

Why Dine Heart Healthy...









Heart Healthy Fast Facts

- ❖ Heart disease is the nation's leading killer of both men and women and coronary heart disease is leading cause of death in the United States
- ❖ Atherosclerosis (fatty plaque deposits within the vessels which causes hardening and narrowing of the blood vessel) begins during early childhood
- ❖ One in six teenagers already has plaque deposits in coronary arteries but symptoms may not appear until middle age or later
- ❖ Most fats and cholesterol are consumed in the diet
- ❖ The National Institutes of Health (NIH) predict that one out of every two men and one out of every three women aged 40 and under will develop some form of heart disease
- ❖ Risk factors for heart disease (HD) that you can modify are increased cholesterol levels, elevated blood pressure, cigarette smoking, sedentary life style, and obesity
- ❖ Through dietary measures you can reduce the incidence of coronary heart disease by 15%

General Guidelines for Dining Heart Healthy

- Increase intake of fruits and vegetables
- Go low fat or fat free on dairy
- Try whole grain varieties and oats to increase your fiber
- Limit intake of total fat, saturated fat and cholesterol
- Avoid purchasing food products that are high in sodium
- Do not add salt to prepared foods.
- Trim visible fat from meats before cooking.
- Choose lean or low fat meats and poultry.
- Use measuring cups to measure out recommended portion sizes.
- Choose fresh or frozen vegetables instead of canned vegetables; this reduces sodium content
- When purchasing groceries, look for products with the American Heart Association heart-check mark



| <i>Food Groups</i> | <i>Daily Recommended Amount</i> |
|---|--|
| Grains  | <ul style="list-style-type: none"> • Make half of your grains whole • Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta daily • For example, 1 ounce is equivalent to: <ul style="list-style-type: none"> ○ 1 slice of bread ○ ½ cup of cooked rice, cooked pasta, or cooked cereal |
| Vegetables  | <ul style="list-style-type: none"> • Vary your vegetables—eat more dark green and orange vegetables • Eat more dry beans and peas • For example, 1 cup is equivalent to: <ul style="list-style-type: none"> ○ 1 cup of raw or cooked vegetables or vegetable juice ○ 2 cups of raw leafy greens |
| Fruits  | <ul style="list-style-type: none"> • Eat a variety of fruit • Choose fresh, frozen, canned or dried fruit • Go easy on fruit juices • For example, 1 cup is equivalent to: <ul style="list-style-type: none"> ○ 1 cup of fruit or 100% fruit juice ○ ½ cup of dried fruit |
| Oils  | <ul style="list-style-type: none"> • Choose most of your fat sources from fish, nuts and vegetable oils • Limit solid fats such as butter, stick margarine, shortening, and lard • Check the Nutrition Facts Label to reduce your intake of saturated fats and trans fat |
| Milk  | <ul style="list-style-type: none"> • Incorporate calcium-rich foods into your diet • Choose low fat or fat free • If you don't or cannot consume milk products, choose lactose-free products or other calcium choices • For example, 1 cup is equivalent to 1 cup of milk or yogurt |
| Meat/Beans  | <ul style="list-style-type: none"> • Go lean on protein • Choose low fats and lean meats or poultry • Bake it, broil it or grill it • Vary your choices with more fish, beans, peas, nuts and seeds • For example, 1 ounce is equivalent to: <ul style="list-style-type: none"> ○ 1 ounce of meat, poultry or fish ○ ¼ cup cooked dry beans ○ 1 egg ○ ½ ounce of nuts or seeds |
| <p>*Information in this chart was retrieved on March 2008 from www.mypyramid.gov. The pictures were obtained from www.google.com.*</p> | |

Tips for Eating Out

- ✓ Avoid entrees termed as creamed, au gratin, scalloped, battered, fried, and breaded; instead choose items termed broiled, baked, grilled, steamed, roasted, or poached.
- ✓ Whenever possible, replace cream sauces for marinara sauces and replace stuffed pastas with regular pastas.
- ✓ Avoid thick soups and casseroles.
- ✓ Ask for sauces, gravies and salad dressings to be omitted or on the side.
- ✓ Ask for foods to be prepared without added salt or MSG.
- ✓ If foods are to be prepared using oils, ask what oils were used. Canola, olive, corn, soy, sunflower or safflower oils are considered the recommended oils.
- ✓ Ask for soft margarine instead of butter for your bread and sides.
- ✓ Avoid high sodium foods which include anything pickled or smoked, cocktail sauces, broth, soy or teriyaki sauces
- ✓ Avoid white bread, biscuits, and dinner rolls. Instead, choose sourdough, whole wheat, rye, or French breads (these breads are lower in saturated fat)
- ✓ Choose low fat yogurts, fruit popsicles, sorbets and sherbets rather than cookies or ice cream
- ✓ Split desserts with a companion
- ✓ Enjoy pasta as a main entree and not as a main appetizer. Choose whole grain pastas.
- ✓ Enjoy pizzas with vegetables instead of meats and extra cheeses to reduce fat intake and to increase your daily intake of vegetables
- ✓ Avoid all you can eat buffets because you tend to eat more than what you need
- ✓ Eat salads but be careful of salad dressings. Use fat free or reduced calorie salad dressings.
- ✓ Get extra vegetables on your sandwiches or on the side of your dishes