



Dear participant in the LeIKD study,

We are pleased that you have agreed to participate in the LeIKD study. Below you will find your exercise and nutritional recommendations.

### **Exercise recommendations**

Regular physical activity is important for improving or maintaining health and physical and mental well-being. It leads to an increase in mobility and helps to reduce the risk of many diseases and support their treatment.

According to the current guidelines on coronary heart disease and the guideline on type 2 diabetes issued by the European Society of Cardiology (2013) and the World Health Organisation (WHO), the following exercise recommendations for endurance training result:

- o At least 150 minutes / week with moderate intensity (e.g. 5x30 minutes / week) or
- o At least 75 minutes / week with higher intensity

As a rule of thumb:

At a moderate intensity you can still talk in whole sentences, but you will notice that this is already a little difficult. At high intensity you are no longer / hardly able to formulate whole sentences.

Apart from active sports, physical activity in everyday life also has a positive effect on your health. Use the stairs instead of the lift or go for a short walk during the day. Avoid sitting for too long or interrupt this with a little physical activity (e.g. standing or walking while talking on the phone). This should ideally be supplemented by muscle-strengthening exercises and coordination and balance exercises.

### **Nutritional recommendations**

The patient guidelines of the National Care Guideline for Coronary Heart Disease (2017) and for the treatment of type 2 diabetes (2015) recommend

- If overweight, try to lose weight; if normal weight, avoid weight gain
- Healthy, calorie appropriate and balanced diet
- At least 5 portions of fruit and vegetables a day (1 portion is roughly the size of your own hand)
- Prefer foods with complex carbohydrates and low glycemic index
- Limit as far as possible foods with added sugar (especially ready-made products, sweet drinks and sweets)
- Protein content of the diet about 0.8 grams of protein per kilogram of body weight (10-20% of the daily energy intake); if kidney damage is present, reduce the amount in consultation with the doctor if necessary
- Moderate salt consumption (approx. 6 g salt per day); caution with finished products, as these often contain a large amount of salt
- Sufficient supply of dietary fibre (approx. 30 g per day) from whole grain cereals and pulses
- Fish twice a week if possible, including once high-fat fish (mackerel, herring, salmon) to supply healthy omega-3 fatty acids
- Pay attention to a good fatty acid composition in high-fat foods
- Vegetable fats and oils are preferable (e.g. rapeseed oil, olive oil, seeds and nuts, avocados); a handful (approx. 30 g) of unsalted nuts can be eaten daily to supplement the diet
- High-fat meals with many saturated and trans fatty acids (e.g. fatty meat, fatty finished products, food from the deep fryer, cream, fatty confectionery and bakery products, crisps etc.) as low as possible
- Drink enough: a minimum of 1.5 litres a day is recommended. Sugar-sweetened drinks (fruit juices and lemonades) should be avoided as far as possible and more use should be made of non-calorie drinks such as water or unsweetened teas
- Alcohol only in small quantities and above all not daily

We thank you for your participation in the study and wish you all the best,  
Your LeIKD study team at TU Munich

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