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## **Nutrition for Healthy Hearts**

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## Disclaimer

- ▶ Each individual has a very different medical history and may not be able to apply everything in this presentation to their lives
- ▶ If you have a more complicated medical history, please clear any potential changes to your lifestyle with your physician
- ▶ Each individual has a unique genetic design

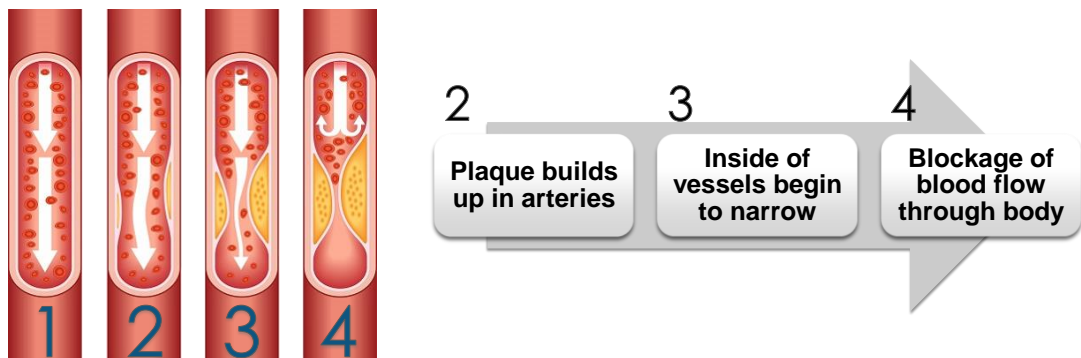
## Overview

- ▶ Heart disease
  - ▶ Progression
  - ▶ Who is at risk?
- The road to a healthy heart:*
- ▶ Healthy diet/weight
    - TLC (total lifestyle change) diet
    - DASH (dietary approaches to stop hypertension) diet
  - ▶ Physical activity
  - ▶ Stop smoking/limit alcohol
  - ▶ Limit stress

# Heart Disease

- ▶ Leading cause of death in both men and women
- ▶ “Silent Killer” with little or no symptoms
- ▶ Coronary artery disease, heart attack, stroke

## Heart Disease: Progression




# Who is at risk?

- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Smoking
- ▶ Diabetes
- ▶ Overweight/obesity
- ▶ Physical inactivity
- ▶ Excessive alcohol use

# Blood Pressure Levels

|                                   | Range (mmHg)        |
|-----------------------------------|---------------------|
| <b>Normal</b>                     | Systolic: under 120 |
|                                   | Diastolic: under 80 |
| <b>At risk (pre-hypertension)</b> | Systolic: 120-139   |
|                                   | Diastolic: 80-89    |
| <b>High</b>                       | Systolic: above 140 |
|                                   | Diastolic: above 90 |



# Cholesterol Levels

| LDL “Bad” Cholesterol (mg/dL) |                 | HDL “Good” Cholesterol (mg/dL) |   |
|-------------------------------|-----------------|--------------------------------|---|
| Less than 100                 | Optimal         | Less than 40                   | A major risk factor for heart disease       |
| 130-159                       | Borderline high |                                |   |
| 160-189                       | High            | Above 60                       | Considered protective against heart disease |
| Above 190                     | Very High       |                                |   |

**Total cholesterol levels: under 200 is optimal**

LDL: low-density lipoprotein

HDL: high-density lipoprotein

## Prevention: Lifestyle Changes

**Healthy Diet**

**Healthy Weight**

**Physical Activity**

**Stop Smoking/Limit Alcohol Use**

**Stress Management**

## **TLC Diet**

### ***Total Lifestyle Change***

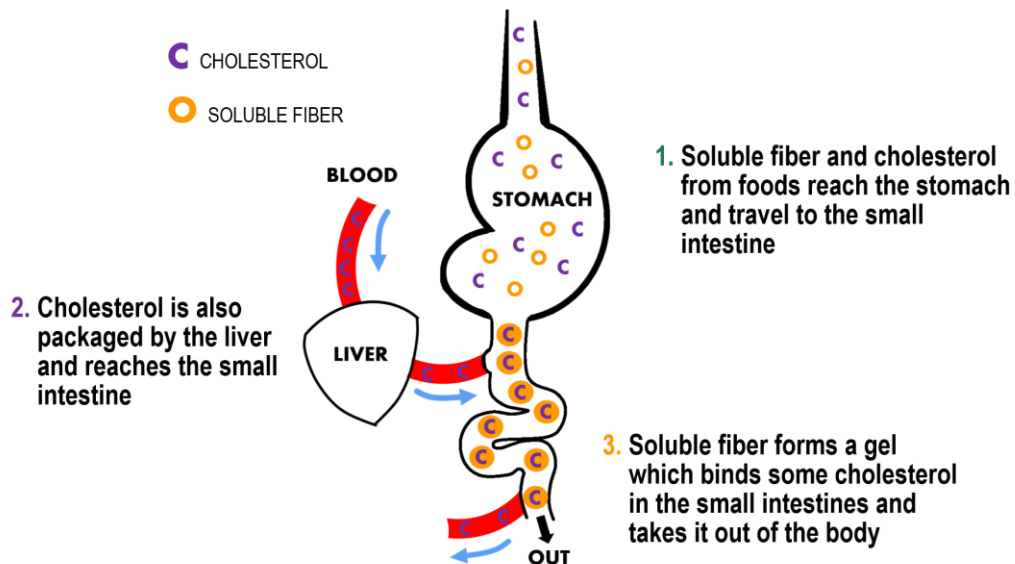
- ▶ **Lowers saturated fat in the diet, in turn, lowering cholesterol levels**
- ▶ **Not designed for losing weight!**

## **TLC Diet**

### ***Total Lifestyle Change***

- ▶ **What do you have to do?**
  - keep saturated fat intake below 7% of total calorie intake
  - keep daily cholesterol intake under 200 mg
  - lower sodium intake to 2400 mg/day
  - 25-35% of calories from fat
  - 20-30 g/day fiber
  - maintain physical activity

## How Soluble Fiber May Lower Cholesterol



## Saturated Fat

- ▶ Eating foods that contain saturated fat raises the level of cholesterol in your blood
- ▶ Aim for a dietary pattern that achieves 5-6% of calories from saturated fat (American Heart Association)

### Food Sources

Mainly from animal sources: meat and dairy products

EX: fatty beef, lamb, pork, butter, cheese, milk

# Cholesterol

- ▶ **Waxy substance from fat that your body needs, but when in excess, it builds up on your artery walls**
- ▶ **Limit cholesterol intake to 300 mg/day**
- ▶ **If you already suffer from high cholesterol or heart disease, limit to 200 mg/day**

| Food Sources           |
|------------------------|
| Eggs                   |
| Chicken & Beef         |
| Burgers                |
| Regular Cheese         |
| Sausage, Franks, Bacon |
| Pasta                  |
| Pizza                  |

## How much cholesterol?



60-150 mg



300-400 mg



75-130 mg

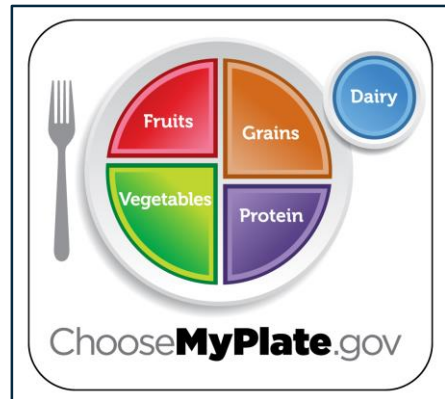


1-2 mg



## Healthy Diet & Weight

- ▶ Focus on variety, density, and amount of food
- ▶ Limit calories from added sugars and saturated fats
- ▶ Reduce sodium
- ▶ Make healthier beverage choices



## DASH Diet

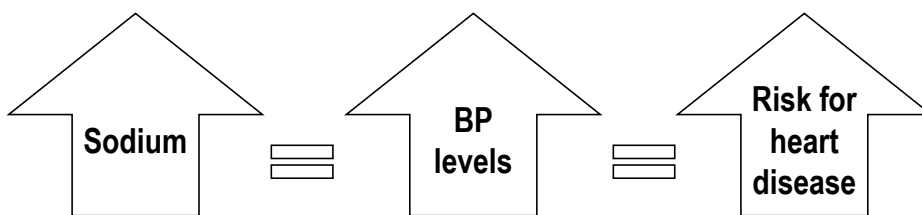
- ▶ Ranked #1 in best diet overall for the 7<sup>th</sup> year in a row (2017 US News & World Report)
- ▶ Used for prevention and lowering of high blood pressure – nutrients like potassium, calcium, protein, and fiber are crucial for fighting high blood pressure

# DASH Diet

## ► What do you have to do?

- emphasize foods: fruits, vegetables, whole grains, lean protein, low-fat dairy
- avoid high-calorie and high-fat sweets and red meats
- cut back on salt

## Sodium Intake



- Alternate ways to add flavor to food: salt-free seasonings, herbs, garlic, onions, peppers, lemon or lime juice

# Sodium Intake

- ▶ The daily value for sodium intake is less than 2400 mg/day
- ▶ Check the nutrition facts label to see how much sodium is in a product
- ▶ As a general rule:
  - 5% DV or less of sodium → LOW
  - 20% DV or more of sodium → HIGH



| Nutrition Facts   |                     |
|---|---------------------|
| Serving Size 2 oz (56g)   |                     |
| Servings Per Container 4.5  |                     |
| Amount Per Serving  |                     |
| Calories 50   | Calories from Fat 5 |
| % Daily Value*  |                     |
| Total Fat 0.5g  | 1%                  |
| Saturated Fat 0g  | 0%                  |
| Trans Fat 0g  |                     |
| Cholesterol 30mg  | 10%                 |
| <b>Sodium 700mg</b>   | <b>29%</b>          |
| Total Carbohydrate 2g   | 1%                  |
| Dietary Fiber less than 1g  | 2%                  |
| Sugars 1g   |                     |
| Protein 9g  |                     |
| Vitamin A 0%  | Vitamin C 0%        |
| Calcium 0%  | Iron 4%             |
| <small>*Percent Daily Values are based on a 2,000 calorie diet.</small> |                     |

## What do food labels really mean?

| What the Package Says          | What it Actually Means  |
|--------------------------------|---|
| Salt/Sodium Free               | Less than 5 mg of sodium per serving  |
| Very Low Sodium                | 35 mg or less of sodium per serving   |
| Low Sodium                     | 140 mg or less of sodium per serving  |
| Reduced Sodium                 | At least 25% less sodium than the regular product   |
| Light in Sodium/Lightly Salted | At least 50% less sodium than the regular product   |
| No Salt Added/ Unsalted        | No salt added during processing (doesn't necessarily mean salt/sodium free unless stated) |

## **Beverage Choices**

- ▶ **Things to remember: sodas AND sports drinks are high in carbohydrates (added sugars)**

**Best choice?**

***WATER***

## **Cooking Tips for a Healthy Heart**

- ▶ **Prepare foods at home to regulate what is included in the recipe**
  - **select leaner cuts of beef and pork (look for the words “loin” and “round”)**
  - **drain the fat off of cooked ground meats**
  - **replace high-fat cheeses with low-fat (parmesan, feta, goat, mozzarella)**

## **Cooking Tips for a Healthy Heart**

- ▶ **Prepare foods at home to regulate what is included in the recipe**
  - use low-fat milk and yogurt (gradually work your way down to accommodate your taste buds)
  - bake, broil, roast, stew, stir fry items – Not fried!
  - eat fish regularly

## **Cooking Tips for a Healthy Heart**

- ▶ **Prepare foods at home to regulate what is included in the recipe**
  - use small amounts of oils for sautéing (olive or canola)
  - extra plant sources for protein (EX: soybean, pinto beans, lentils, nuts)
  - don't add salt to food at the table

## **Physical Activity**

- ▶ **150 minutes per week of moderate intensity exercise with at least two days of muscle-strengthening activities**
  - brisk walking
  - biking around the neighborhood
  - workout classes
  - workout videos at home
  - family sport nights

## **Physical Activity: Tips in the Workplace**

- ▶ **Park far away in parking lots**
- ▶ **Use the restroom on another floor of your building**
  - Take the stairs to get there!
- ▶ **Rather than sending an email, walk to your co-worker**
- ▶ **Drink plenty of water (8x8)**
- ▶ **If possible, use a pedometer to track your steps!**

## **Stop Smoking/Limit Alcohol Use**

- ▶ **Smoking greatly increases your risk for any heart disease**
  - “**MOST IMPORTANT preventable cause**”
  - **Stop Now. Your heart will thank you!**
- ▶ **Alcohol**
  - **no more than 2 drinks/day for men**
  - **no more than 1 drink/day for women**  
(standard drink: 12 oz beer, 5 oz wine, 1.5 oz liquor)

## **Managing Stress**

- ▶ **How does stress contribute to heart disease?**
  - **stress may affect behaviors and factors that increase heart disease risk**
    - **higher blood pressure levels**
    - **higher cholesterol levels**
    - **smoking/drinking**
    - **physical inactivity**
    - **overeating**

# Managing Stress

## ▶ When you are under stress do you...

- Smoke more?
- Drink alcohol?
- Eat to calm down?
- Speak and eat faster?
- Have altered sleep patterns?

Recognizing how you act when you are under stress is the first step in working toward managing it

## Managing Stress: Tips

- ▶ Exercise (stretching/yoga)
- ▶ Maintain a positive attitude (It's amazing what a smile can do!)
- ▶ Don't drink too much coffee
- ▶ Establish social support
- ▶ Take breaks!



# Take Away Points

- ▶ **The road to living a life with a healthier heart**
  - lower cholesterol, saturated fat, sodium, and added sugars
  - more fruits/vegetables
  - stop smoking/limit alcohol use
  - increase physical activity
  - manage stress

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