

Eating For A Healthy Heart



What Is Cholesterol?

Cholesterol is a waxy substance that occurs naturally in all parts of the body. Your body needs cholesterol to function properly, but too much in your bloodstream can contribute to heart attacks and strokes. The liver makes cholesterol; however, the foods you choose to eat impact your cholesterol levels.

What Is The Difference Between “Good” And “Bad” Cholesterol?

Good cholesterol refers to High Density Lipoproteins, or “HDL.” This type does not clog your arteries and is considered protective. It is desirable to have high HDL.

- To increase HDL, focus on more physical activity and exercise. Additionally, the TYPE of fat in the diet can make a difference. Limit trans and saturated fats.

Bad cholesterol refers to Low Density Lipoprotein, or “LDL.” LDL is considered bad because it travels to the arteries where it builds up and causes blockage. It is desirable to have low LDL.

- To lower LDL, decrease the saturated and trans fat (hydrogenated oils) in the diet, while increasing cholesterol lowering food. To find out how to do this, keep reading!

In addition to cholesterol, high triglycerides may increase the risk of heart disease. **Triglycerides** are a form of fat that travels in the blood.

- To lower triglycerides, decrease the amount of excess sugar from juice, pop, sweets or alcohol. Increase fiber and healthy fat intake.

What Is My Lipid Profile?

DATE: _____

TOTAL
CHOLESTEROL: _____

LDL: _____

HDL: _____

TRIGLYCERIDES: _____

What Are My Lipid Goals?

DATE: _____

TOTAL
CHOLESTEROL: _____

LDL: _____

HDL: _____

TRIGLYCERIDES: _____

What Does Eating Heart Healthy Actually Mean?

A heart-healthy lifestyle includes:

- Balanced Eating Habits
- Exercise/Physical Activity
- Medications (varies by person)

What Foods Affect My Heart Health and How?

Some foods we eat increase the bad cholesterol while other foods help to decrease it. Also, taking in too much sodium can cause increased blood pressure and increased strain on your heart.

Fats to Limit

How fat impacts your heart health depends on the kind of fat.

Name of Dietary Fat:	Primary Food Source (Use Less of These):
Saturated Fat	<ul style="list-style-type: none">▪ Meat, poultry, (most in the fat/skin) dairy products, butter▪ Processed meats * (hot dogs, bacon, sausage, salami, bologna)▪ Lard or Shortening▪ Oils: coconut, palm kernel or palm
Trans Fat (Produced by “Partially Hydrogenated Oils”)	<ul style="list-style-type: none">▪ Fried foods▪ Foods made with <i>partially hydrogenated vegetable oil/shortening</i> (chips*, snack crackers*, cookies & other commercial baked goods)

Saturated and Trans Fat increase the bad cholesterol (LDL) and risk of heart disease and stroke.

**Indicates item high in sodium*

On the other hand, **UNsaturated fats are healthy for the heart.** There are two types, **Polyunsaturated** and **Monounsaturated**. Consume a mixture of these. Remember **all fats are high in calories**, so eat in moderation to avoid weight gain.



Good Fats

Name of Dietary Fat:	Primary Food Source (Use in Place of Saturated):
Monounsaturated	<ul style="list-style-type: none"> ▪ Avocados, ground flaxseed, sunflower seeds and most nuts ▪ Oils: Olive, canola and peanut
Polyunsaturated	<ul style="list-style-type: none"> ▪ Walnut/Almonds ▪ Oils: corn, sesame, sunflower, safflower and soybean
Omega-3 Fatty Acids	<ul style="list-style-type: none"> ▪ Salmon, tuna, herring, mackerel, trout, bluefish ▪ Flaxseed, walnuts, canola oil (These help to reduce triglycerides)



Nuts

Nuts are good for the heart. **Walnuts and almonds** have been shown to lower bad cholesterol. Caution: Nuts are high in calories, so eat less of other high calorie foods (chips, cheese, fatty meats, etc.) and keep your portion size of nuts at 1/4 cup or less! Choose nuts without salt or added sugar.

Soluble Fiber

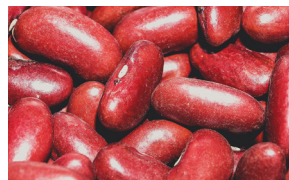
Efforts should be made to **increase fiber**. Fiber is found in plant sources of food: Whole grains, fruits and vegetables. There are two types of fiber: **Soluble and Insoluble**. Both types of fiber provide health benefits, yet **soluble fiber has been shown to help lower LDL when combined with a low saturated fat diet**. Fiber supplements may also be beneficial, however you should not replace food sources of fiber that provide superior nutrition benefits. Check with your doctor or dietitian before starting a fiber supplement.

Food Sources High in Soluble Fiber



Whole Grains and Cereals

- Barley
- Cheerios
- Oat bran
- Oatmeal
- Raisin bran
- Shredded wheat



Beans

Most beans (except green beans) are a good source, but higher sources include:

- Black
- Kidney
- Navy
- Pinto
- Soy



Fruits

- Apples
- Apricots
- Mangos
- Oranges
- Pears
- Prunes



Vegetables

- Broccoli
- Brussels Sprouts
- Collard greens
- Potato Skin
- Sweet peas



Salt or Sodium

It is important to understand that there is some sodium in most foods and that we need some sodium. When too much sodium is consumed, it can cause or worsen fluid buildup and increase blood pressure (which can increase the risk for heart attack or stroke).

The Golden Rules of Sodium Restriction

- Do not use the saltshaker, not even a pinch (this also includes sea salt and kosher salt).
- Season foods with herbs and spices that do not contain sodium.
- Choose more fresh ingredients and avoid seasoning mixes that contain sodium. When grocery shopping, avoid buying canned or packaged goods like soups, entrees, vegetables, pasta and rice mixes, frozen dinners, instant cereal and puddings, and gravy/sauce mixes. These items usually contain more sodium.
- Leave the salt out of recipes (salt can be removed from any recipe except for those containing yeast).
- Avoid buying fat-free snacks or condiments as they usually replace the fat with additional salt or sugar. Choosing a reduced-fat or low-fat item is a better choice.
- Read the ingredients label because sodium can come in many forms. Examples include sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate or MSG, sodium citrate).
- Limit fast food and restaurant eating because foods prepared away from home will likely have more sodium and fat.

Heart Healthy Guidelines

Fruits	<ul style="list-style-type: none"> ▪ Eat daily, except limit coconut.
Vegetables	<ul style="list-style-type: none"> ▪ Eat daily. Avoid topping with high fat sauces, salt, cheese, butter or margarine.
Meat, Poultry, Fish, Eggs and Nuts	<ul style="list-style-type: none"> ▪ Choose baked, broiled, grilled, roasted or poached. ▪ Generally 5-7 oz of cooked meat/poultry per day is a goal. ▪ Choose chicken, turkey, fish or meat substitute for most meals. ▪ Limit red meat to lean cuts: eye of round, top round, round tip, top sirloin, bottom round, top loin, tenderloin, or look for less marbling (fat streaks) in the meat and trim the visible fat. ▪ Drain all fat from cooked ground beef and rinse under warm water. ▪ Avoid using fat (oil, butter, lard, etc.) in cooking and frying (use broth/wine). ▪ Trim visible fat on meat and remove chicken/turkey skin. ▪ Limit whole eggs to 3-4 per week, or use egg whites more often. ▪ Skim the fat from homemade soups after chilled. ▪ Avoid high fat/salt meats such as bacon, sausage, hot dogs and salami, including those made from turkey or chicken. ▪ Use unsalted nuts in place of meat: serving size of ¼ cup.
Dairy	<ul style="list-style-type: none"> ▪ Use skim, 1% or 2% milk or cottage cheese; use non-fat or low fat yogurt. ▪ Try light cheese (3-5g fat/serving) if not melting (sandwich, salad, etc.) If melting, use regular but small portion of 1 oz (1 oz looks like 4 dice). ▪ Avoid American processed cheese and Velveeta.
Bread, Grains and Cereals	<ul style="list-style-type: none"> ▪ Look at food labels under Ingredients List for the words “whole grain,” or “whole wheat.” These are less refined (as white bread), supplying more fiber and nutrition. ▪ Bread: Look for those with 2 grams fiber or more per serving. ▪ Avoid croissants, biscuits (high in unhealthy fat). ▪ Cereal: Look for those with 4 grams or more of fiber per serving and less sugar. ▪ Limit fried snacks such as potato and corn chips and other snack chips or crackers. ▪ Be careful of snacks that say they are “baked,” they can still be high in fat (especially trans fat) and salt. Look at the food label for trans and saturated fat. ▪ Choose brown rice, barley, or quinoa for additional whole grain options.
Oils and Fat Spreads	<ul style="list-style-type: none"> ▪ Limit butter. ▪ Avoid products with partially hydrogenated oils (see the Ingredients List). ▪ Use soft tub or squeeze margarine that is trans fat-free (may be listed on the package). ▪ Use low-fat or fat-free spreads, dressings or condiments on salads, on sandwiches and in dips. If regular is used, use sparingly (serving size of 1-2 teaspoons). ▪ Avoid high-fat sauces. If homemade gravy, skim the fat after they have chilled.

Heart Healthy Food Choice Examples

Category	Instead Of These Higher Fat, Higher Calorie Foods...	...Replace With Healthy Choices
Fruit	<ul style="list-style-type: none"> ▪ Sweetened fruit 	<ul style="list-style-type: none"> ▪ Fresh, unsweetened frozen or canned
Vegetables	<ul style="list-style-type: none"> ▪ French fries ▪ Tossed salad with full-fat dressing ▪ Steamed vegetables with butter or sauce 	<ul style="list-style-type: none"> ▪ Baked potato topped with salsa, or low fat yogurt or sour cream ▪ Light dressing, or vinegar only ▪ Vegetables with herbs, citrus
Cold cuts/ Meat/ Fish/ Poultry	<ul style="list-style-type: none"> ▪ Cold cuts ▪ Bacon or sausage ▪ Regular ground beef ▪ Dark chicken/turkey meat, duck or goose ▪ Oil packed tuna, sardines ▪ Beef: chuck, rib, brisket ▪ Pork: spareribs, untrimmed loin ▪ Frozen breaded or fried fish ▪ Whole eggs ▪ Frozen dinners 	<ul style="list-style-type: none"> ▪ Lean meats (95-97% fat free) ▪ Lean, extra lean ground turkey (read the label, look for less than 10% fat) ▪ White chicken/turkey meat, remove skin ▪ Water packed tuna ▪ Beef: round, loin and trimmed fat ▪ Pork tenderloin ▪ Fish, salmon or shellfish, unbreaded ▪ Egg whites or egg substitute ▪ Frozen dinners with less than 12 grams fat and less than 500 mg sodium
Dairy	<ul style="list-style-type: none"> ▪ Evaporated whole milk ▪ Whole milk ▪ Ice cream ▪ Whipping cream ▪ Whole milk yogurt ▪ Cream cheese ▪ Sour cream ▪ Cottage Cheese ▪ Whole milk mozzarella cheese ▪ Whole milk ricotta cheese ▪ Coffee cream (half/half) 	<ul style="list-style-type: none"> ▪ Evaporated skim, 1% or 2% milk ▪ Skim, 1%, 2% milk ▪ Low fat, ice cream, frozen yogurt ice milk or sherbet ▪ Imitation whipped cream (from skim milk) ▪ Plain yogurt, light yogurt ▪ Neufchatel or light cream cheese ▪ Reduced fat sour cream or low fat greek yogurt ▪ Light or low fat cottage cheese (monitor sodium content) ▪ 1% or 2% milk cheese ▪ Part skim milk low-moisture mozzarella ▪ Part skim milk ricotta cheese ▪ Skim, 1%, or 2% milk, or nonfat dry milk
Breads/ Grains/ Pasta	<ul style="list-style-type: none"> ▪ Croissants/biscuit ▪ Club or Ritz crackers ▪ Granola or high sugar cereals ▪ Ramen noodles ▪ Pasta with white/cream sauce ▪ Pasta with cheese sauce 	<ul style="list-style-type: none"> ▪ Hard French roll, whole wheat bread ▪ Saltines, low fat crackers, rice cakes ▪ Bran flakes, low fat granola, grits, oatmeal ▪ Rice or noodles (spaghetti, macaroni) ▪ Pasta with low sodium tomato sauce or pesto ▪ Pasta with vegetables, olive oil
Desserts	<ul style="list-style-type: none"> ▪ Cakes ▪ Cookies ▪ Muffins ▪ Custard, pudding 	<ul style="list-style-type: none"> ▪ Angel food cake, gingerbread ▪ Graham crackers, gingersnap, vanilla wafers, fig bars ▪ Small bagel, whole wheat toast w/jam ▪ Pudding made from low fat milk, Jell-O with Cool Whip, Popsicles

Add Flavor to Your Food Without Extra Calories, Fat and Sodium

Use Herbs and Spices!

Below are some examples to use in cooking. Remember, a little spice will go a long way. Add to your taste preference.

Fish	Pork	Chicken	Lean Beef	Vegetables	Dried Beans
<ul style="list-style-type: none"> ▪ Basil ▪ Bay leaf ▪ Curry ▪ Dill ▪ Lemon juice ▪ Tarragon ▪ Tomato ▪ Turmeric 	<ul style="list-style-type: none"> ▪ Apple sauce ▪ Caraway ▪ Chives ▪ Cloves ▪ Rosemary ▪ Thyme 	<ul style="list-style-type: none"> ▪ Basil ▪ Cloves ▪ Cranberries ▪ Nutmeg ▪ Pineapple ▪ Sage ▪ Tarragon ▪ Thyme ▪ Turmeric 	<ul style="list-style-type: none"> ▪ Basil ▪ Mace ▪ Nutmeg ▪ Paprika ▪ Rosemary ▪ Sage 	<ul style="list-style-type: none"> ▪ Basil ▪ Dill weed ▪ Garlic ▪ Ginger ▪ Tarragon ▪ Vinegar 	<ul style="list-style-type: none"> ▪ Cilantro ▪ Cumin ▪ Dill ▪ Garlic ▪ Onion ▪ Oregano ▪ Rosemary ▪ Tarragon ▪ Thyme



Other Flavorful Suggestions

- Black pepper
- Cinnamon
- Fresh ginger, garlic and onion (or powdered)
- Honey Mustard (choose low sodium)
- Horseradish
- Lemon juice
- Parmesan cheese (choose low sodium)
- Red pepper flakes
- Rice vinegar
- Salsa (choose low sodium)
- Stir fry with wine, fruit juice or broth

When Eating Out, Be Heart Health Wise!

You have more control in maintaining healthful eating when you prepare your own food, but in our fast-paced lives, eating out may be part of your routine. Be aware that restaurants use large amounts of sugar, fat and salt in their cooking and serve too large of portions. Both of these contribute to overeating. Fortunately, there are some choices YOU can make at restaurants to help keep you on target.

Use These Tips When Eating Out *(Circle Those You Are Willing To Do)*

- Always order a vegetable and/or fruit with the meal.
- Eat slowly, enjoy the company and the food.
- FORGET SUPERSIZING! Share the meal with a friend, or ask for a doggy bag to be delivered with the meal. Package half to take home before you start eating.
- Order salad dressing on the side. Dip your fork into the dressing, then into the salad. There is flavor with every bite, yet less dressing is used.
- Ask for what you want. Most restaurants will honor your request (You are the paying customer).
- Ask how food is prepared if you are not able to determine from the menu.
- Order spreads of butter, cream cheese, sour cream or gravy on the side.
- Have desserts of fruit, sorbet, angel food cake; if you order pie, leave the crust; share desserts!



Looking At Food Labels

Reading labels allows you to compare food products and determine which provides the best nutrition. Food labels sometimes have more than you need to know. The label below shows the parts of the label you should become familiar with. Not all labels show the amount of soluble fiber, only total fiber, but increasing your overall intake of fiber puts you on the right track.

Serving size is the amount of food the rest of the information is based on. Here the serving size is 1 cup. If you eat more or less, you need to adjust the values that follow.

Servings per container are 2 (1 cup each serving).

Calories for 1 serving (1 cup) are 260. If you eat the entire container, calories would be 520

Total fat
13 grams is all types of fats combined

Saturated fat
5 grams of the 13 is Saturated

Trans fat
2 grams of the 13 is Trans Fat

These types of fat increase the LDL part of cholesterol more than cholesterol itself

Sodium is the amount of sodium the manufacturer adds to the food and the sodium that is naturally found in food.

Fiber is a type of carbohydrate that is not digested or absorbed, yet fiber is very good for your health. Fiber is higher in whole grain (whole wheat) foods and low in refined such as white bread.

Sugar is the amount of sugar the manufacturer adds to the food and the sugar that is naturally found in food.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Do not concern yourself with this side. If you have questions, please ask your dietitian

What is the “Mediterranean” diet?

Mediterranean diet is an eating pattern rather than a focus on restricting a specific nutrient.

A Mediterranean dietary pattern has these characteristics:

- High consumption of fruits, vegetables, whole grain breads, potatoes, beans, nuts and seeds
- Olive oil is an important monounsaturated fat source
- Dairy products
- Fish and poultry are consumed in low to moderate amounts and little red meat is eaten
- Eggs are consumed zero to four times a week

Does a Mediterranean-style diet follow American Heart Association dietary recommendations?

Mediterranean-style diets are close to the American Heart Association's dietary recommendations. In general, the diets of Mediterranean people are high in fat. Remember fat is very high in calories. Excess intake of calories will lead to weight gain. Maintaining a healthy weight is important for disease prevention.



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