Eating for Heart Health
Keys to Heart Healthy Diet

American Heart Association 2020 Goals:

- Fruits and Veggies - ≥ 4.5 cups/day
- Fish - ≥ 3.5 oz servings/week
- Whole Grains - ≥ 3, 1 oz servings/day
- Sodium - ≤ 1500 mg/day
- Sugary Drinks - < 450 calories/week
Keys Cont’d

American Heart Association Suggestions:

• Nuts, Legumes, Seeds - 4 servings/week
• Processed Meats - < 2 servings/week
• Saturated fat: \( \leq 7\% \) of total caloric intake
It’s a Matter of FAT

**Saturated**
* ↑ Total Cholesterol, ↑LDL

**Trans**
- * ↑ Total Cholesterol, ↑LDL, ↓ HDL

**Polyunsaturated**
- * ↓ Total Cholesterol, ↓LDL, ↓ HDL

**Monounsaturated**
- * ↓ Total Cholesterol, ↓LDL, ↑ HDL

**Omega-3**
- * ↓ Triglycerides, ↓ Total Cholesterol
Limiting Fats

Small changes add up to BIG CHANGES

• Cut dessert portions in half
• Switch from fried to broiled
• Know your fat source – trans, saturated, mono, poly
• Go fishing— to attain omega 3 fatty acids
• Low-fat dairy— same bone building benefits
• Choose liquid over solid fats
Cholesterol Awareness

Shake the habit with the following options:

• Normal cholesterol levels - < 300mg
• Elevated cholesterol levels - <200mg
• Saturated fat and cholesterol usual appear together
• Low fat, ↑ cholesterol foods
Cut back on cholesterol with the following:

- Easy on the eggs – 215mg from 1 large egg
- Reduce consumption of organ meats
- Opt for leaner cuts of meat, fish, chicken, low fat dairy
- Look for low cholesterol or cholesterol free foods
# Fat and Cholesterol Labels

<table>
<thead>
<tr>
<th>Claim</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Free</td>
<td>&lt; .5 g fat/serving</td>
</tr>
<tr>
<td>Low -Fat</td>
<td>≤ 3 g fat/serving</td>
</tr>
<tr>
<td>Reduced or Less Fat</td>
<td>At least 25% less fat/serving</td>
</tr>
<tr>
<td>Light</td>
<td>≤ 50% less fat/serving</td>
</tr>
<tr>
<td>Low Saturated Fat</td>
<td>&lt; 1 g saturated fat/serving</td>
</tr>
<tr>
<td>Cholesterol Free</td>
<td>&lt; 2mg cholesterol and &lt; 2g saturated fat/serving</td>
</tr>
<tr>
<td>Low cholesterol</td>
<td>≤ 20mg cholesterol and ≤ 2g saturated fat/serving</td>
</tr>
</tbody>
</table>

*Source: ADA Complete Food and Nutrition Guide, 2006*
Salt Recommendations

American Heart Association Suggestions:

• Normal blood pressure - < 2,300 mg
• High blood pressure - < 1,500 mg

The average American consumes more than 3,400 mg of sodium per day – Harvard University
Shake the Salt Habit

Opt to reduce salt with the following options:

• Out of sight, out of mind – move the salt shaker
• Limit foods labeled as – pickled, smoked, etc
• Spread the condiments on lightly
• Ask for sauces and dressings on the side
• Try herb based seasonings
## Sodium Labels

<table>
<thead>
<tr>
<th>Claim</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium Free</td>
<td>&lt; 5 mg per serving</td>
</tr>
<tr>
<td>Very Low Sodium</td>
<td>≤ 35 mg per serving</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>≤ 140 mg per serving</td>
</tr>
<tr>
<td>Reduced Sodium</td>
<td>At least 25% less sodium</td>
</tr>
<tr>
<td>Salt Free</td>
<td>&lt; .5 g sodium/serving</td>
</tr>
<tr>
<td>Low-Sodium Meat</td>
<td>&lt; 140mg sodium/3.5 ounces</td>
</tr>
<tr>
<td>Unsalted Butter</td>
<td>Salt is not adding during the process</td>
</tr>
</tbody>
</table>

Source: ADA Complete Food and Nutrition Guide, 2006
Resources

• ADA Complete Food and Nutrition Guide, 2006
• www.americanheart.org
• http://www.hsph.harvard.edu
• www.eatright.org
• www.mayoclinic.com
Questions?
Thank You.