



# Eating for a Healthy Heart



# Know your Fats

- Unsaturated Fats
- Saturated Fats
- Trans Fats

A close-up photograph of a white plate featuring a large, roasted salmon fillet. The salmon is golden-brown and garnished with fresh dill. It is surrounded by fresh green leafy vegetables, including lettuce and spinach, and several bright red cherry tomatoes. A small portion of a white sauce is visible in the background.

# Unsaturated Fats

- Found in vegetable oils, most nuts, olives, avocados, and fatty fish, such as salmon.
- Omega-3 fats are a type of polyunsaturated fatty acid that offer several health benefits:
  - Lower cholesterol levels
  - Reduce inflammation
  - Promote functions of the brain and nervous system
- Omega-3 fatty acids must be obtained through diet, the body cannot produce them.



## Saturated Fats

- Most commonly found in animal products: fatty meats, the skin of poultry, and whole-milk dairy products, such as butter, cheese, cream, and ice cream
- Can also be found in coconut, palm oil, and palm kernel
- Research indicates that decreasing the amount of saturated fats in the diet helps to lower LDL (bad cholesterol) levels and positively impact heart health

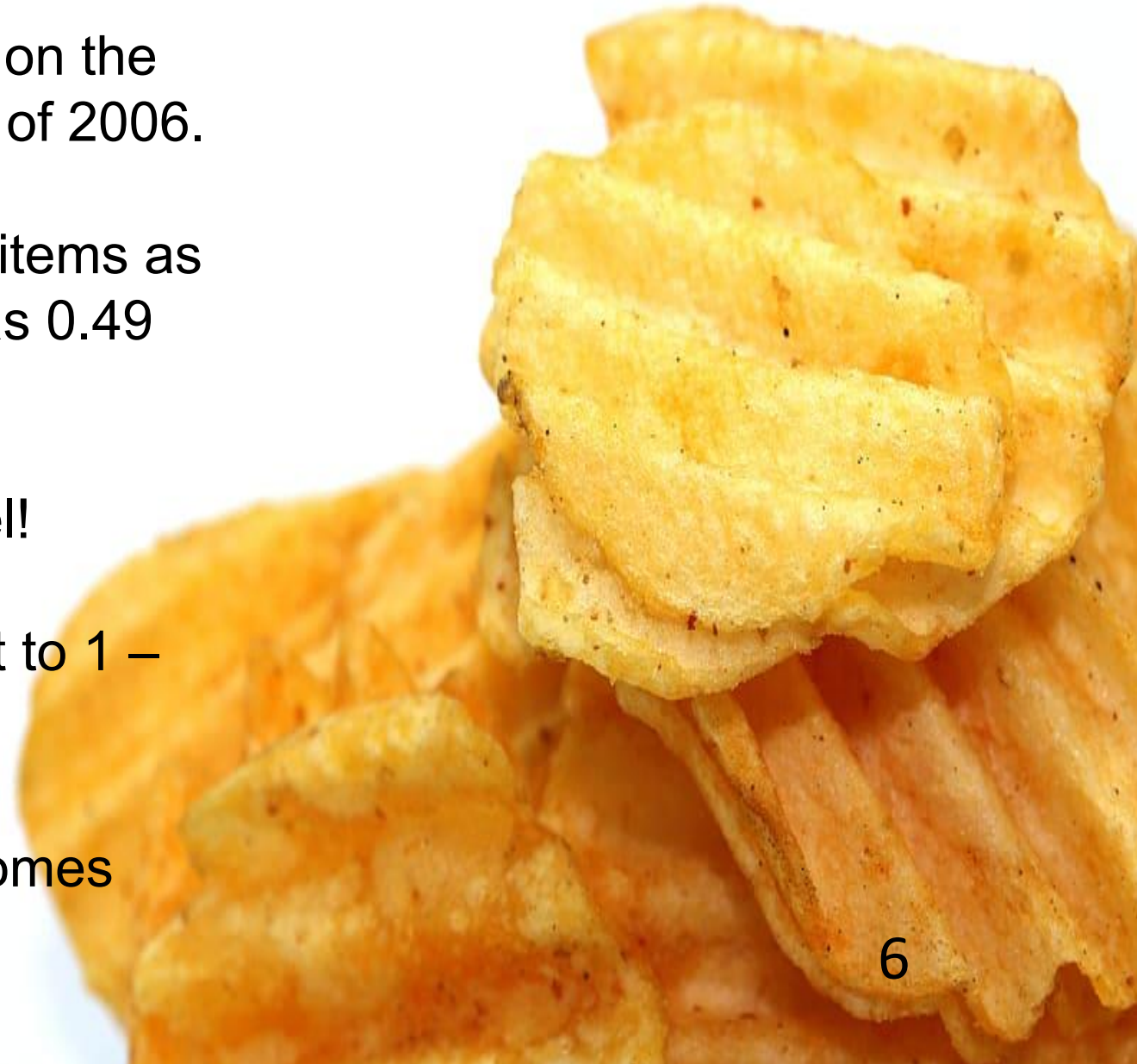
# Trans Fats

- The majority of *trans* fat is formed when liquid oils are made into solid fats like shortening and hard margarine.
- *Trans* fat is made when hydrogen is added to vegetable oil -- a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.
- Trans fat is harmful to your health because it can increase your LDL ("bad" cholesterol) and decrease your HDL ("good" cholesterol).



# Trans Fats and Food Labels

- Trans fat was the newest item placed on the nutritional facts label at the beginning of 2006.
- Food manufacturers are able to label items as “zero grams of trans fat” if the food has 0.49 grams of trans fat or less.
  - Keep an eye on your nutrition label!
  - Trans fat can add up quickly.
  - It is recommended to limit trans fat to 1 – 2.5 grams per day.
- 80% of trans fat in the average diet comes from partially hydrogenated oils



# Take A Guess..

How many grams of trans fat are in a batter-dipped fried whole onion plus dipping sauce commonly served at restaurants?

**18 grams trans fat**

How many grams of trans fat are in medium-sized French Fries?

**4 grams trans fat**



# Choosing Lean Proteins



- Chicken & Turkey: Select poultry without skin, and light meat is a better choice than dark meat.
- Pork: Choose pork loin, center loin or tenderloin.
- Beef: Go Lean! Round steak, roasts, top loin, top sirloin, chuck shoulder, 95% lean ground beef.
- Fish: Great options in herring, canned tuna in water, salmon, trout.



A photograph of a seafood platter featuring several whole fish, including a large salmon, smaller fish, and scallops, all resting on a bed of crushed ice. There are also some orange slices and green garnishes visible.

# Fish for your heart!

- Fish may help lower heart disease and sudden death from a heart attack.
- 2, 4 oz servings of fish high in omega 3 fatty acids per week
- Fish containing omega 3 fatty acids:
  - Salmon
  - Tuna (non-canned variety)
  - Mackerel



## Preparing Heart Healthy Proteins

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
- Prepare dry beans and peas without added fats.
- Choose and prepare foods without high fat sauces or gravies.

# Nuts

- Five ounces of nuts per week may help decrease the risk of coronary heart disease by 35-50%.

- What is one ounce?

24 almonds

18 medium cashews

12 macadamia nuts

35 peanuts

15 pecan halves

8 medium Brazil nuts

14 English walnut halves



# Be Mindful of Sodium

- Research indicates: Excessive sodium relates to high blood pressure, which is a major risk factor for heart attack and stroke.
- Evidence suggests: Even those with normal blood pressure can reduce their chances of developing hypertension by reducing their daily sodium intake.
- Source of Sodium: Processed and restaurant foods, not just the salt shaker.
- Top Sodium culprits: breads/rolls, sandwiches, cold cuts and cured meats, soup, pizza.



# The Dash Diet



- A Dietary Approach to Stopping Hypertension!
- The best eating plan to help lower blood pressure.
- Focuses on including a variety of fruits and vegetables rich in potassium, magnesium and calcium.
- Limits sodium to 1500 mg / day.
- Adding more potassium into the diet can lower blood pressure and lessen the adverse effects of sodium on blood pressure.

# DASH Diet Recommendations

- 4700 mg Potassium
  - Food sources: tomatoes, potatoes, beans, yogurt, banana, milk
- 1250 mg Calcium
  - Food sources: milk, yogurt, cheese, kale, spinach, broccoli
- 500 mg Magnesium
  - Food source: green vegetables, beans, peas, nuts whole grains





## What to Remember?

- Know your fats! Limit trans fat and choose unsaturated fats.
- Choose lean protein.
  - Shoot for 2 servings of fish per week.
  - Aim for 5 oz nuts per week.
- Be aware of sodium. Limit to 1500 mg / day.
- Eat more fruits and vegetables, especially those rich in potassium, calcium and magnesium.



Thank You!