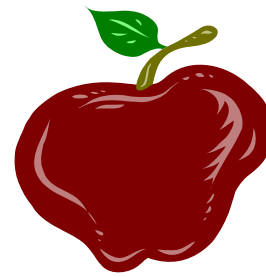


The Heart Smart Way of Life



A Healthy Eating Pattern Including Foods From All Major Food Groups

D.I.E.T. = Develop Intelligent Eating Techniques

Major guidelines: As recommend by the American Heart Association Nutrition Committee 2006.

- Consume a diet rich in a variety of fruits(4-5 ½ cup servings/day) and vegetables (4-5 ½ cup servings/day)
 - Consume whole grains, and other high fiber foods with a goal of 20-35 grams of fiber per day.
 - Balance calorie intake physical activity to achieve or maintain a healthy body weight
 - Include fat-free and low-fat dairy products (two servings a day), legumes, poultry, and lean meats.
 - Consume fish, especially oily fish, at least twice per week.
 - Limit egg yolks to no more than 3 per week.
 - Restrict the use of “luncheon” and variety meats such as sausage and salami. These items are very high in saturated fat, cholesterol, and salt.
 - Consume alcohol only in moderation. 1drink a day for females and 1-2 a day for males.
 - Minimize intake of beverages and foods with added sugar.
 - Reduce sodium intake by not adding salt to your food at the table, cooking with very little salt and avoiding use of a lot of processed foods.
 - Limit Cholesterol-Raising fats:
 - **Saturated fatty acids** (<7% of total calories) like coconut, palm, palm kernel oils, meat fats, and lard
 - **Trans fats** (<1% of total calories), like stick margarine, foods with hydrogenated vegetable shortening
 - **Cholesterol** (< 300 milligrams per day)
- Steps to help achieve this goal:
- Choose lean meat, poultry and vegetable protein alternatives, like legumes/beans.
 - Choose nonfat, 1% and low-fat dairy products
 - Minimize intake of partially hydrogenated fats
- Choose Heart Healthy types of fats:
 - Mono-unsaturated fatty acids-, like olive, canola and peanut oil
 - Poly-unsaturated fatty acids like safflower, sunflower, corn and sesame oils or tub margarines
 - Omega-3 fatty acids like flaxseed oil and fish such as: tuna, salmon, mackerel, sardines and herring.
 - Fats with Stanol and sterol Esters like vegetable spreads containing these esters (Examples: Promise active Spread, Benecol Spread)

A Healthy Body Weight

Major guidelines:

- Match intake (calories) to overall energy needs; limit consumption of foods with a high caloric density and/or low nutritional quality, including those with a high content of sugars.
- Maintain a level of physical activity that achieves fitness and benefits heart health; for weight reduction, use more calories than you take in. Generally recommending 20-30 minutes most days of the week.

A Desirable Blood Pressure

Major guidelines:

- Limit the intake of salt (sodium chloride) to <4 g (4000mg) per day.
- Limit alcohol consumption (no more than 1 drink per day for women and 2 drinks per day for men).
- Maintain a healthy body weight and a dietary pattern that emphasizes vegetables, fruits, and low-fat or fat-free dairy products.

Fat: Limit overall fats to 25-35% of your total calories.

Below is a chart for an easy way to find how many grams of fat are permitted each day.

Calories	Total fat (grams)			Saturated fat (grams)7%
	25%	30%	35%	
1200	33	40	47	9
1500	42	50	58	12
1800	50	60	70	14
2000	56	66	78	15
2200	61	73	86	17

Fiber: Nature's Broom

Major guidelines to increase:

- *Fruits and vegetables-Eat the fruit or vegetable rather than drink the juice.
 - Eat the skins of fruits and vegetables.
 - Dried fruits are great sources of fiber, however also are very concentrated in Calories. So don't overdo them.
- *Dried beans and legumes- High in protein and fiber
- *Breads and cereal products- Brown rice, whole-wheat pastas, breakfast cereals made from whole grains, including bran, oats, and wheat.
- *Nuts and Seeds- Good sources of fiber, however are also relatively high in fat and calories, so don't go overboard.

Salt: A teaspoon of salt contains approximately 2000mg of Sodium.

- *Reduce the amount of salt you use at the table.
- *Reduce the amount of high sodium seasonings you use, such as:

Soy sauce	Steak sauce	Mustard
Garlic & Onion Salt	Boullion	Catsup
Worcestershire sauce		Party dips
Bacon bits	Baking powder	
- *Consult with your physician before using Salt Substitutes and many of them are made form Potassium Chloride. For some people too much potassium can be as harmful to the body as too much sodium.
- *Softened water contains a fair amount of sodium. If you have a water softener, you may wish to buy bottled water or get water form a source that is unsoftened.

Hints for Low-Fat Cooking:

- *When the recipes say "fry" or "saute", try boiling, poaching, steaming or grilling.
- *Use a non-stick skillet and spray with non-stick coating for sautéing or pan cooking. To get a browning color one can use concentrated apple juice to sauté in.
- *Trim the fat off all meats and skin poultry before cooking or baking.
- *The amount of fat or oil can be reduced by ¼ in recipes for baked goods.
- *Use hamburger that is 90% lean or leaner Or use ground turkey in place of ground beef. Drain ground beef as well as possible using a strainer.
- *Experiment with low-fat and fat-free products available till you find a suitable replacement to please your tastebuds.

Label Reading:

- *Can be very helpful in knowing what you are eating, especially when using processed foods.
- *Make sure you look at what is a serving size and adjust fat grams and sodium according to the portion you will eat.
- *Look at the total grams or milligrams rather than the percentage information.

Dining Out:

- *Plan ahead: try to choose more carefully if you plan to go out.
- *Choose the restaurant carefully: Avoid “all you can eat” eating your money’s worth is not a good idea.
- *Choose food choices carefully: avoid fried, gravies, sauces, stuffings, or sautéed items.
- *Ask how items are prepared if unsure.
- *Ask for extras on the side, such as butter, salad dressing or sauces and gravies.

Shopping guide:

Produce Broccoli Brussels sprouts Salad greens Tofu Eggplant Pears Strawberries Apples	Grains Oatmeal/oat bran 100% whole grain bread Whole wheat tortillas Brown rice Couscous Whole grain crackers	Dairy Nonfat milk Soy milk or yogurt Nonfat cottage cheese Fat free cream cheese Vegetable Oil spreads
Frozen Vegetables Fish Berries Sorbet	Meat/Fish/Poultry Skinless chicken Salmon Halibut Ground Turkey Loin cuts of beef and pork	Miscellaneous Almonds or walnuts Almond butter spread Dried beans Canned light tune or salmon Soy, canola, grapeseed, and olive oils Dried herbs and seasonings Orange juice with added plant sterols