

HEART HEALTHY DIET



A healthy diet is one of your best weapons to fight cardiovascular disease.
It's not as hard as you think to eat healthy!

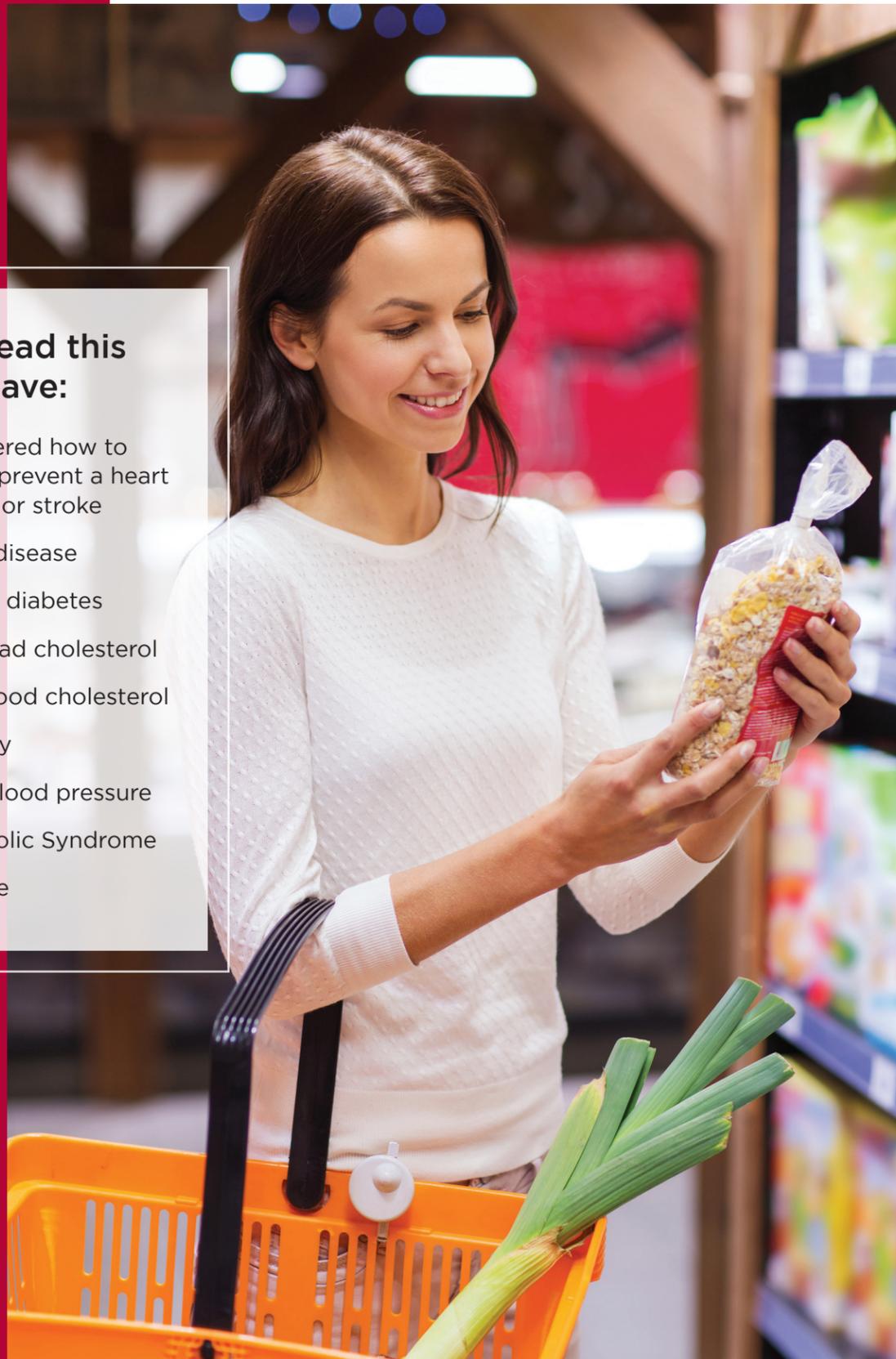


Saint Alphonus
A Member of Trinity Health

PREVENTIVE LIFESTYLE CLINIC

ONLY read this if you have:

- Wondered how to eat to prevent a heart attack or stroke
- Heart disease
- Type 2 diabetes
- High bad cholesterol
- Low good cholesterol
- Obesity
- High blood pressure
- Metabolic Syndrome
- Fatigue



Heart Healthy Eating In 9 Rules:

- DO eat vegetables, whole grains, fruits, berries, beans, nuts, seeds, legumes
- DO eat fats from plants and fish
- LIMIT saturated fats, found mostly in land animals
- AVOID all trans fats found in many processed baked goods
- DO eat whole foods (i.e. apples)
- LIMIT processed foods which contain high amounts of sugar and processed fats and little nutrients (i.e. apple pie)
- LIMIT alcohol to <1 drink/day if you drink
- DO eat <30% of calories for dinner. Fast between dinner and breakfast
- AVOID overeating

Nutrition Facts

6 servings per container
Serving size 1 cup (230g)

Amount per serving
Calories 245

	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Where do I begin?

- **Serving size / calories:** The amount of food for the number of calories listed. Eat too many calories and put on weight.
- **Total fats:** Total fat in the diet is of little concern. What is important is the type of fat you consume.
- **Saturated fats, trans fats, and partially hydrogenated oil in the ingredients:** These fats may increase the bad LDL cholesterol. A good goal is to choose foods with less than 3 g of saturated fats per serving or less than 10% of your total calorie needs for the day. You should avoid all trans fats.
- **Sodium:** Eat less than 2300 mg sodium per day - or less depending on physician or dietitian recommendations.
- **Total carbohydrates:** You should get most of your carbohydrates from fruits, vegetables, and whole grains.
- **Fiber:** Fiber helps you feel full after eating, helps with digestion, and can improve cholesterol numbers.
- **Protein:** Protein helps build and repair cells. It is also important for healing, keeps us full, and offers nutrients. You should keep portions small and aim for lean options.

RULE #1

Eat vegetables, whole grains, fruits, berries, beans, nuts, seeds, legumes.



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Eat foods high in soluble fiber. Soluble fiber can remove cholesterol we eat. The more processed the food, the less fiber.

SOLUBLE FIBER FOODS	Portion	Soluble Fiber
Brussel sprouts	1/2 cup	2g
Black beans	1/2 cup	2.4g
Navy beans	1/2 cup	2.2g
Kidney beans	1/2 cup	2g
Flaxseed (ground)	1 Tbsp.	1.1g
Orange	1 small	1.8
Apricots (fresh)	4	1.8
Figs (dried)	3	2.8
Mango	1 small	3.4
Pumpnickel bread	1 slice	1.2
Oatmeal	1 cup	4

WHOLE GRAIN SOURCES	
Barley	Whole wheat pasta
Brown rice	Whole wheat crackers
Buckwheat	Whole grain cereals (like shredded wheat)
Bulgur (cracked wheat)	Quinoa
Millet	Oatmeal
Popcorn (unpackaged)	Whole wheat bread

Fact: In a study involving half a million people, the more whole grain servings in the diet the more one was protected from a heart attack.

BEAN SOURCES	
Black bean	Red bean
Chickpea	Pinto bean
Lentils (all colors)	Black-eyed peas
Lima bean	Yellow and green split peas
Northern bean	Navy beans

Fact: One research study showed that eating a plant-based diet after a heart attack prevents a heart attack or death in 1 out of every 5 people who eat this way over 4 years, compared to eating a typical American diet.

BERRIES	Quantity	Calories
Blueberries	50	39
Blackberries	13	39
Strawberries	10	40
Raspberries (red or black)	40	40
Cranberries	1 cup	46
Lingonberries	1/2 cup	71
Goji Berries	1/4 cup	96
Acai Berries	1 cup	120

Fact: One study showed that eating blueberries daily increased good cholesterol by 3 points.



RULE #2

Eat fats found in plants and fish.



Sources of unsaturated fat (mono/polyunsaturated fats)

- Fish such as salmon, mackerel, sardines, lake trout, albacore tuna
- Walnuts, canola and soybean oils
- Ground flaxseed, or flaxseed oil
- Avocados
- Olives
- All nuts including peanuts, almonds, cashews, and pistachios
- Seeds

Fact: One study showed that eating fish 4 or more times per week was associated with the largest reduction in heart attacks in both men and women. However, eating fried fish was associated with a higher chance of heart failure.

Healthy fats and nuts

It's important to remember that all fats are very high in calories and portion sizes should be appropriate for your goals. Nuts for example are full of heart-healthy fats, but should be limited to about 1 ounce per day. One ounce can be considered 1 small handful.

Fact: If you can't stomach fish, one study showed that eating the same healthy fats from plants was just as good as eating fish.

Fact: One review of 10 studies showed that eating a daily avocado in place of animal fats lowered total cholesterol by 19 points.

Fact: Eating low-fat to prevent heart attacks is not the answer. Between 1970 and today, fat consumption decreased from 42% to 34%, but heart attack rates increased over much of that time. US nutrition groups stopped recommending a low-fat diet in 2015.





RULE #3

Limit Saturated Fats

Saturated fats may increase cholesterol but have not been shown to cause heart attacks. However, eating more saturated fats means eating less of the foods we know protect one from a heart attack. Substituting unsaturated fats for saturated fats has been shown to prevent heart attack and strokes. Ideally, saturated fats should be less than 10% of total calories.

Saturated fat food sources:

Whole milk, full-fat cheese, whole milk yogurt, ice cream, fatty marbled meats, skin on poultry

Fact: Even though eggs contain some saturated fat and cholesterol, regular egg consumption has been shown to prevent heart attack and strokes.

Fact: The Keto diet, where one avoids carbohydrates, eating almost only fat and protein, is high in saturated fat. Though it has been used for weight loss, no long-term study has been done on the effects of eating this way on the heart. The man who made it famous had congestive heart disease, high blood pressure, and coronary artery disease.



RULE #4

Avoid trans fats found in many processed baked goods

Trans fats increase cholesterol and have an association with heart attacks and strokes

Food sources:

Anything with partially hydrogenated oils on food packages. These include:

- Stick margarines
- Vegetable shortening
- Packaged snacks found in the sweets and baked-goods aisle of the grocery store. This includes foods that may appear healthy like granola bars.
- Ready-to-use dough (cookie, baking, pastry, etc.).
- Fried foods
- Coffee creamers made from both dairy and non-dairy sources.

Fact: One source of trans fats is eating foods that have been cooked in oil that has been used multiple times like at fast food restaurants. One study showed that eating food made with reused oil like that found in restaurants decreased blood flow through blood vessels, but eating foods made with fresh oil did not have the same effect.

RULE #5

Eat whole foods

RULE #6

Avoid processed foods



Whole Foods:

Food in its original form when it hits your plate like fruits, vegetables, whole grains, plant-based oils, and low-fat dairy products are all great examples of whole foods.

Processed Foods:

Food that has been modified usually has increased sugar and fat and decreased healthy ingredients like fiber and vitamins/minerals. Most things in a bag or box are processed.

- **Meats:** hot dogs, bacon, sausage, salami, and deli ham/turkey/bologna/chicken/roast beef.
- **Grains/plants:** white bread, white rice, low-fiber breakfast cereals, candy, pastries, pies, cookies, muffins, donuts, croissants, cakes, churros, chocolates.
- **Drinks:** sodas, fruit drinks, sports drinks.
- **Dairy:** custard, pudding, ice cream, chocolate milk, milk-shakes
- **Other items:** potato chips, instant packaged soups/noodles, mayonnaise, alcohol.

WHOLE FOODS	PROCESSED FOODS
Apple	Applesauce, apple pie
Orange	Orange juice
Whole Grain Bread	White bread
Whole Potatoes	Potato chips, fries, hash browns, etc.
Vegetables like broccoli, zucchini, onion etc.	Soups, casseroles and the like that include vegetables in sauce.
Plain reduced-fat Greek Yogurt	Greek yogurt with sugar and flavoring added
Whole, cooked eggs	Egg salad with mayonnaise and sweet pickles
Whole salmon filet	Salmon filet with cream cheese spread

Tips to avoid processed foods:

1. Buy food with the American Heart Association certified label 
2. Drink mostly water
3. Cook more meals at home from scratch
4. Grow a garden
5. Use fruit for dessert
6. Eat more vegetables for snacks
7. Plan your meals
8. If you have a hard time pronouncing ingredients on food labels, don't buy it
9. Eat out less
10. Have "healthy" snacks handy like blueberries, nuts or snap peas and hummus

Fact: One study showed that people who eat a lot of processed foods eat 500 calories more per day than those who don't.

Fact: One review of 20 studies showed that processed red meat (NOT red meat) caused heart disease. Processed red meat includes bologna, pepperoni, luncheon meat, bacon, sausage, hot dogs, etc...

Fact: Even one soda daily is associated with an increase in risk of death from heart disease.

Fact: Drinking a lot of water does not prevent a heart attack but drinking less than 2 cups/day might. One study showed five or more cups of water daily was sufficient to prevent heart disease.

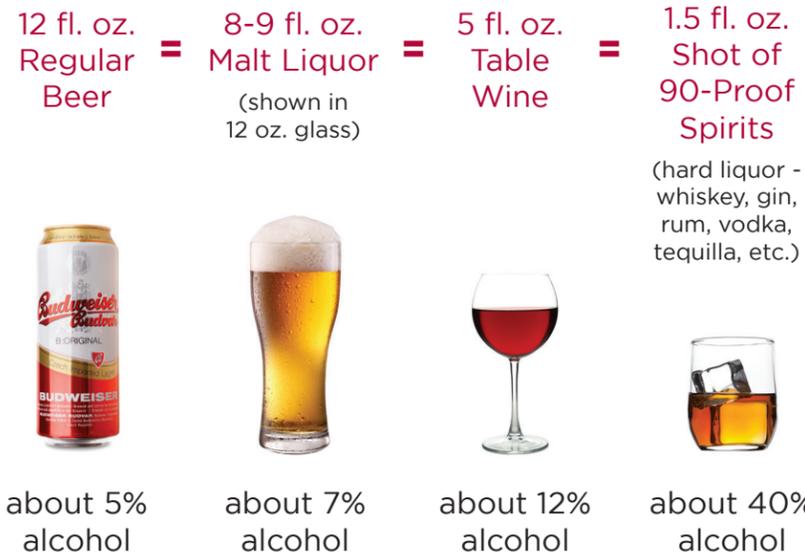
Fact: In 2015, Americans spent more of their monthly food budget eating out than they spent on groceries.

Fact: People who eat more than 5 servings of processed food per day had a 62% higher early death rate compared with people who ate less than 5 servings a day.



RULE #7

If you drink alcohol,
do so in moderation
(Less than 1 drink per day).



The percent of "pure" alcohol expressed here as alcohol by volume (alc/vol) varies by beverage.

Fact: It was observed years ago that the French had less heart attacks but ate a lot of saturated fat. Many felt that their high consumption of red wine prevented heart disease. Further review showed that the French had as many heart attacks as anyone else.

Fact: Studies that compare "healthy" non-drinkers to drinkers, do NOT show an advantage of alcohol in preventing heart attacks.

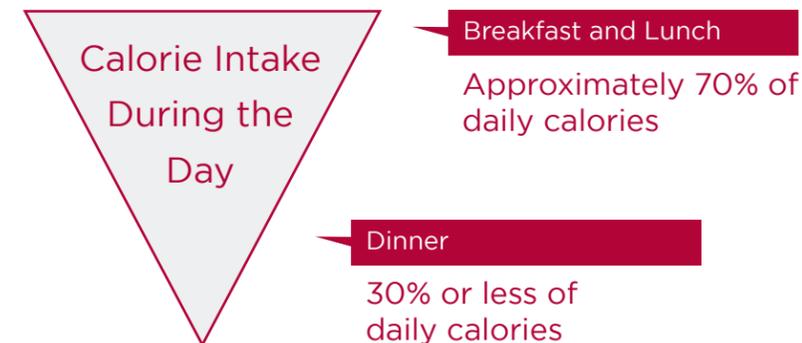
Fact: In a worldwide review, alcohol was observed to cause 2.8 million deaths yearly worldwide and was the 7th leading cause of death and disability in the world. The conclusion was that "the safest level of drinking is none."

Fact: Even if alcohol did prevent heart disease, is it worth the higher risk of liver disease, pancreatitis, heart failure, atrial fibrillation, high blood pressure, obesity, depression, dementia, violent behavior, suicide, strokes, birth defects, as well as cancers of the breast, colon, rectal, liver, stomach, throat, and esophagus? Furthermore, it may increase your chance of early death, interact with your medications, complicate your family relationships, and while using it you may harm others.



RULE #8

Eat less than 30%
of daily calories for
dinner. Fast between
dinner and breakfast.



Fact: One study showed that people who ate most of their daily calories from dinner to bedtime had a 55% higher risk of heart attacks.

Fact: One study showed that men who skip breakfast regularly are 27% more likely to have a heart attack than men who don't.

RULE #9

Eat Mindfully



Fact: Intentional weight loss with a healthy diet and exercise has been shown to prevent heart attacks in people who've already had one.

Fact: Even a weight loss of 5-10% leads to improvement in blood sugar, cholesterol, and blood pressure. So a man who weight 250 pounds, benefits even dropping his weight to 240 pounds.

Fact: Yo-Yo dieting, or constantly losing and gaining weight, is unhealthy.

Fact: The chances of keeping weight off after a diet are worse than surviving metastatic colon cancer. Successful weight loss comes by adopting lifelong healthy habits.

Permanent weight loss will come as you change your lifestyle. Many people think extremes are needed to achieve meaningful weight loss. While extreme strategies will result in the scale going down, the excitement is generally short-lived. These types of diets are very difficult to maintain for a long period of time, which results in many people stopping the diet shortly after they begin and gaining all of the weight.

People who have had the greatest success in both losing weight and maintaining their weight loss have five major practices in common:

1. **They have a plan tailored to their goal** that is different than the lifestyle they'd previously followed, but also one that is realistic.
2. **They have a method for regularly keeping track** of what they eat on a day-to-day basis. The method, be it a phone-based app, excel sheet, or written daily on a paper napkin, doesn't matter near as much as actually doing it.
3. **They have a method for keeping portion sizes appropriate.** Some folks may take a deep-dive into precision and use a scale while others will simply use items such as their palms, fist, or a deck of cards to keep portion sizes in check. Again, the how doesn't matter near as much as actually doing it.
4. **They have an accountability system in place.** Our outpatient nutrition program here at Saint Alphonsus is a tremendous asset in this arena. Our dietitians will regularly check-in with you to help overcome barriers, answer questions, and ensure you're progressing as you'd hoped.
5. **They're consistent.** It's very easy to track or measure for 1 day; however, doing those strategies won't result in you achieving your goals if the other 29 days of the month are neglected and approached without any plan.

It's very likely you may lose weight following the parameters in this guide simply because it encourages a consumption of whole foods rather than foods that are packaged and easier to overeat.



RULE #9

Eating Mindfully Tips



Mindful eating:

- Eat slowly without distraction. The stomach tells the mind it's satisfied in 20 minutes. Eating fast will increase your calories.
- Eat only until you're satisfied, not full.
- Drink a glass of water w/hunger as dehydration causes hunger.
- Replace eating for boredom, anxiousness, stress, sadness, loneliness with something else. Eat for hunger.
- Eat to maintain health.

Appreciating your food:

- Enjoy the colors, smells, sounds, textures and taste of foods
- Continue to be mindful on weekends
- Do family meals
- Be present at meals – don't eat while watching TV or using your phone.

Tracking Food:

- Use apps such as my Fitness Pal, iHealth,Fitbit, or Lose It to track foods or notebook. Can mention if you ate for hunger or not.
- Be honest. Record everything you eat and drink.
- Write down accurate quantities.
- Record how you feel after eating.
- Write down the date, time and place you ate.

Goal:

1. Understand how you eat.
2. Your ultimate goal (SMART).

Tools for weight loss include:

- Dietitians
- Weight loss programs like Weight Watchers™
- Smart phone app calorie counters (i.e. Lose It!, My Fitness Pal).

Fact: In women, once the waist size exceeds 30 inches, your risk of heart attacks begins to increase. In men, that number is 36 inches.

Other weight loss tips:

- Drink when you're thirsty.
- Lose weight with someone else preferably in your family.
- Stay hydrated with non-caffeinated, non-calorie beverages - water, crystal lite, propel.
- Strive for 5 servings of fruit and vegetables per day.
- Keep a food journal. Make sure to note emotions, stress, energy levels.
- Get adequate rest.
- Eat regularly - It's been observed in practice that skipping meals during the day causes people to overeat later in the day. By having regular meals built around the foods in this plan, you'll be less likely to rely on convenient packaged foods thereby reducing your calorie intake for weight loss.
- Be mindful at meal times. This simply means to pay attention to when you feel like you've had enough to eat. Once that point comes, stop.
- Practice cooking methods that reduce calories. Cooking methods that reduce the need for fat during cooking include baking, broiling in an oven, roasting, or boiling the food. You can also substitute cooking spray in place of oils and butter during cooking.
- Consider using the smallest bowls and plates available in your house for serving dishes. This will automatically help with portion control.
- It's important to remember that all fats are very high in calories and portion sizes should be appropriate for your goals. Nuts for example are full of heart-healthy fats, but should be limited to about 1 ounce per day or 1 small handful.

GOALS & PLANS



GOALS

- Specific
- Measurable
- Attainable
- Realistic
- Timed

GOAL #1:

GOAL #2:

GOAL #3:

GOAL #4:

GOAL #5:

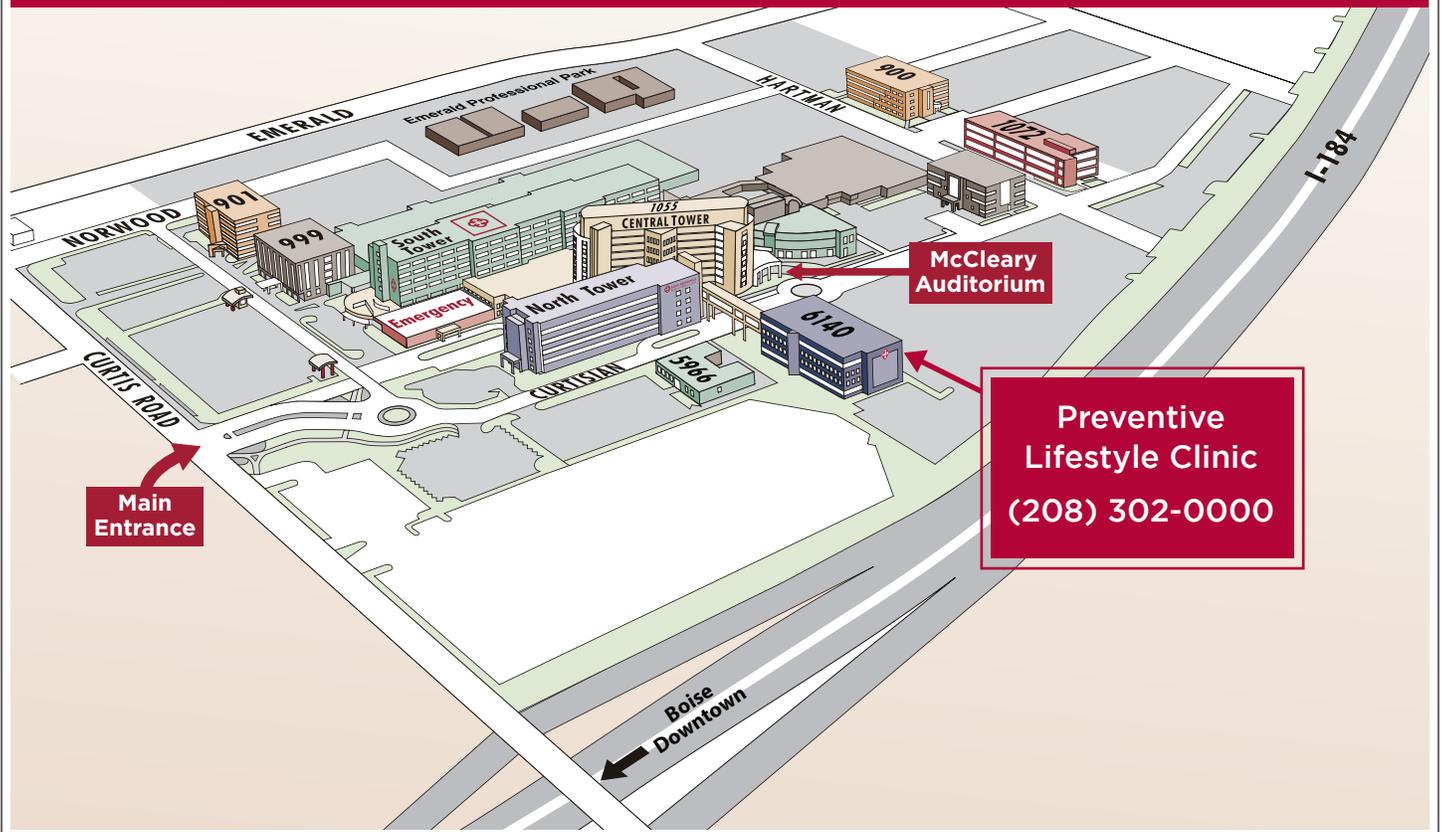
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