

Whole grains

- Whole grains provide additional protein as well as fiber and other nutrients to keep our bodies healthy. Choose whole grains in breads, cereals, pasta, granola bars, etc. Tip: Check the first ingredients on the package. The first ingredient must be “whole wheat flour” or whole oats, etc. in order to be considered whole grain.

Heart healthy fats

- Found in oils such as: canola, corn, olive, peanut, safflower, soybean, sunflower, avocado, grapeseed and sesame.
- In general, look for oils with less than 2 grams of saturated fat and that contain unsaturated fats.

Salt-free seasonings

Many grocers offer a variety of salt free seasonings such as Mrs. Dash. These can be a great alternative as a low-sodium seasoning without sacrificing flavor. However, some of these salt-free seasonings may contain potassium chloride (KCl). It may not be recommended for all individuals. Please consult with your doctor prior to consumption. But please note, not all salt-free seasonings contain this ingredient.

In addition, herbs and spices without added sodium are excellent for boosting flavor without increasing sodium content.

Start them young

Many who consume high amounts of sodium as an adult do so because it was found in their foods growing up. Start kids off with a low sodium diet. They won’t crave it in new foods and they will be less likely to add salt to their foods as they age.

Some chips and crackers marketed for kids can be high in sodium. Checking labels can help you find better options for everyday snacking.



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Scan here to get connected with our Registered Dietitian Team



They are available to answer your nutrition questions, share recipes, and provide resources.

Heart HEALTH

Nutrition Tips for a Heart Healthy Diet



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Types of cardiovascular disease (heart disease)
There are several types of cardiovascular diseases, including (but not limited to):

- Heart attack
- Stroke
- Heart Failure
- Coronary Artery Disease
- Arrhythmia

- Risk factors for cardiovascular disease.**
- Smoking
 - High blood pressure
 - Diabetes
 - Alcohol
 - Overweight/obesity
 - High cholesterol
 - Physical inactivity
 - Stress

- Causes of high blood pressure**
- High intake of sodium can cause water retention. This causes an increased volume in our blood vessels, causing high blood pressure.
 - Overweight
 - Hardening of arteries

- Treating high blood pressure**
- Maintain a healthy weight
 - Well-balanced diet
 - Manage stress
 - Dietary sodium reduction
 - Regular physical activity
 - Limited alcohol consumption

Cholesterol levels
Elevated LDL (bad) cholesterol can build up to form plaque, which increases risk for clots to form. This can lead to increased risk of heart attacks and strokes.

- Dietary tips for treating high cholesterol:
- Consume a balanced diet of produce, whole grains, beans, nuts and lean proteins. Limit foods high in sodium and added sugar.
 - Limit saturated fats and aim to consume more unsaturated fats

Source: American Heart Association, 2017



Prevention
Cardiovascular disease is preventable! The key is to live a healthy lifestyle that incorporates:

- Good nutrition
- Weight management
- Physical activity

What is a heart healthy diet?
A heart healthy diet is recommended as a well-balanced diet for most individuals. These are the general guidelines:

- Nutrients to limit** (AHA)
- Saturated fat
 - Sodium
 - Added sugars
 - No trans fat
 - Caffeine (check w/Dr.)

- Nutrients to consume more of**
- Healthy fats
 - Fiber (min 25g, emphasis on soluble fiber)
Dietary Fiber is found in whole grains, fruits, vegetables, and legumes. Fiber is important for weight management, as well as decreasing risk for diabetes and heart disease. Dietary fiber can be classified by:
 - Soluble fiber: can help lower LDL cholesterol by binding with cholesterol to be excreted from the body. Foods that contain soluble fiber include oats, beans, and flaxseed.
 - Insoluble Fiber: helps with regularity and movement within the digestive system and helps with weight management. Examples include whole-wheat flour, nuts, beans and vegetables.
 - Plant sterols

Both types of fiber are important! Eat a wide variety of high fiber foods!

- Physical activity**
- The AHA recommends a least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of the two).
 - For additional benefits, add moderate muscle strength training activity at least two days a week.
 - Consult with your doctor and health care provider before beginning a physical activity routine.

A little movement is always better than nothing! Check out these easy ways to move more around the house

- Play with your kids inside or outside
- Go for a walk
- Vacuum the house
- Park your car in the back of the lot at a store to get in a few extra steps
- Walk on the treadmill while you watch your favorite TV show



Helpful hints for finding heart healthy foods in every aisle of the store!

- Eat a variety of fruits and vegetables**
- Fresh produce is loaded with vitamins, minerals, and fiber. Add to snacks and all meals. Make it your goal to fill half your plate with fruits and vegetables.
 - Look for frozen fruit and vegetables with no added sauces, sodium, or sugar.
 - Look for canned fruit in 100% juice.
 - Look for no salt added canned vegetables and/or drain and rinse for approximately 2-4 minutes to reduce the sodium up to 41%.

- Pre-packaged Items**
- Prepackaged meals can fit into a balanced diet—it's all about making smart choices. Look for options that are lower in sodium and added sugars, or keep an eye out for the Dietitian's Choice logo in store and online. Pair these meals with fruits, veggies, and whole grains to boost nutrition and round out your plate.

- Dairy**
- The American Heart Association (AHA) recommends choosing low fat dairy products.
 - Look for yogurts that have < 5 grams of sugar.

- Meat/Seafood**
- Choose lean sources of protein such as 93% or leaner beef (choose Choice or Select grade), fatty fish (salmon, tuna), and skinless poultry. Aim to include fish in your diet twice per week.
 - Additional sources of lean protein include beans, peas, lentils and tofu.

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