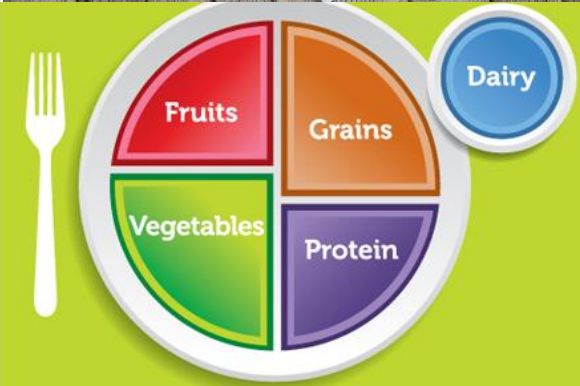


Nutrition Guidelines for Heart Health



Healthy eating is one of the best ways to fight against heart disease. This is a lifestyle change, not a diet. It's important to set goals that you can and will do to better your health.

Basic nutrition

Three of the main types of nutrients in all foods are:

- Carbohydrates are made up of sugar. These provide the brain's primary source of fuel.
 - Carbohydrates provide 4 calories per gram.
- Protein is needed to build tissues and enzymes, and support other body functions.
 - Proteins provide 4 calories per gram.
- Fats are needed for cushioning, hormones and temperature control.
 - Provides 9 calories/gram.
 - Healthy Fats (Monounsaturated and polyunsaturated)
 - Unhealthy Fats (Saturated and trans-fat)

The type of fat in your diet has been shown to be most important for lowering your risk of heart disease—**choose heart-healthy fats more often.**

Choose More Often

Eat more heart-healthy fats

- **Monounsaturated and polyunsaturated fats** help lower bad cholesterol (LDL) levels. Good sources include avocado, nuts and oils such as olive, canola, peanut, safflower, sesame, soybean, sunflower, and corn oil.
- **Omega-3 fats** are helpful for lowering high blood pressure and triglyceride levels. This reduces the risk of heart attack and stroke. Have 2 (3-ounce) servings of fish per week such as salmon, mackerel, herring, lake trout, and tuna. Flaxseed oil and ground flaxseeds are also a source of omega-3 fat. You may consider asking your doctor about an omega-3 supplement.
- **Nuts** such as walnuts, almonds, pecans, and pistachios help lower lipid levels and decrease the risk of heart disease. Aim for about 2 ounces unsalted nuts per day.

Aim for 25 grams to 35 grams of fiber daily

- Heart disease risk decreases as fiber intake increases.
- Soluble fiber can help to lower cholesterol.
- Foods rich in soluble fiber include: fruits, vegetables, whole grains, high-fiber cereals, oatmeal and legumes, especially beans.

Include soy products

- Eating 25 grams of soy protein daily may improve heart health.
- Food sources include soybeans, soy nuts, miso, tempeh, tofu, soy butter, soy milk, soy cheese, and soy burgers.

Go for antioxidants

- Antioxidant-rich foods such as fruits, vegetables, garlic, whole grains, nuts, red wine, purple grape juice, black or green tea, and dark chocolate or cocoa have been shown to help lower the risk of heart disease.
- Include a variety of colorful fruits and vegetables to get a good mix of antioxidants.

Aim for a healthy weight

- Set goals to reach and maintain a healthy weight if you are overweight.
- A healthy weight is less work for the heart. Talk to your doctor about increasing your activity.

Choose Less Often

Eat less total fat

- Limit your total fat intake to about 25% to 35% of the calories you eat.
- If you eat 2,000 calories per day, your fat intake should be around 55-80 grams per day.

Eat less saturated fat

- A diet high in saturated fat is linked to higher cholesterol levels. This increases risk of heart disease and stroke.
- Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, hot dogs, whole milk, cheese, cream and butter.

Eat less trans-fat

- Trans-fats raise your bad cholesterol (LDL) and may lower healthy cholesterol (HDL).
- Trans-fats are made when oils are processed to be solid at room temperature which keeps foods from spoiling.
- Keep trans-fat intake as low as possible. Look at the ingredients list. Foods with hydrogenated oil in the ingredients list contain trans-fat.
- Sources of trans-fat include stick margarine, shortening, some fried foods and packaged crackers and cookies.

Aim to eat less than 2,000 mg sodium per day

- Too much salt in the diet raises the chance of high blood pressure, stroke, heart failure and kidney disease.
- Limit the amount of salt you add to your foods. 1 teaspoon of salt = 2,300 mg sodium
- Limit processed and restaurant foods. About 75-80% of the sodium we eat is added to food during processing.
- The following foods are high in sodium:
 - **Processed meats:** bacon, bologna, chipped beef, corned beef, deli meats, ham, hot dogs, pastrami, salami, salt pork, sausage, Spam™
 - **Salted, smoked, pickled, or canned fish:** sardines, anchovies, caviar
 - **Cheeses:** processed cheeses like American, cheese spread/sauce
 - **Canned foods:** soups, stews, sauces, and some beans and vegetables
 - **Frozen foods:** dinners, entrees, vegetables with sauces
 - **Foods processed in brine:** pickles, olives, sauerkraut
 - **Packaged foods:** pasta or rice dishes with seasoning packets, macaroni and cheese, stuffing mix, pancake or muffin mix
 - **Condiments and seasonings:** mustard, ketchup, barbeque sauce, soy sauce, Worcestershire, garlic/celery salt, meat tenderizer, monosodium glutamate (MSG)

Eat less added sugars

- Added sugars contribute to obesity, high blood pressure, and high cholesterol
- Limit your added sugar intake to less than 10% of calories per day. If you eat 2,000 calories per day, your added sugar intake should be below 50 grams per day. Examples: Soft drinks, energy drinks, candy, cakes, cookies, pastries, fruit punch, etc.

Label Reading Tips for Heart Health

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Serving size: All the information on the label is based on one serving. If you eat more than one serving, you will be getting more calories and nutrients.

Calories: Choose foods that help you get the nutrients you need without going over your daily calorie goal. Too many calories lead to weight gain.

Total fat: Choose foods with less than 5 grams of total fat per serving. Total fat includes both unhealthy (saturated and trans-fats) as well as healthy (monounsaturated and polyunsaturated fats). The healthy fats do not have to be listed on the label. You can assume the remaining fat, after subtracting saturated and trans-fat, is healthy fat.

Saturated fat: Choose foods with 1 g or less per serving for low saturated fat.

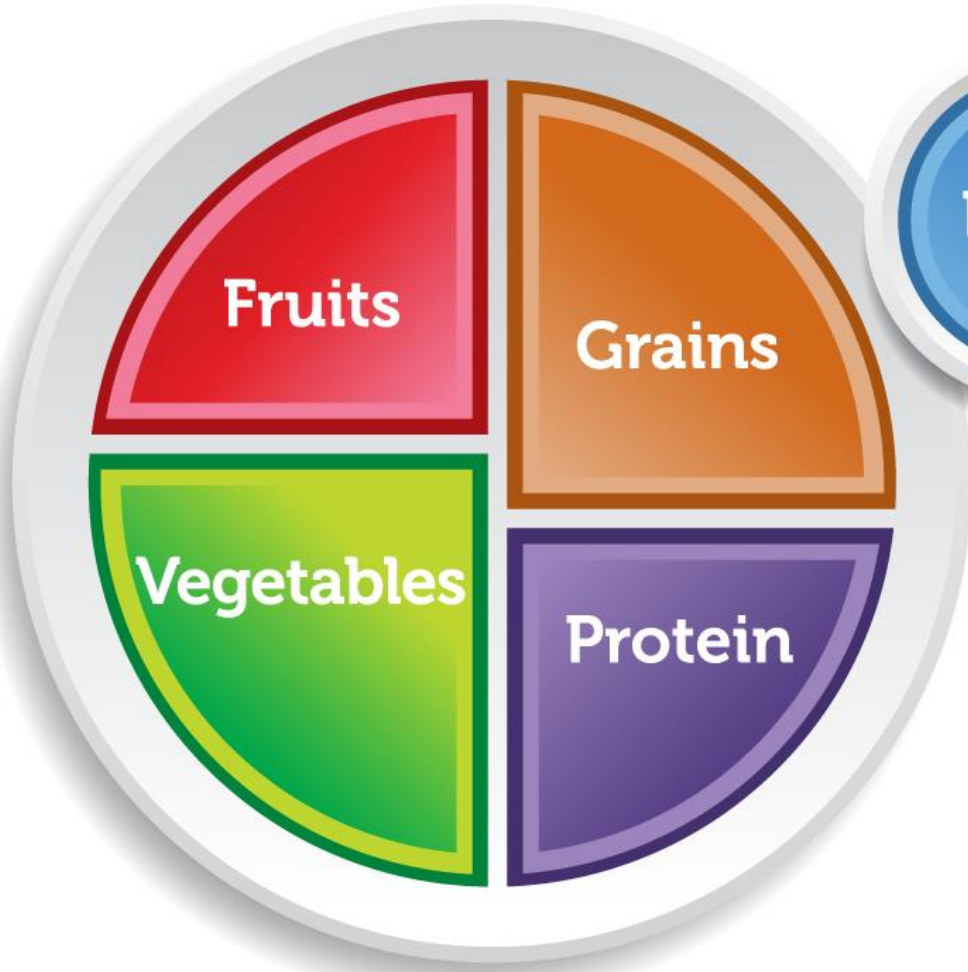
Trans fat: Keep as low as possible – aim for zero trans-fat.

Sodium: Aim for low sodium foods, which have 140 mg or less per serving. A food is considered high sodium if it has 480 mg or more per serving.

Dietary fiber: Aim for 25 to 30 g per day. High fiber foods have 5 g or more per serving.

Total carbohydrate and sugars: Eating too many carbohydrates can raise triglycerides. Aim to eat less than 30 g total carbohydrate and less than 15 g sugars per serving of most foods. Check the ingredient list and limit foods with added sugars.

% Daily Value (%DV): The %DV helps you determine if a serving of food is high or low in a nutrient. 5%DV or less is low and 20%DV or more is high. It's a good idea to choose foods with 5% or less for saturated fat, cholesterol and sodium when possible.



Choose **MyPlate**.gov

Protein

Recommendations	Type	Choose More Often	Choose Less Often
<p style="text-align: center;">3 servings a day</p> <p>Serving size = 2-3 oz. cooked</p> <p>Count as 1 oz. of meat: - ½ cup cooked beans - 1 egg - 2 tsp peanut butter</p> <ul style="list-style-type: none"> • Choose fish and poultry more often • Include 2 servings of fish per week • Remove skin from poultry • Trim off all visible fat • Bake, broil, grill, boil or roast meats • Read nutrition facts label and choose meats with less than 5% daily value for sodium 	Fish	Fresh, frozen or canned fish and shellfish	Fried fish & shellfish, commercially breaded fish
	Poultry	Skinless chicken, turkey, Cornish hen	Fried chicken, poultry skin, duck, goose, turkey or chicken hot dogs
	Veal	Lean chop, roast, leg	Ground or processed veal cutlet
	Beef	Round sirloin, flank, tenderloin, rib, chuck, rump roast, porterhouse, cube steak, ground round, lean and extra lean ground beef (>90% lean)	Prime grades, heavily marbled and fatty meat, ribs, corned beef, high-fat ground beef (>10% fat)
	Pork	Tenderloin, center loin, chop	Spare ribs, ground pork, sausage, bacon
	Lamb	Chop, leg, roast	
	Game	Venison, buffalo, ostrich	Duck, goose, and pheasant with skin
	Deli Meats	Choose items with less than 3g of fat and 140 mg sodium per oz.	Bologna, salami, corned beef, pastrami
	Organ Meats		Liver, brains, pancreas “sweetbreads”
	Beans and Peas	Dried or reduced-sodium varieties	Canned beans and peas with more than 5% daily value for sodium per serving
Eggs	Egg whites or cholesterol free egg substitute	Egg yolks	

Dairy

Recommendations	Type	Choose More Often	Choose Less Often
<p style="text-align: center;">2-3 servings a day</p> <p>Serving size = - 1 cup milk - 1 cup yogurt - 1 oz. cheese</p> <ul style="list-style-type: none"> • Milk products contain natural sodium. Choose products with less than 10% daily value for sodium. 	Milk	1% or fat-free (skim) milk	Whole or 2% milk
	Yogurt	Low-fat or fat-free yogurt, yogurt beverages, or frozen yogurt	Whole milk yogurt, yogurt beverages, or frozen yogurt
	Cheese	Low-fat or fat-free and low-sodium varieties (cottage cheese, ricotta, mozzarella, Swiss)	Regular full-fat cheese, processed cheese (American, cheese spread/sauce)
	Other	Low-fat or fat free ice cream Low-fat coffee creamer Low-fat or fat-free sour cream	Regular ice cream Cream, half & half Regular sour cream

Fruits & Vegetables

Recommendations	Type	Choose More Often	Choose Less Often
5 or more servings a day of fruits and vegetables <ul style="list-style-type: none"> Limit juice to ≤ 6 oz. per day 	Fruit	Fresh, frozen, or dried fruit Canned fruit in juice or water 100% fruit juice	Fruits fried or served with butter or cream sauce Canned fruit in syrup Juice cocktail
	Vegetable	Fresh, frozen, or canned	Vegetables fried or prepared with butter, cheese, or cream sauce

Grains

Recommendations	Type	Choose More Often	Choose Less Often
5 servings a day <ul style="list-style-type: none"> Choose breads and cereals with at least 2 grams of fiber per serving Look for the words whole wheat on the ingredients list 	Breads	Whole-grain breads, rolls, bagels, English muffins, pita, tortilla Low-sodium crackers, pretzels, and chips	Buttered rolls, cheese breads, biscuits, croissants, fried tortilla, bread or crackers topped with salt “Quick” breads made with baking soda (muffin, pancake, waffle mixes) High fat bakery items (donuts, pastries, pies, cookies, etc.)
	Cereal	Whole-grain cereals and granola. Cooked cereal without added salt, dry cereal with <10 g sugar/serving)	Instant hot cereals with >300 mg sodium, sugary dry cereals
	Pasta & Rice	Whole-grain pasta, brown rice	Enriched pasta, white rice Packaged pasta, rice, and stuffing mixes

Fats & Oils

Recommendations	Choose More Often	Choose Less Often
Use small amounts	Monounsaturated Fats: Oils: Canola, olive, peanut Unsalted Nuts: Almonds, pecans, peanut and other nut butters Others: Avocado, sesame seeds, tahini paste, reduced sodium olives	Saturated Fats: Coconut, palm and palm kernel oil Butter, lard, shortening, stick margarine
	Polyunsaturated Fats Oils: Corn, safflower, soybean, sunflower, sesame Unsalted Nuts: Walnuts, pumpkin and sunflower seeds Others: Tub or squeeze, light or diet margarine	

Lighten Up Recipes

- **Soups and sauces:** Replace whole milk or cream with 1% milk, evaporated fat-free milk, or nonfat dry milk.
- **Dips and toppings:** Use low-fat or nonfat sour cream or plain yogurt.
- **Salad dressing:** Use nonfat yogurt or low-fat buttermilk.
- **In place of regular cheese:** Use fat-free or reduced fat cheese.
- **Puddings and other desserts:** Replace whole milk or cream with 1% milk or fat-free condensed milk.

Tips for Cooking

- Bake, broil, roast, steam, or grill foods
- Use nonstick cooking sprays
- Trim extra fat or skin from chicken and meat before cooking
- Drain off fat from ground beef after browning
 - When you season with fat, use liquid oil like canola or olive oil

Shopping Tips

- Use a shopping list
- Do not go to the supermarket when hungry
- Compare the labels of similar products
- Choose products with “0” grams of trans-fat

Recipe Replacements

Replace this item...	With this...
1 whole egg	2 egg whites or ¼ cup egg substitute
Whole milk	Fat-free or low-fat milk, buttermilk, or evaporated milk
Whole milk cheese	Fat-free or low-fat cheese
1 cup butter or shortening	1/3 cup oil and 2/3 cup fruit puree
Cream or half and half	Evaporated fat-free milk
Sour cream	Fat-free or low-fat sour cream, plain nonfat yogurt, or mock sour cream*
Cream cheese	Mock cream cheese*
Mayonnaise	Low-fat or fat-free mayonnaise
Baking chocolate (1 oz serving size)	3 Tbsp. unsweetened cocoa powder and 1 Tbsp. heart healthy oil
Oil for most baked goods	Unsweetened applesauce, pureed pears, apple butter

*Mock Sour Cream: Blend ½ c. plain fat-free yogurt, ½ c. fat-free cottage cheese, and 1 tbsp. lemon juice

*Mock Cream Cheese: Blend 1 c. low-fat cottage cheese, ¼ c. soft tub margarine, and fat-free milk until desired consistency is reached

Snack Ideas

- Fresh fruit
- Raw vegetables with low or non-fat dip
- Rice cakes or popcorn cakes
- Air popped or microwave light popcorn
- Whole grain low-fat crackers
- Baked tortilla chips with salsa
- Unsalted pretzels
- Unsweetened cereal with 1% milk or fat-free milk
- Low-fat cheese
- Low-fat yogurt
- Low-fat ice cream or frozen yogurt
- Unsalted nuts
- Graham crackers

Tips for Healthy Snacking

- Mix and match the snack ideas to get foods from more than one food group.
- Snack only when hungry.
- Never sit down with a whole bag or box of food; portion it out first.

Ethnic Cuisine

Ethnic foods are often high in sodium and fat; be familiar with healthy options on the menu:

Chinese:

Zheng (steamed), Jum (poached), Kao (roasted), Shao (barbecued), steamed rice, dishes without MSG added

Italian:

Red sauces, primavera (no cream), piccata (lemon), sun-dried tomatoes, crushed tomatoes, lightly, sautéed, grilled

Mexican:

Chicken, rice and black beans, salsa or picante, soft corn tortillas

Dining Out Tips

- Choose steamed, broiled, baked, or roasted foods
- Avoid fried, au gratin, crispy, scalloped, pan-fried, buttered, creamed or stuffed menu items
- Ask for sauces, salad dressings, and condiments on the side so that you can control the amount
- Be careful at salad bars - limit cheeses and mayonnaise salads which are high in fats
- Use milk with your coffee instead of heavy cream

Fast Food

- Look for nutritional information posted in restaurants or online. Know how much saturated fat and sodium you are ordering.
- Do not “up-size” your meal – this only increases the amount of unhealthy fat and sodium.
- Order healthy sides such as salad, fruit or baked potato over fries or onion rings.
- Choose grilled chicken sandwiches over burgers or “crispy” chicken sandwiches.
- Stick to single patty sandwiches.
- Avoid added bacon.
- Avoid fried or “crispy” fish sandwiches – choose baked, broiled or grilled fish instead.
- Choose whole wheat bread or buns when available.
- Avoid extra sauces such as “special sauce” they tend to be high in fat and salt.
- Drink water, diet soda or low fat milk.

My Personal Nutrition Goals

Over the next few weeks, I plan to make the following changes:

- _____
- _____
- _____
- _____
- _____

Name: _____ Date: _____

References:

Academy of Nutrition and Dietetics

<http://www.eatright.org/>

Nutrition Care Manual

<https://www.nutritioncaremanual.org/>

American Heart Association:

<http://www.heart.org/HEARTORG/>

USDA Dietary Guidelines for Americans 2015

<https://health.gov/dietaryguidelines/2015/>

USDA My Plate

<http://www.choosemyplate.gov>