



# dietitian's tips

## for a healthy heart

### Fruits & Vegetables

- Try to make 1/2 your plate fruits and veggies at most meals. Aim for 5 servings per day.
- These are low in saturated fats, and high in vitamins, minerals, water content, and heart-healthy fiber.
- Choose from fresh, frozen, or canned vegetables. When choosing canned vegetables, look for no-salt added or low-sodium. You can reduce sodium by up to 40% when you drain and rinse canned items for 3-4 minutes.
- Choose from fresh, frozen, or canned fruit. When choosing canned or frozen fruit, look for no-sugar added or 100% Juice.

### Grains

- Look for a quarter of your plate to have grains. Try to make your daily intake at least 50% whole grains. Whole grains contain more heart-healthy fiber than more processed grains where the nutritious fiber is actually removed.
- Whole grains include whole wheat breads, tortillas, crackers, pasta, brown rice, quinoa, etc.

### Protein

- Lean protein sources are lower in saturated fats. There are many sources of lean protein including skinless poultry, lean meats, fish, nuts and legumes, including nut and seed butters, and low-fat dairy products.
- Don't forget serving sizes: 3-4 ounces for meat, poultry, and fish, and 2 tablespoons for nuts, seeds, and nut butters.

### Dairy

- Low-fat dairy products are low in saturated fat and are great sources of protein and calcium.
- Mix up your dairy routine and get a variety of dairy products including low-fat milk and cheese, as well as, light yogurt!
- Shoot for three servings per day: 1 cup of milk, 2 ounces of cheese, and 1/2-3/4 cup of yogurt.

### Fats: the good, the bad, & the ugly

It seems the fear of fat has been instilled in our brains from an early age, for fear of clogging our arteries and making us gain weight. The truth of the matter is, not all fats are created equal.

#### The Good

- Incorporating mono- and polyunsaturated fats into your diet is a great way to improve satiety, provide you with healthy vitamins and minerals, and can help improve blood cholesterol when used in place of other fats.

- Monounsaturated fats include olive oil, canola oil, avocados, olives, and many nuts including almonds and peanuts. Polyunsaturated fats include fatty fish like salmon, mackerel, trout, and tuna. These fatty fish are also great sources of Omega-3 fatty acids that help with inflammation.

#### The Bad

- Saturated fats raise levels of cholesterol in the blood (not cholesterol in food). High LDL cholesterol levels increase risk of heart disease and stroke.
- Saturated fats include animal products such as beef, lamb, pork, poultry with skin, butter, cream, cheese made from whole or 2% milk, as well as, coconut, coconut oil, palm oil, and cocoa butter.

#### The Ugly

- Trans fats raises LDL ("bad") and lowers HDL ("good") cholesterol levels. This increases risk for heart disease.
- Trans fats are often found in ready-made baked goods, frostings, fried foods, refrigerator dough, etc. Look for "partially hydrogenated oil" on the ingredients list to help determine if a product has trans fats. By June 2018, all trans fats will be completely removed from food products.

### Fiber & the benefits on heart health

- Fiber is a key nutrient for an overall heart healthy diet.
- Research has shown that fiber may reduce the risk of cardiovascular disease by improving blood cholesterol levels, lowering blood pressure and reducing inflammation in the body.
- Dietary fiber is the part of plants that our body is unable to digest.
- Fiber also helps keep you fuller long, therefore you may consume fewer calories, which may help with weight management among individuals.
- It's important to have a wide variety of fiber-rich food sources in the diet. Fiber can be found in fruits, vegetables, whole grains (including whole wheat, rye, brown rice, and oats) beans, and legumes).
- The 2015 Dietary Guidelines for Americans recommends 38 grams per day of fiber for men and 25 grams of fiber per day for females.

Information adapted from [www.heart.org](http://www.heart.org)



*Hornbacher's*