Eating for a Heart-Healthy Lifestyle

Understanding Basic Nutrition:
The American Heart Association's Diet and Lifestyle Recommendations

Why eat a well-balanced diet?

Heart disease and stroke are American's **No. 1 and No. 3** killers, eating an overall healthy diet reduces a majority of the controllable risk factors for these diseases

There are some factors that can increase your risk for heart disease even though you cannot control. These include:

Age ***Heredity*** ***Race*** ***Gender***

Focus on what you can change: reducing controllable risk factors

Adopting better dietary **habits** and choosing a **varied** combination of foods is your first step.

Consuming the right amounts of the proper foods may be the single most important thing you can do to lower your risk.

Recommendations to reduce your risk

- Fruits & Veggies
- Whole-grain, high fiber
- Oily fish
- Lean meats
- Fat-free, skim, low fat, 1% dairy
- Reduce added sugars
- Little or no salt
- If alcohol, moderation

Recommendations to reduce your risk

1/2 Limit your intake of added sugars to no more than ½ of your daily discretionary calories

Limit saturated fat to less than 7 % and trans fat to less than1 % of daily calorie intake <7%

<300 mg Limit cholesterol intake to less than 300 mg per day.

Limit sodium intake to 1,500 mg per day (this is about 1 teaspoon of salt). 1 tsp

Make simple changes when choosing foods

Choose:

- Fresh, frozen and canned vegetables and fruits in light sauce/syrup, sugar-free, or low-sodium varieties
- Whole-grain products, beans, fruits and vegetables to increase fiber
- Liquid vegetable oils in place of solid fats
- Lean cuts of meat
- Grill, bake or broil fish, meat and poultry
- Choose whole fruits and vegetables in place of juices

American Heart Association

Avoid

- Limit beverages and foods high in added sugars
- Cut back on pastries and high-calorie bakery products
- Remove skin from poultry before eating

Limit portion sizes

por·tion [pawr-shuhn, pohr-]

Noun: the amount of a single food item served in a single eating occasion, such as a meal or a snack.

**Many people confuse portion size with serving size, which is a standardized unit of measuring foods—for example, a cup or ounce.

1 portion  = 2 servings

Watch your portion sizes

Many portions served in restaurants and at home are more than one serving.


1 cup of vegetables or fruit

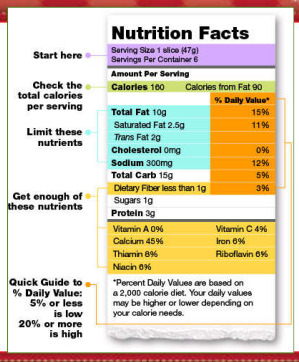

3 oz portion of meat, fish or poultry


1 single serving bagel


1 oz of cheese


1 baked potato

Read Labels



Spice it up!

- Limit your use of salt when preparing foods and at the table
- When using commercially prepared foods alone or in recipes, check the label for sodium content.
- Try a variety of herbs and spices to enhance food's natural flavors without adding salt (sodium).

5 Tips for success

1. Make eating an activity in itself.
2. Be a list-maker.
3. Focus on what you *can* do.
4. Stay positive!
5. Take baby steps.

Losing weight and maintaining weight loss

- Talk to your physician, nurse or healthcare provider for assistance. **Make a plan together**.
- Be informed and know your **body mass index** (BMI).
- To achieve steady weight loss, **eat 200-300 calories less** each day.
- **60 minutes of physical activity** most days of the week is recommended for adults attempting to loose or maintain weight

** All other adults should accumulate at least 30 minutes of physical activity most days of the week.

The result will be a healthier you and improved quality of life!

At the heart of health is good nutrition.

Get information on diet goals, heart-smart shopping, healthy cooking, dining out, recipes and more in the Nutrition Center at www.heart.org/Nutrition.

Questions?

Contact the PCSB Wellness Team at 648-3057.