

Heart-Healthy Choices SIMPLIFIED

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For Wellness Wednesdays

Changes are best when
kept manageable &
taken one at a time

One significant change that sticks is
the kindle for long lasting flame

Fats

- “Bad Fats” contribute to plaque, “crowded veins” & eventual inflammation
- “Good Fats” contribute to immune system, cell structure, & cell membrane function
- Scales have tilted, emphasis is more and more about being sure to include good vs being afraid of the bad.. “cardio-protectors”
 - **BALANCE remains the moniker**

Consider

- **9 calories per gram**

20% – 25% of daily total

Regardless of quality

Limit Unhealthy Fats

- **Unhealthy**

- Trans Fats
- Saturated Fats
- Cholesterol
- Bacon
- Gravy
- Lard
- Cream Sauce
- Cocoa Butter
- Coconut, palm, cottonseed and palm-kernel oils

- **Healthy**

- (polyunsaturated & monosaturated)
- Olive Oil
- Canola Oil
- Margarine
- Cholesterol-lowering margarine, such as benecol promise, smart balance
- ?
- Tree nuts and seeds (4 times per week)
- Essential fatty acids

Strategies

- **Substitution**

- yogurt for sour cream or peanut butter for butter

- **Eliminate**

- trimming meat, oven frying

- **Reduce**

- recipes or at point of service

What to look for.....

*****Omega 3s (anti-inflammatory)****

Omega 6 (fever/swelling)

1:10 ratio

- Cold water fish*
- Vegetable oils
 - Olives*
- Nuts (walnuts) and seeds (flax)*
 - Beans (Soy)*
- Dark Chocolate (6 grams/day)
- Whole grains and dark , bright vegetables
 - Avocados*

Nourishing protein sources

- Lean meat, poultry and fish
- Low-fat dairy
- Egg whites
- Legumes Peas, Beans and Lentils
- Soy
- Fish (Salmon, mackerel and herring)

Substitution Suggestions ?

- Full fat dairy 4%
- Organ meats (liver)
 - Egg yolks
- Fatty marbled meats
 - Spareribs
 - Cold cuts
- Hot dogs, sausages
 - Bacon
 - Pork rinds
- Fried and breaded meats

Eat More Fruits and Vegies

- First Fresh (clean), next frozen & then canned
- No additives or fats/seasonings
- Fruit in own juice or water

- Think twice before choosing coconut, cream sauces, fried or breaded, sugar, fat or salt packed

Terms

- **Phytosterols** plant sterols that chemically resemble cholesterol and reduce blood cholesterol (seeds, wheat germ)
- **Phytoestrogens** lower total LDL, cholesterol, and perhaps blood pressure
- **Carotenoids** antioxidants cardio protective
- **Polyphenols** antioxidants (flavenoids_catechins, flavones, flavonaols, isoflavones, reserwatrol and anthocyanins, and ellagic acid in berries)
- **B complex vitamins** 12 and 6 protect and niacin promotes
- **Vitamin** C and E antioxidants
- **Minerals** Mg K and Ca lower blood pressure

Fiber

- Soluble & Insoluble
- 14 grams per 1000 calories or about 25 to 35 grams daily
- Gradual increase in fiber and matching fluid

Decisions

- Whole Wheat flour
 - Brown Rice
 - Flax seed
 - Nuts
 - Whole grain pasta
 - Hummus
 - Oatmeal (steel-cut or regular)
 - Peels, seeds
 - Beans and husks
 - Fiber bars
 - Skins, husks and peels
- **Less Wholesome**
 - White refined flour
 - White bread
 - Muffins
 - Frozen waffles
 - Some corn bread
 - Biscuits
 - Quick breads
 - Some granola bars
 - Cakes, Pies, vending machine crackers

Seasonings

- Salt (2300 milligrams Na per day)
 - (rethink use oftable salt, canned soups, tomato juice & soy sauce)
- Sea salt
- Fresh herbs (phyto nutrients & flavor)
- Reduced salt soups with added ingredients

PORTION vs SERVINGS

- Serving is a specific amount of food defined by common measurements
- Portion is the amount that you self select
- Understand the HUNGER ZONE

Do Not Drink Your Calories

- Glycemic Index (TRIGLYCERIDES)
- Sugar
- Additives

- Tea, Water with infusions, skim milk lattes, broth and broth based soups
- Juices high pulp with calcium, DHA and Omegas

Plan Ahead

Menu = Shopping List =

Ingredients

Think outside the ordinary

Avoid the Diet Dive

Live... Learn... Adjust

Indulge with pleasure...

**both the healthy foods and the
occasional foods**

Happy Valentines

- *Special treats (make it worth it)*
- *Dark chocolates with nuts or fruits*
 - *Edible arrangements*
 - *Heart shaped pancakes or sandwiches*

Heart Healthy Foods

1. Salmon
2. Flaxseed ground
3. Oatmeal
4. Black or kidney beans
5. Almonds
6. Walnuts
7. Red Wine
8. Tuna
9. Tofu
10. Brown rice
11. Soy Milk
12. Blueberries
13. Carrots

1. Spinach
2. Broccoli
3. Sweet potato
4. Red bell peppers
5. Asparagus
6. Oranges
7. Tomatoes
8. Chili Peppers
9. Acorn Squash (winter)
10. Cantaloupe
11. Papaya
12. Dark Chocolate Teas
13. hummus