

**Heart  
Healthy diet  
in Action!**



# Why eat heart healthy?

- In 2019 Heart Disease and Stroke were both in the top 10 leading causes of death in the United States
- Increased fruit, nut, vegetable, legume, and lean vegetable or animal protein (preferably fish) consumption, along with the inherent vegetable fiber, have consistently been associated with lower risk of mortality from all causes
- Replacing refined carbohydrates with saturated and unsaturated fats are associated with reduced rates of stroke
- Reducing sodium intakes can reduce blood pressure and risk of cardiovascular events

The big three!

**Fiber**

**Sodium**

**Fat**

# Nutrition label



<b>Nutrition Facts</b>				
3 servings per container				
<b>Serving size</b>		<b>3 pretzels (28g)</b>		
	<b>Per serving</b>		<b>Per container</b>	
<b>Calories</b>	<b>110</b>		<b>330</b>	
	% DV*		% DV*	
<b>Total Fat</b>	0.5g	<b>1%</b>	1.5g	<b>3%</b>
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	400mg	<b>17%</b>	1200mg	<b>52%</b>
<b>Total Carb.</b>	23g	<b>8%</b>	69g	<b>24%</b>
Dietary Fiber	2g	<b>7%</b>	6g	<b>21%</b>
Total Sugars	<1g		3g	
Incl. Added Sugars	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	3g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	30mg	2%
Iron	1.2mg	6%	3.6mg	18%
Potassium	90mg	0%	270mg	5%

\* 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.



# Nutrient label claims

<b>Sodium Claims</b>	
Sodium free or salt free	Less than 5 milligrams sodium
Very low sodium	35 milligrams of sodium or less
Low sodium	140 milligrams of sodium or less
Reduced sodium	At least 25% less sodium*
Light in sodium	At least 50% less sodium
Salt Free	Less than 5 milligrams sodium

<b>Saturated Fat Claims</b>	
Saturated fat free	Less than 0.5 gram saturated fat and less and less than 0.5 grams trans fatty acids
Low in saturated fat	1 gram or less saturated fat & no more than 15% calories from saturated fat
Reduced saturated fat	At least 25% less saturated fat* and reduced by more than 1 gram of fat

# Where do we get fiber?

- Beans/legumes
- Grains
- Fruits
- Vegetables
- Nuts and seeds

# Adding more fiber

- Add fiber to foods you already eat:
  - Sprinkle oat bran or rice bran on cereal
  - Add almonds to salads
  - Include beans in soup
  - Mix ground flaxseed into muffins
- Eat whole fruit rather than drinking juice.
- Add vegetables to sandwiches,
  - Or go veggie and eat a peanut butter sandwich on whole grain bread
- Have bean dip or hummus for snacks
- Look for whole grain products

# Whole Grains

- **Switch to a whole-grain version of something you already eat.**
  - Brown or wild rice instead of white rice
  - Whole-grain pasta
  - Replace white bread with whole-grain bread
- **Take shortcuts! Soaking and the microwave are your friend!**
- **Surprise! Popcorn is a whole grain too**
- **Don't be fooled, wheat doesn't = whole grain**



# What are major sources of sodium?

- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Soups
- Chicken
- Cheese
- Savory snacks: Chips, popcorn, pretzels, snack mixes, and crackers

# Cutting back on sodium

- Fresh fruits and vegetables are low in sodium, as well as frozen vegetables and fruits that have no added juices or sauces.
- Fresh meats are lower in sodium than processed meats, such as bacon, sausage, and hotdogs
  - Not all processed foods are unhealthy, but some processed foods may have too much sodium.
- Eat less salt at the table and when cooking. One of the ingredients in salt is sodium.
  - One teaspoon of table salt has 2,300 milligrams of sodium.
  - Leave the salt out of recipes for pasta, casseroles, and soups.
- Be a smart shopper.
  - Food packages that say “Salt-free”, sodium-free”, “very low sodium,” and “low sodium” have less than 140 milligrams of sodium per serving.
- Beware of products identified as “Reduced Sodium” or “Lower Sodium.” These items may still be high in sodium. You should always check the nutrition label.
- Buy a sodium-free seasoning blend or make your own at home

# Seasoning food without salt

Food Item	Flavorings
Beef	Basil, bay leaf, caraway, curry, dill, dry mustard, garlic, grape jelly, green pepper, mace, marjoram, mushrooms (fresh), nutmeg, onion or onion powder, parsley, pepper, rosemary, sage
Chicken	Basil, cloves, cranberries, mace, mushrooms (fresh), nutmeg, oregano, paprika, parsley, pineapple, saffron, sage, savory, tarragon, thyme, tomato, turmeric
Egg	Chervil, curry, dill, dry mustard, garlic or garlic powder, green pepper, jelly, mushrooms (fresh), nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato
Fish	Basil, bay leaf, chervil, curry, dill, dry mustard, green pepper, lemon juice, marjoram, mushrooms (fresh), paprika, pepper, tarragon, tomato, turmeric
Lamb	Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme
Pork	Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme
Veal	Apricots, basil, bay leaf, currant jelly, curry, ginger, marjoram, mushrooms (fresh), oregano, paprika
Vegetables	Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, sugar or sugar substitute, salt-free salad dressing, vinegar
Desserts	Allspice, anise, cinnamon, cloves, ginger, mace, nutmeg, vanilla extract, other extracts

# Reducing Fats

- **Keep the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat.**
  - For 2,000 calories per day, your goal is between 50 and 75 grams per day
- **Limit saturated fats and trans fats**
- **Foods high in saturated fats include marbled (fatty) meat, poultry skin, bacon, sausage, whole milk, cream, and butter.**
  - If you eat these foods, remember moderation.

# Unsaturated Fats

- **Monounsaturated fats**
  - Olive, peanut, and canola oils
  - Avocados
  - Nuts such as almonds, hazelnuts, and pecans
  - Seeds such as pumpkin and sesame seeds
- **Polyunsaturated fats**
  - Sunflower, corn, soybean, and flaxseed oils
  - Walnuts
  - Flax seeds
  - Fish
  - Canola oil
    - Has both MUFA and PUFA
- **Omega 6 vs Omega 3**

# Protein

- **Choose lean meats**
  - Meats labeled “loin” or “round” are leaner.
  - Cut away fat and remove skin from chicken and other poultry
- **4 ounces of grilled, baked, broiled, or sautéed fish at least twice each week**
  - Salmon, Pacific oysters, Tuna, Trout, Sardines, Anchovies
- **Vegetable proteins**
  - Beans
  - Lentils
  - Soy
  - Nuts and seeds

# Resources for you!

- American Heart Association
  - [heart.org](http://heart.org)
- Academy of Nutrition and Dietetics
  - [eatright.org](http://eatright.org)

## Questions?