



Family Health Centers Nutrition Program

LIFESTYLE GUIDELINES FOR A HEALTHY HEART

- 1) Maintain a desirable weight - a weight that feels good to you and is healthy for your body. If you need to lost weight, be sure to monitor portion sizes.
- 2) Eat a varied diet that is balanced and sufficient in protein, complex carbohydrates, healthy fats, fiber, vitamins, minerals, anti-oxidants and water.
- 3) Stay physically active. Select exercise and activities that are healthy, safe and enjoyable.
- 4) Refrain from smoking.
- 5) Live in a manner that promotes happiness, harmony and well-being within yourself and with others.

BASIC DIET PRINCIPLES FOR A HEALTHY HEART

FAT: Some fat intake is necessary to obtain essential fatty acids, to absorb fat-soluble vitamins and to provide energy. Consuming too much fat (and calories in general), can lead to heart problems, as well as other health issues.

Keep fat consumption to 20 - 30% of caloric intake, depending on your activity and individual needs.

Select foods higher in monounsaturated fats and polyunsaturated fats. These fats are liquid at room temperature. Omega -3- fatty acids are an important source of healthy fats, most often found in cold water fish, dark leafy greens, walnuts and ground flax seeds.

Trans-fatty acids, mainly from partially hydrogenated oils (e.g.- certain margarines and shortenings) should be limited, along with saturated fats, as both promote cholesterol build-up in the body. Saturated fats are solid at room temperature (e.g. - meat fats, butter, coconut, hydrogenated oils...).

CHOLESTEROL: Cholesterol, a fat-like, waxy substance, is a necessary nutrient that comes from two sources. It is made by your body and it comes from eating animal products. Too much cholesterol can contribute to plaque that clogs blood vessels, leading to heart disease.

TRIGLYCERIDES: Triglycerides are fats. When your triglyceride level is too high, it can lead to heart disease. If your triglycerides are elevated, it's important to limit fats and carbohydrates, especially refined and simple carbohydrates (ie- sugars) in your diet. This includes sucrose and other sweeteners, as well as natural sugars from dried fruit, fruit juices, honey, jams, maple syrup... People with high triglycerides benefit from eating complex carbohydrates and foods with a low Glycemic Load.

WHAT DO I EAT?

(The following list is based on the Food Guide Pyramid.)

	<u>DAILY</u>	<u>LIMIT</u>
<u>BREADS, CEREALS & OTHER STARCHES:</u> (6-11 svgs/day)	Whole grains, with the bran & germ intact, especially oat bran and brown or wild rice Breads: 3+ grams of fiber/svg Cereals: 5+ grams of fiber/svg	Quick breads, unless made from scratch using appropriate ingredients
<u>VEGETABLES:</u> (3-5 svgs/day)	Any raw or cooked without fat	Vegetables fried in fat
<u>FRUITS:</u> (2-4 svgs/day)	Mostly raw, especially with peelings (washed)	Coconut
<u>DAIRY PRODUCTS:</u> (2-3 svgs/day)	1% or non-fat milk and yogurt Low fat cheese	Whole or 2% milk, ice cream, cream, butter, high fat cheeses, sour cream...
<u>MEAT, FISH, EGGS, DRIED BEANS, NUTS & SEEDS:</u> (2-3 svgs/day)	Lean cuts of red meat, baked, broiled, roasted without fat, 3-4x / month. Fish 3x/wk, especially those with omega-3-fatty acids (salmon, trout, tuna, mackerel...), poultry without skin. Egg yolks 2-3/wk; egg whites and low cholesterol eggs unlimited Dried beans 3x/week Nuts & seeds - raw or dry roasted Nut butters (PB, almond, cashew)	Fried fish and meats, fatty meats (bacon, ham, sausage, duck, goose...), organ meats, processed meats (hotdogs, luncheon meats); treat shrimp as a red meat serving Eggs fried in fat Beans cooked with fat Nuts & seeds roasted in oil
<u>FATS AND OILS:</u> (1 tsp - 1 TBS./svg; 3 svgs/day)	Extra virgin olive oil, canola oil low fat salad dressing and mayonnaise, liquid margarine or margarine without saturated fats or trans fatty acids; cooking sprays, avocado	Solid fats (solid shortenings, meat fat, gravies, butter...); regular mayonnaise, salad dressings, stick margarine; cream soups and sauces, chocolate

If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681