

## 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 no partially hydrogenated oils (PHO) or trans 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.

## 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 kid-friendly chips and crackers often contain high amounts of sodium. Be sure you are making better food choices as a family, and always be a positive role model.

Find our many  
Heart Healthy resources on  
[celebratemore.com/dietitians](http://celebratemore.com/dietitians)

Week	Breakfast	Lunch	Dinner	Snacks
Week 1	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 2	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 3	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 4	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 5	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 6	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 7	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds
Week 8	1/2 cup oatmeal with sliced banana and 1/2 cup blueberries	1/2 cup quinoa with sliced zucchini and cherry tomatoes	1/2 cup salmon with sliced zucchini and cherry tomatoes	1/2 cup almonds

**Dietitian's tips for a healthy heart**  
Eat: the good, the bad, & the ugly

**Protein & Vegetables**  
• Eat a variety of protein sources including lean meats, fish, eggs, and plant-based proteins like beans, lentils, and tofu.  
• Choose vegetables that are high in fiber and antioxidants, such as leafy greens, cruciferous vegetables, and berries.

**Grains**  
• Choose whole grains over refined grains.  
• Limit intake of grains that are high in sodium and added sugars.

**Dairy**  
• Choose low-fat or fat-free dairy products.  
• Limit intake of dairy products that are high in sodium and added sugars.

**Fiber & the benefits on heart health**  
• Fiber helps lower cholesterol and blood pressure.  
• It also helps with digestion and can help you feel full longer.

**Dietitian's Heart friendly foods shopping list**  
This list contains items that are heart healthy, low sodium, and offer a good source of fiber.

**PROTEIN**  
• Skinless, boneless chicken breast  
• Lean ground beef (90% lean)  
• Turkey breast  
• Pork tenderloin  
• Salmon  
• Tofu  
• Beans (kidney, black, pinto, chickpeas)  
• Lentils  
• Eggs

**GRAINS**  
• Whole grain bread  
• Whole grain pasta  
• Quinoa  
• Oatmeal  
• Brown rice  
• Wild rice  
• Barley

**DAIRY**  
• Low-fat or fat-free milk  
• Low-fat or fat-free yogurt  
• Low-fat or fat-free cheese  
• Low-fat or fat-free cottage cheese

**PRODUCE**  
• Leafy greens (spinach, kale, collard greens)  
• Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)  
• Berries (blueberries, raspberries, strawberries)  
• Citrus fruits (oranges, lemons, limes)  
• Apples  
• Bananas  
• Avocados  
• Tomatoes  
• Cucumbers  
• Zucchini  
• Bell peppers  
• Onions  
• Garlic  
• Herbs (basil, parsley, cilantro)

Reach out to our  
Supermarket Registered  
Dietitians for more  
information or to  
schedule an appointment.



# Heart

# HEALTH

## Nutrition Tips for a Heart Healthy Diet

**COBORN'S**  
REGISTERED DIETITIAN TEAM

For nutrition resources and recipes visit  
[celebratemore.com/dietitians](http://celebratemore.com/dietitians)  
or email: [Supermarket.Dietitians@Cobornsinc.com](mailto:Supermarket.Dietitians@Cobornsinc.com)



## Types of cardiovascular disease (heart disease)

- High blood pressure (hypertension)
- Atherosclerosis - plaque buildup on arteries. Typically caused by high cholesterol
- Valve problems
- Rhythm problems
- Heart attack
- Stroke

## 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

- Weight reduction
- DASH diet
- Dietary sodium reduction
- Aerobic 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.



Treating high cholesterol includes a heart healthy diet and includes plant sterols (at least 2 grams per day) to help reduce total cholesterol levels. Examples of foods fortified with plant sterols include Minute Maid Heart Wise Orange Juice and Promise Active Margarine spread.

**Ask your Supermarket Registered Dietitian about other products in your store!**

## Prevention

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

- Good nutrition
- Physical activity
- Weight management

## 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 (max 13g)
- Sodium (2,300mg; 1,500mg is desirable)
- Added sugars (25g or less)
- No trans fat
- Caffeine (check w/Dr.)

### Nutrients to consume more of

- Healthy fats
- Fiber (min 25g, emphasis on soluble fiber)
- 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
- Go 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

- Prepacked meals and snacks often have high amounts of sodium, trans fats, and sugar added to them as preservatives. Try to make most meals from scratch. You'll have more control of what ingredients are sneaking into your meals.

### Dairy

- The American Heart Association (AHA) recommends choosing low fat dairy products.
- Look for yogurts that have < 10 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.