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Nutrition for Healthy Hearts

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Long Term Care I 64319

Overview

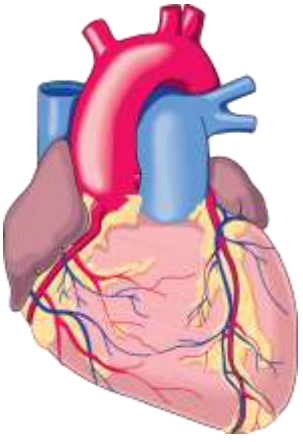
- Heart disease
- Progression
- Who is at risk?

The road to a healthy heart:

- Healthy diet/weight
  - TLC (Therapeutic Lifestyle Changes) diet
  - DASH (Dietary Approaches to Stop Hypertension) diet
- Physical activity
- Stop smoking/limit alcohol
- Limit stress

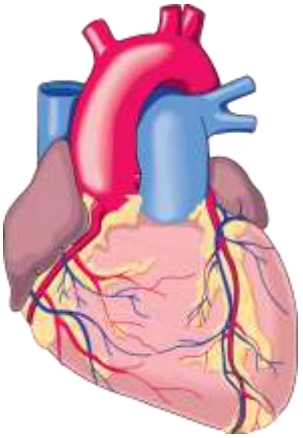
Heart Disease

- Leading cause of death in both men and women
- "Silent killer" with little or no symptoms
- Many times, symptoms mimic other health concerns or issues (heartburn, gallbladder attack, panic or anxiety attack)

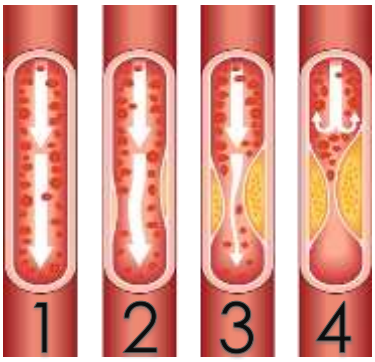


Heart Disease

- Coronary artery disease, heart attack, stroke



Heart Disease: Progression



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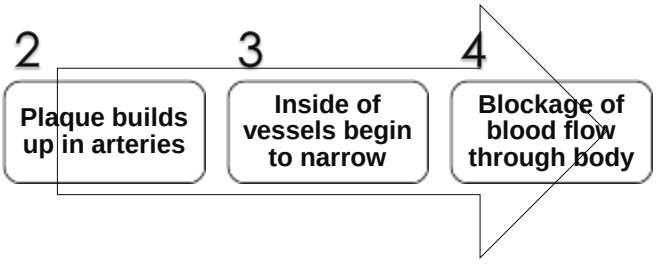

Who is at risk?

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Overweight/obesity

Who is at risk?

- High blood pressure
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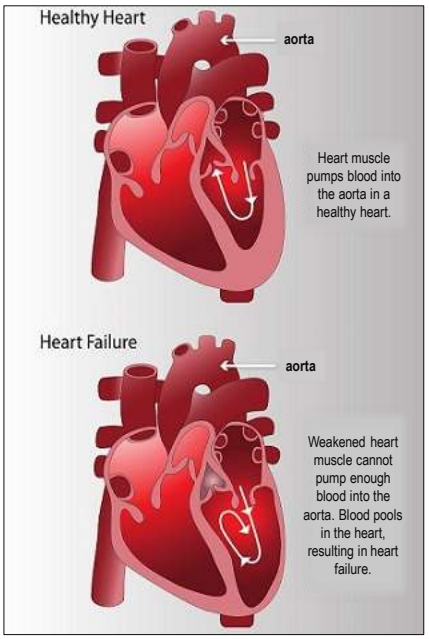
- Diabetes
- Overweight/obesity
- Physical inactivity



Who is at risk?

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Overweight/obesity
- Physical inactivity
- Excessive alcohol use
  - raises blood pressure
  - increases triglycerides
  - can cause irregular heartbeat

Blood Pressure Levels

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

Blood Pressure Levels

	Range (mmHg)
Stage 1	Systolic: 130-139 Diastolic: 80-89
Crisis	Systolic: 180 or above Diastolic: 120 or above
	Seek medical attention immediately if in crises range

Cholesterol Levels

LDL "Bad" Cholesterol (mg/dL)	
Less than 100	Optimal
130-159	Borderline high
160-189	High
Above 190	Very high

HDL "Good" Cholesterol (mg/dL)	
Less than 40	A major risk factor for heart disease
Above 60	Considered protective against heart disease

You want your LDL to be Low
You want your HDL to be 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

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

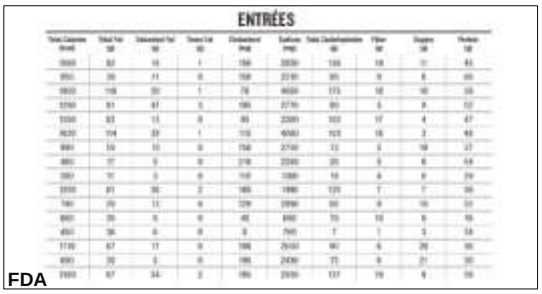
TLC Diet

- **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 of fiber
  - maintain physical activity

TLC Diet

- **Best tools to use to figure out calories from fat (saturated fat intake) are:**
  - food labels that are on the purchased food products
  - download app
  - go online (databases)


CDC


ENTRÉES
FDA


FDA


NEW LABEL / WHAT'S DIFFERENT
Servings: larger, bolder type
Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
Amount per serving
Calories 230
% Daily Value*
Total Fat 8g 10%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 13%
Dietary Fiber 4g 14%
Total Sugars 12g
Includes 10g Added Sugars 20%
Protein 3g
Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Serving sizes updated
Calories: larger type
Updated daily values
New: added sugars
Change in nutrients required
Actual amounts declared
New footnote
CDC


Nutrition Facts
Calories 230
FDA

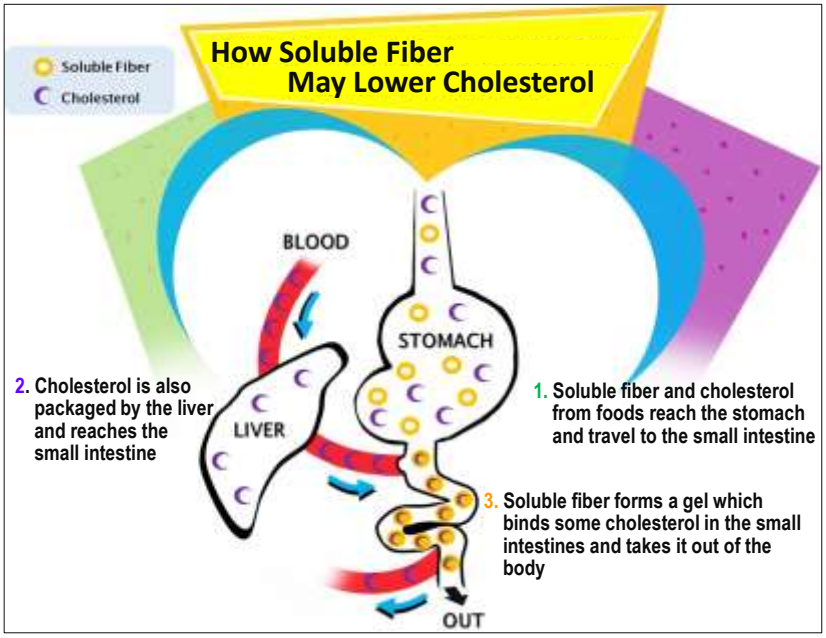

Nutrition Facts
NIH

TLC Diet

- **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 of fiber
  - maintain physical activity

Sodium

- If you are someone who already has hypertension or high blood pressure, you should aim for 1500 milligrams of sodium a day (under a teaspoon of sodium per day). That is inclusive of what is already in foods vs. any salt that you're adding before you consume the food.


How Soluble Fiber
May Lower Cholesterol
Soluble Fiber
Cholesterol
BLOOD
STOMACH
LIVER
OUT
2. Cholesterol is also packaged by the liver and reaches the small intestine
1. Soluble fiber and cholesterol from foods reach the stomach and travel to the small intestine
3. Soluble fiber forms a gel which binds some cholesterol in the small intestines and takes it out of the body


CDC


CDC


USDA


NIH


USDA

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
  - incorporate more fruits and vegetables (five or more servings a day)
  - portion sizes

Healthy Diet & Weight

- Limit calories from added sugars and saturated fats
- Reduce sodium
- Make healthier beverage choices

DASH Diet

- Ranked #1 in best diet overall for the 7th 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 - Dietary Approach to Stop Hypertension

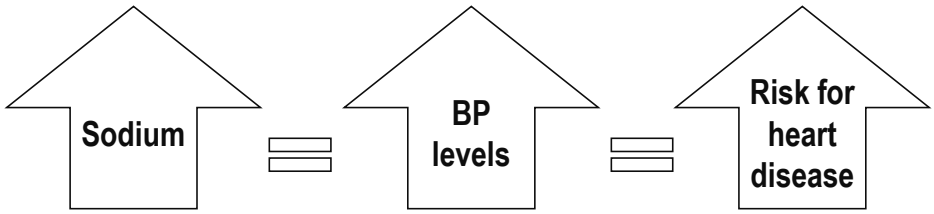
DASH Diet

- 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

DASH Diet

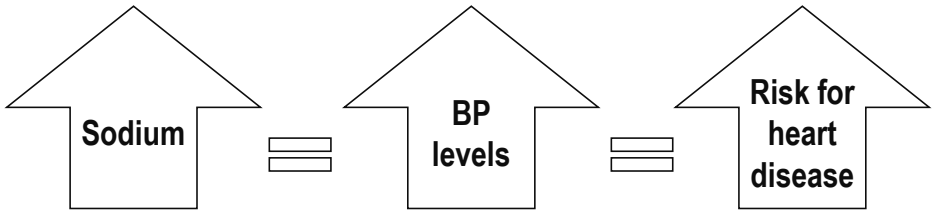
- Lean proteins
  - chicken
  - turkey
  - fish
  - anything that ends in a “loin” or “round”; that is a leaner cut of meat or protein

Sodium Intake



- Alternate ways to add flavor to food:

Sodium Intake



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

Sodium Intake

- Daily value <2400 mg/day (1 teaspoon per day)
- If you are someone who already has hypertension or high blood pressure, you should aim for 1500 milligrams of sodium a day

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%
Sodium 700mg	29%
Total Carbohydrate 2g	1%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 9g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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)


From Our Co-operative Of Farm Families Since 1919
CABOT
creamery
CABOT
GREEK
16
GRAMS OF PROTEIN
YOGURT
plain
BEST IN CLASS
NET WT
2 LBS (907g)


Great Value
GREEK
Plain
NET WT 32 OZ
(2 LB) 907g

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!

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!
  - use small amounts of oils for sautéing (olive or canola)

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!
  - use small amounts of oils for sautéing (olive or canola)
  - eat fish regularly

Cooking Tips for a Healthy Heart

- Prepare foods at home to regulate what is included in the recipe
  - 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!

Stop Smoking/Limit Alcohol Use

- 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

For Additional Information:

American Heart Association

www.heart.org


Italia
PENNE
PASTA

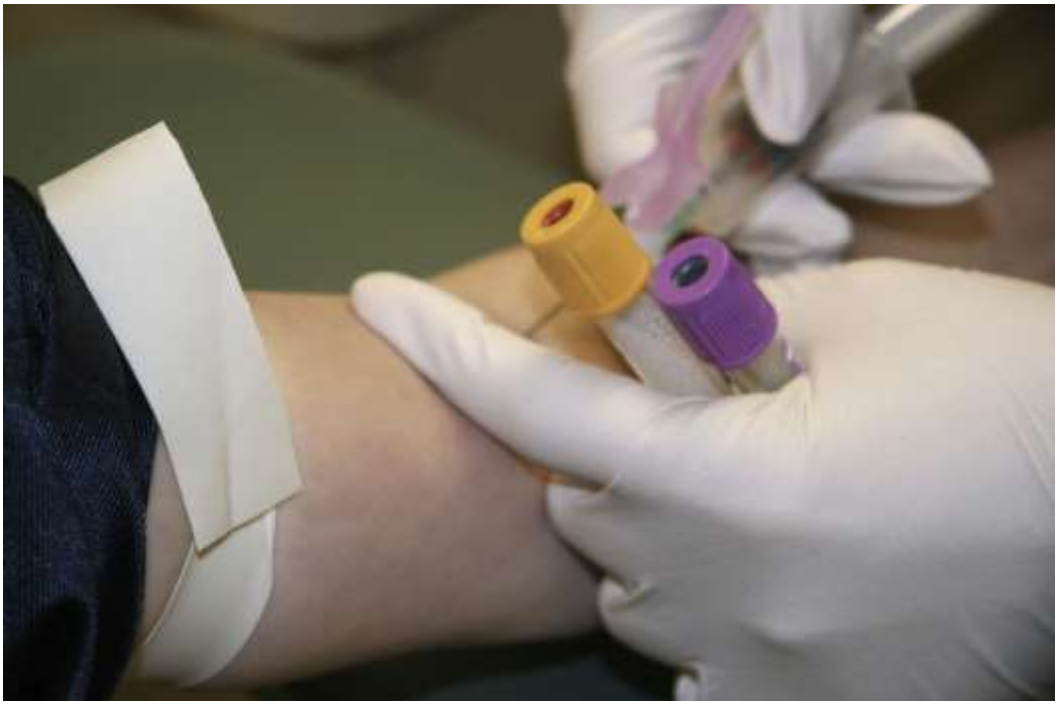

RONCO
SPAGHETTI


Barilla
6
ELBOWS
SPAGHETTI
PENNE


Barilla
THIN SPAGHETTI
WHOLE GRAIN


Whole Wheat
1 POUND


Barilla
WHOLE GRAIN
PENNE
ONE



Thank You!

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

References

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Nutrition for Healthy Hearts

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