



Tips for Heart-Healthy Eating

Trans Fatty Acids: Although trans fats are unsaturated, hydrogenation make them act as if they were saturated. Trans fatty acids raise "bad" LDL levels and lower "good" HDL levels. Currently, trans fats are not listed on all food labels and foods laden with trans fats can still be called cholesterol-free. Look for "Partially Hydrogenated Vegetable Oils" as an indication that trans fatty acids may be present. Several brands of margarine are free of trans fats. Among them: Promise Stick Vegetable Oil Spread, Promise Buttery Light, Heart Beat Smart Balance Buttery Spread, and Smart Beat Supper Light Margarine.

Omega 2 Fatty Acids: May decrease LDL cholesterol. It is recommended to include at least 2 servings per week of fish with omega 3 fatty acids. Good sources include salmon, mackerel, Atlantic herring, trout, and swordfish. Plant sources include flaxseed and walnut.

Fiber: Total fiber intake should be 25-35 grams per day. Soluble fiber, which has been shown to lower blood cholesterol should be at least 15 grams of total fiber intake. Increase consumption of whole grain (brown rice, oatmeal, whole wheat breads, noodles and wheat germ). Soluble fiber is found in legumes, fruits and root vegetables, as well as oats, barley and flax.

** Grind whole flax seeds with a coffee grinder and sprinkle into cereal, yogurt, soup, and pancake batter.*

Soy: The addition of soy protein to a low fat diet may help to lower cholesterol levels. Soy protein may be found in tofu, soy milk, meat alternatives containing soy protein and textured vegetable protein, whole roasted soybeans and green soybeans.

Homocysteine: Homocysteine is produced naturally by the body when proteins are digested. High levels of homocysteine increases your risk of heart and artery diseases. The best thing you can do to keep healthful homocysteine levels are to limit unfiltered coffee and get plenty of B vitamins, especially B-6, B-12, and folate. Low fat sources of vitamin B-6 include whole grains, dried beans, potatoes, bananas, and watermelon. Good sources of vitamin B-12 are skim milk and nonfat dairy products. Good sources of folate are leafy vegetables, grain foods, dried beans and fortified cereals and flours.



Heart Healthy Guidelines

Low Fat, Low Cholesterol

The following recommendations are aimed at changing your diet to promote overall health and to decrease blood cholesterol levels:

1. **Decrease Total Fat in Diet**

Diets high in fat are often high in saturated fat and cholesterol, which are major contributors to increased blood cholesterol levels. Limiting dietary fat to less than 30% of your calories the first step to a "heart-healthy" diet!

2. **Decrease Saturated Fats and Cholesterol**

Both saturated fats and cholesterol are found primarily in foods of animal origin including dairy products, meat, fish and poultry. Egg yolk and organ meats are very rich sources. Current recommendations are to limit dietary cholesterol intake to less than 300 milligrams a day and maintain saturated fat content in the diet at no more than 10% of your total calories.

3. **Maintain Healthy Body Weight**

being overweight may also increase blood cholesterol levels and significantly increase your risk of developing heart disease. In order to reach and maintain your ideal weight, the following change are recommended:

- ❖ *decrease high calorie food in your diet by controlling your intake of high fat/high sugar foods which provide little in the way of good nutrition.*
- ❖ *Limit the quantity and number of portions eaten.*
- ❖ *Be physically active each day, within the recommendations set by your physicians.*



Sample Menu

Breakfast:

orange juice
sliced banana
fortified whole grain cereal
whole wheat toast, margarine, jam
nonfat milk or lowfat soy milk
herbal teas

Lunch:

lentil soup
lean roasted beef sandwich on whole-grain bread with mustard
lettuce and tomato slices
apple
nonfat milk

Dinner:

tossed green salad
broiled salmon steak
baked sweet potato
steamed broccoli
whole-wheat roll and margarine
herbal tea

Dessert:

angel food cake with nonfat frozen yogurt and strawberries

Fat Facts

Saturated	Polyunsaturated	Monounsaturated	Trans fats
meat	Omega 6 Fats:	oils	Stick margarine
poultry	Oils	♥ olive	pastries
butter	♥ corn	♥ canola	cookies
cheese	♥ safflower	♥ peanut	crackers
Oils:	♥ sesame	Nuts	French fries
coconut	♥ soy	avocado	
palm	♥ sunflower		
palm kernel	nuts		
Cookies	seeds		
Cracker	Omega 3 Fats:		
chips	Cold-water fish		
Baked goods	♥ salmon		
	♥ herring		
	♥ mackerel		
	♥ sardines		
	♥ tuna		
	Flaxseed		
	Canola oil		
	walnuts		

Reducing total fat and replacing some saturated fat with monounsaturated or polyunsaturated fat can help lower your risk for heart disease

Balancing Your Fats

- ♥ Make fruits, vegetables, whole grain and legumes the mainstay of your diet.
- ♥ Eat fewer crackers, cookies, pastries and deep-fried fast foods.
- ♥ Eat fish twice or more a week.
- ♥ Munch on a handful of nuts (any type) or sunflower seeds daily.
- ♥ Limit added fats. For spreads, use a trans free margarine. For cooking, use olive, canola or peanut oil.
- ♥ Choose spreads containing plant stanolosters such as Benecol or Take Control. Products containing this ingredient may state this message on their packaging labels.