

And the Beat Goes On:
Nutrition Tips for Keeping you Heart Healthy




FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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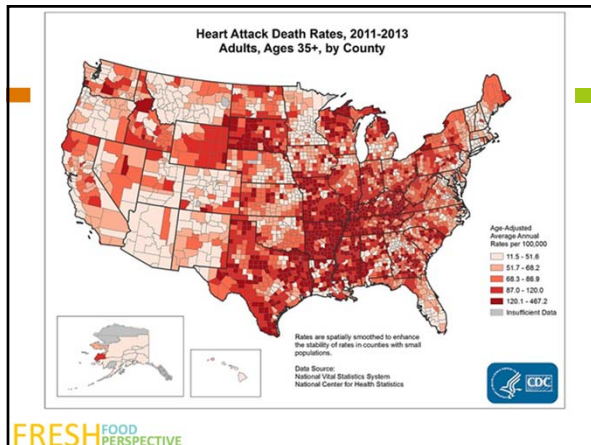
FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE



FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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Normal coronary artery

Atherosclerosis

Atherosclerosis with blood clot

FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

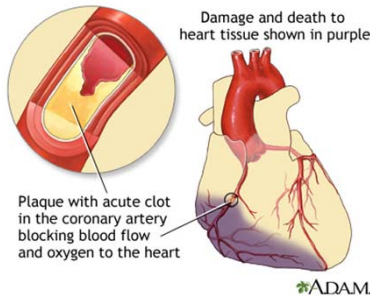
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FRESH FOOD PERSPECTIVE

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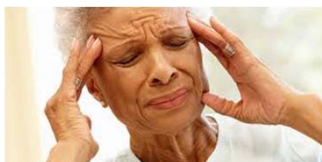


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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE


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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE



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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

dietary fats

healthy fats	unhealthy fats
 avocado	margarine 
 nuts	doughnuts 
 salmon	chips 
 olive oil	store cookies 
 seeds	fried foods 

FRESH FOOD PERSPECTIVE

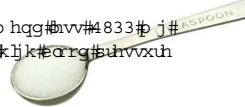
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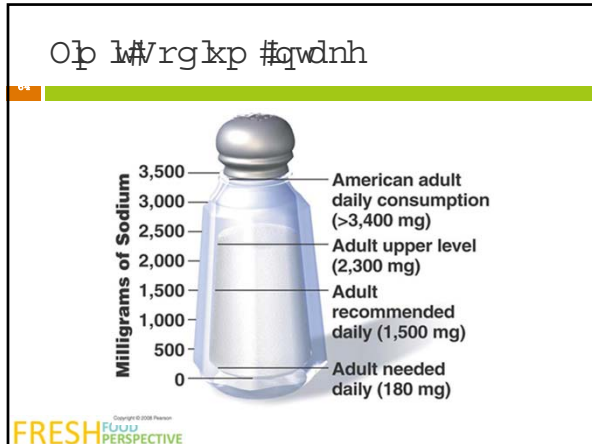
FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE



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Food	Sodium Range in milligrams
1 slice white bread	80 - 230
3 oz turkey breast, deli or prepackaged leanest meat	450 - 1,050
4 oz slice frozen pizza, plain cheese, regular crust	370 - 730
4 oz slice restaurant pizza, plain cheese, regular crust	510 - 760
4 oz boneless, skinless chicken breast, fresh	40 - 330
3 oz chicken strips, restaurant, breaded	430 - 900
3 oz chicken nuggets, frozen, breaded	200 - 570
1 cup chicken noodle soup, canned prepared	100 - 940
1 corn dog, regular	350 - 620
1 cheeseburger, fast food restaurant	710 - 1,600
1 oz slice American cheese, processed (packaged or deli)	330 - 460
1 cup canned pasta with meat sauce	530 - 980
5 oz pork with barbecue sauce (packaged)	600 - 1,120
1 oz potato chips, plain	50 - 200

FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

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FRESH FOOD PERSPECTIVE

GUIDELINES TO LOWER CHOLESTEROL

Eating a healthy diet is one way to reduce your cholesterol and your risk for heart disease. Here are some tips to get you started on your way to a healthier lifestyle.

1. Avoid Trans-Fat:

Trans-fats have a dramatic effect on cholesterol. They raise LDL (bad) cholesterol and lower HDL (good) cholesterol. One way to tell how much trans-fat is in a food is by reading the food label. If you see the words “**hydrogenated or partially hydrogenated oil**” in the ingredient list, that is code word for trans-fat and the product should be **avoided**.

Foods that often contain trans-fat:

- Margarine and vegetable shortening
- Processed foods (cookies, crackers, cakes, pastries, microwave popcorn, frozen meals)
- Deep-fried foods at restaurants (donuts, French fries, chicken patties, chicken nuggets, fillet-o-fish)

2. Eat Less Saturated Fat:

Saturated fat raises LDL (bad) cholesterol. It is the type of fat found in animal products like red meat (beef, pork, veal, and lamb), fatty deli meats (salami, bologna, and ham) and full fat dairy.

Switch to low fat dairy:

- 1% or skim milk
- Fat free creamers or fat free half and half
- Low fat cheese (made from 2% milk or 50% reduced fat cheese)
- Low fat cottage cheese
- Fat free or low fat sour cream
- Fat free or low fat cream cheese
- Margarine without hydrogenated oil
- Low fat ice cream or low fat frozen yogurt

Reduce saturated fat from meat and poultry:

- Switch to leaner sources of protein such as chicken, turkey, or fish.
- If selecting red meat, choose leaner cuts and **limit your intake to 2-3 servings each week** (1 serving = 3 oz or about the size of a deck of cards):
- Lean cuts of beef include: round, chuck, loin, sirloin, tenderloin
- Lean cuts of pork include: tenderloin, loin chops, center cut
- Lean cuts of lamb include: leg, arm, loin
- Choose "choice" or "select" grades rather than "prime."
- Buy “extra lean” ground beef, or switch to ground turkey
- Bake, broil or grill meats rather than frying
- Remove the skin from chicken and turkey prior to eating

3. Eat More Unsaturated Fat and More Fish with Omega-3 Fatty Acids:

Monounsaturated and polyunsaturated fats help reduce your LDL (bad) cholesterol and increase HDL (good) cholesterol. These fats are found primarily in plant foods. Talk with your dietitian about the number of daily servings that is right for you to help improve your cholesterol.

What counts as a serving?

- Avocado ¼ avocado
- Canola oil 1 Tbsp
- “Clear” salad dressing 1 Tbsp
- Guacamole 2 Tbsp
- Mayonnaise 1 Tbsp
- Nuts 1 oz or ~ ¼ cup
- Nut butters (e.g. peanut butter) 2 Tbsp
- Olive Oil 1 Tbsp
- Olives 8-10

The omega-3 fatty acids found in healthy, fatty fish can help lower LDL (bad) cholesterol. To improve your cholesterol, **eat healthy fish two times each week or more**. The serving size is 3.5 oz, or the size of a check book for thinner pieces of fish and about the size of a deck of cards for thicker pieces of fish. If you do not like fish, you may consider taking a fish-oil pill with a combined dose of EPA + DHA equal to 1000-2000 mg per day.

Omega-3 rich fish: (* Lowest mercury)

- Mackerel
- * Lake trout
- * Herring
- Bluefin tuna
- * Salmon
- * Sardines
- Albacore tuna
- * Anchovies
- Bluefish
- Halibut, Pacific

4. Eat More Soluble Fiber:

A diet high in soluble fiber may help reduce your LDL (bad) cholesterol levels. Soluble fiber is found in the skin, peels, and husks of whole grains, legumes, fruits, and vegetables. Oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily. Try to **include fiber-rich foods 3-4 times each day**:

What counts as a serving?

<u>Vegetables</u>	<u>Serving Size</u>	<u>Fruit</u>	<u>Serving Size</u>
Asparagus	1 cup	Apple	1 medium
Broccoli	1 cup	Apricots, dried	5 apricots
Brussels sprouts	1 cup	Mango, fresh	½ small mango
Carrots 1 cup		Orange	1 small
Sweet potato, skin	1 medium	Pear	1 large

<u>Beans</u>	<u>Serving Size</u>
Black beans	½ cup
Kidney beans	½ cup
Navy beans	½ cup
Pinto beans	½ cup
Chic peas	½ cup

<u>Bread and cereal</u>	<u>Serving Size</u>
Pumpernickel bread	1 slice
Rye bread	1 slice
Rice, brown	½ cup
Cheerios	1 ¼ cup
Oatmeal, cooked	1 cup

Fruits & Vegetables:

People who consume the most fruits and vegetables have lower rates of heart disease and stroke. Aim for **two to three pieces of fruit and three or more cups of vegetables each day.**

Sample Menu:

Breakfast: 1 cup cooked oatmeal
 ¼ cup chopped walnuts
 ½ banana
 1 tsp cinnamon

Snack: 1 apple
 1 Tbsp peanut butter

Lunch: 3 oz Low sodium turkey breast
 2 slices rye bread
 lettuce, tomato
 1 Tbsp mayonnaise
 1 cup carrot sticks

Snack: 1 fat free, plain Greek yogurt

Dinner: 4 oz grilled chicken breast marinated in Mrs. Dash low-sodium marinade
 ½ cup kidney beans
 ½ cup brown rice
 1 cup broccoli
 1 cup salad with romaine lettuce, tomatoes, carrot
 1 Tbsp balsamic vinaigrette

Questions? Email Ashley Harris, MS, RD, CSO
ajharris@columbus.gov

Soluble Fiber

What is soluble fiber?

- It is also called viscous fiber. It dissolves in water and forms a gel-like substance. The gel-like substance slows down the rate of digestion.
- This fiber adds bulk to the stool which lowers symptoms of diarrhea. The gel texture of soluble fiber softens the stool and keeps the colon lining moist, which can help reduce constipation.

How is it different from insoluble fiber?

- The other kind of fiber is insoluble fiber. It is called roughage because it passes through the body intact. Insoluble fiber adds bulk to the stool. Bowel movements can become more regular. It can help prevent colon cancer because waste is removed from the body quickly.

Why soluble fiber is good for you?

- Slower digestion helps a person feel full sooner and longer. This can be helpful for people trying to lose weight.
- Slower digestion can help control blood sugar levels
- Soluble fiber can help lower LDL (unhealthy) cholesterol levels
- This type of fiber also promotes growth of healthy bacteria in the gut

Dietary Recommendations:

- Eating about 10 grams of soluble fiber daily is the goal.
- Some food labels do not list 'soluble fiber' alone. Many labels have only 'dietary fiber' listed. Dietary fiber includes both soluble and insoluble fiber contents.
- Please see the list below for the soluble fiber content of suggested foods.



Sources of Soluble Fiber

FOOD ITEM	SERVING SIZE	AMOUNT OF SOLUBLE FIBER
All-Bran Buds	1 cup	7.6 grams
Black Beans	$\frac{3}{4}$ cup	4 grams
Parsnip	1 cup	3.6 grams
Strawberries	1 cup	3 grams
Psyllium	1 tablespoon	5 grams
Tomato Paste	1 cup	2.1 grams
Avocado	$\frac{1}{2}$ fruit	2 grams
Brussels Sprouts	$\frac{1}{2}$ cup	2 grams
Carrots	14 baby carrots	2 grams
Oatmeal	1 cup	2 grams
Sauerkraut	1 cup	2.0 grams
Orange	1 medium	1.8 grams
Flaxseeds	2 tablespoons	1.75 grams
Apple	1 medium	1.5 grams
Asparagus	4 pieces	1.5 grams
Dried Apricots	$\frac{1}{4}$ cup	1.5 grams
Green Cabbage	1 cup	1.5 grams
Mango	1 medium	1.5 grams
Pear	1 medium	1.5 grams
Kale	1 cup	1.4 grams
Passion Fruit	1 medium	1.4 grams
Yams	$\frac{1}{2}$ cup	1.4 grams
Macadamia Nuts	$\frac{1}{2}$ cup	1.3 grams
Mixed Nuts w/Peanuts	$\frac{1}{2}$ cup	1.3 grams
Green Peas	$\frac{1}{2}$ cup	1.2 grams
Lentils	1 cup	1.2 grams
Papaya	1 cup	1.2 grams
Dried Dates	$\frac{1}{2}$ cup	1.1 grams
Cheerios	1 cup	1 grams
Onion	$\frac{1}{2}$ cup	1 gram
Mandarin Oranges	$\frac{1}{2}$ cup	0.9 grams





Flavorful Meals *Without the Salt!*

If your salt intake is limited, there are other good options that can give interest to your meals; herbs and spices add delicious flavor and aroma to cooked meats, grains, vegetables, fruits, and salads. Many of them also provide health benefits. Consider using some of the following seasonings when making your favorite foods. Experiment with mixing and matching them – try smelling the herb/spice combination together outside of the bowl before adding into the dish to get a sense if the mixture smells appetizing.

Fruits: cinnamon, mint, ginger, nutmeg, cloves, orange/lemon zest, or cocoa powder



Vegetables:

- Carrots with cinnamon, nutmeg, ginger, or mint
- Corn sautéed with peppers, onions, cumin and garlic
- Cauliflower sautéed with onions, ginger, and curry powder
- Chilled cucumbers with onions, dill, and a splash of vinegar

Grains:

- Oatmeal with cinnamon, nutmeg, mint, cocoa powder, or ginger
- Brown rice (and other grains) with turmeric, cumin, curry powder, cilantro, garlic, onion/ onion powder, or saffron
- Pasta (sauce) with basil, oregano, rosemary, garlic, or onions/onion powder



Eggs: dill, pepper, basil, oregano, celery seed, ground mustard, cumin, garlic, onion powder, paprika, or rosemary

Chicken: thyme, rosemary, oregano, basil, bay leaf, celery seed, chili powder, chives, cinnamon, cumin, curry powder, lemongrass, dill, garlic, onion powder, ginger, lemon, vinegar, paprika, parsley, sage, pepper, or turmeric



Beef: thyme, rosemary, oregano, basil, bay leaf, chili powder, cinnamon, cloves, cumin, curry powder, garlic, onion powder, ginger, paprika, parsley, or pepper

Fish: dill, lemon, basil, chives, curry powder, garlic, onion powder, lemongrass, paprika, pepper, or turmeric



Questions?

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