) , at Department of Cardiology, China Medical College Hospital. The results showed that male and female patients had statistical differences in height, weight, waist circumference, waist to hip ratio, educational level, occupation, cigarette smoking, drinking, vegetarian, food purchaser, and cooking producer ($p < 0.001$). In male adults, there was significantly differences for the frequency of intake of food such as “red meat”, “poultry”, “viscera”, “shrimp and crab”, “belly pork”, “animal fat” , and “soybean sauce” before and after knowing themselves that had ischemic heart disease ($p < 0.001$; $p < 0.001$; $p < 0.001$; $p < 0.05$; $p < 0.001$; $p < 0.001$; $p < 0.05$), then the same results in “viscera”, “animal fat” and “soybean sauce” ($p < 0.001$; $p < 0.001$; $p < 0.05$) in female adults.

Key Words: ischemic heart disease, food frequency questionnaire, dietary practices