

# Heart Healthy Eating

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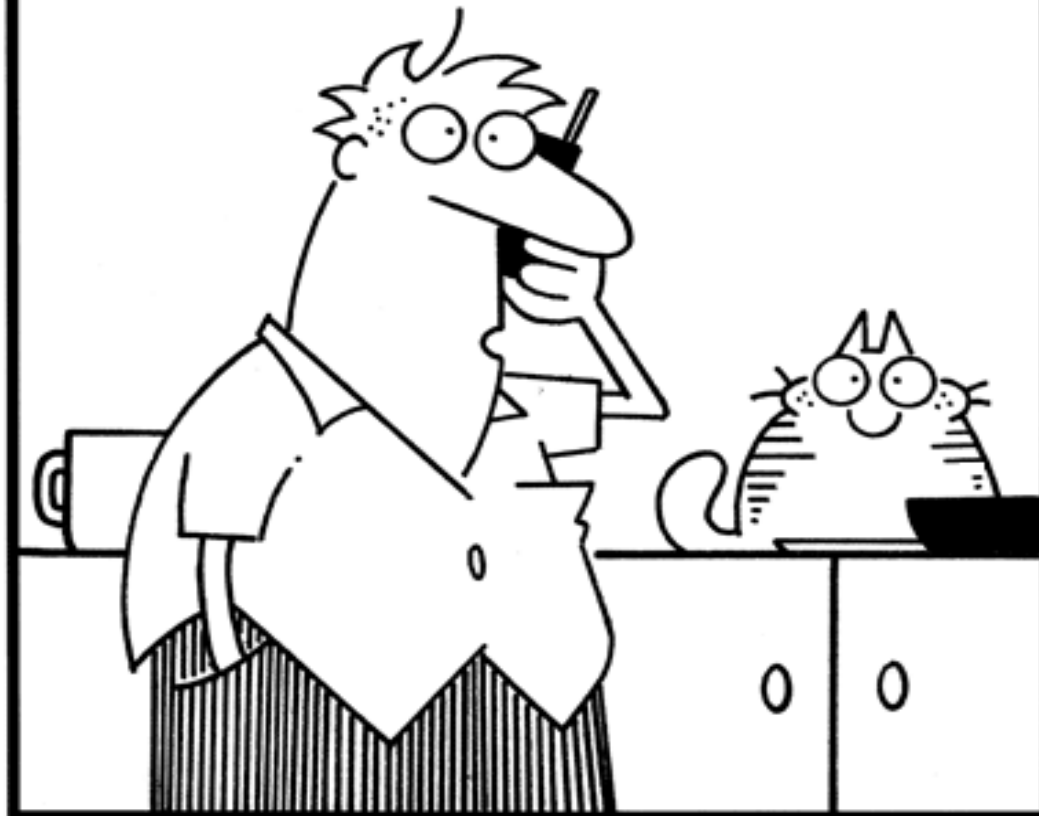


Eating well doesn't have to be confusing!



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**“I’d like a large pizza with double cheese,  
sausage, pepperoni, meatballs, bacon,  
Lipitor, Zetia, Vytorin and Zocor.”**

# Total Cholesterol

- Recommended to be <200
- Not looked at as closely as the components (HDL, LDL)

# HDL

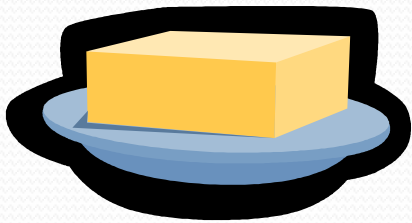
- “Good Cholesterol”
- Recommended > 45 mg/dl for men and > 50 for women
- Exercise helps raise
- Non-smokers have higher levels
- “Attaches” onto LDL to help remove from bloodstream

# LDL

- “Bad Cholesterol”
- Recommended levels below 100 without heart disease, below 70 with known heart disease
- Causes plaque build-up in arteries

# Saturated Fat

- Found mostly in fats of animal origin
- Also found in some vegetable oils (palm and coconut)
- Raises blood cholesterol levels



# Saturated Fat

- Less than 7% of Calories should come from saturated fat:
  - 1200 Calories = 9 grams
  - 1500 Calories = 11 grams
  - 1800 Calories = 14 grams
  - 2000 Calories = 16 grams
  - 2200 Calories = 17 grams



# Monounsaturated Fats

- Found mostly in foods of plant origin
- Olive oil, Canola oil, avocado, nuts/seeds
- Will help lower cholesterol levels, but not the HDL
- May help increase HDL



# Polyunsaturated Fats

- Found mostly in foods of plant origin
- Soybean, sunflower, corn, soybean, cottonseed, safflower
- Helps lower cholesterol levels, but also can lower HDL

# Cholesterol

- Fat-like substance
- Present in all meat, poultry, fish, milk products and egg yolks
- Not found in foods of plant origin
- Has less to do with raising blood cholesterol than saturated fat

# Trans Fats

- Created when oils are “partially hydrogenated”
- What turns liquid oil into Crisco or stick margarine
- Makes oil more stable
- Cheap, effective way to keep crackers crunchy, french fries crispy, cookie fillings creamy



## LAND O LAKES® Margarine - Stick

### Nutrition Facts

Serving Size: 1 tbsp (14g)  
Servings Per Container: About 32.

#### Amount Per Serving

**Calories** 100    Calories from Fat 100

**% Daily Value\***

**Total Fat** 11 g                      **17%**

    Saturated Fat 2 g                **11%**

    Trans Fat 2.5 g

**Cholesterol** 0 mg                  **0%**

**Sodium** 105 mg                   **4%**

**Total Carbohydrate** 0 g        **0%**

    Dietary Fiber 0 g               **0%**

    Sugars 0 g

**Protein** 0 g

Vitamin A 10 %                    Calcium 0 %

Vitamin C 0 %                     Iron 0 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Buttermilk, Contains Less Than 2% Of Salt, Soy Lecithin, Sodium Benzoate (Preservative), Vegetable Mono And Diglycerides, Artificial Flavor, Vitamin A Palmitate, Beta Carotene (Color). **CONTAINS: MILK AND SOY**

# Trans Fats

- Make it harder for arteries to dilate
- May lower HDL (good) cholesterol
- Raise the risk of diabetes
- Raise cholesterol as much as saturated fats
- Stick to arteries more than other fats
- Increase LDL
- Lower HDL

# How much Trans Fat?

- No known safe limit: 0 grams recommended
- FDA: keep as “low as possible”
- Foods with < 0.5 gm. Per serving will be able to claim they’re transfat free

# Trans Fats

- Good News!
  - Many food companies have changed how they make products to eliminate the trans fat
    - Chips
    - Cookies
    - Crackers



# “Nutraceuticals”:

- Food used as medicine
- Can help lower cholesterol



# Plant Sterols

- Naturally occurring substances found in small amounts in many grains, fruits, legumes, nuts and seeds.
- Block the absorption of cholesterol, reducing LDL cholesterol levels.
- Have been added to some foods in concentrated amounts.
- Are not stored by the body, so must be eaten daily.
- 2 grams per day is recommended for 10-20% LDL reduction

# Promise Activ products

- Promise Activ Spread: 1 gram plant sterols/Tablespoon



# Smart Balance Heart Right Products

0.4 gm. plant  
sterols/cup



1.7 gm. plant sterols/Tbsp.



# Other Products (plant sterol)

- Minute Maid Heart Wise Orange Juice- 1 gm./8 oz.
- Village Farm Healthy for Your Heart Whole Grain Oatmeal (.65 gm.packet)

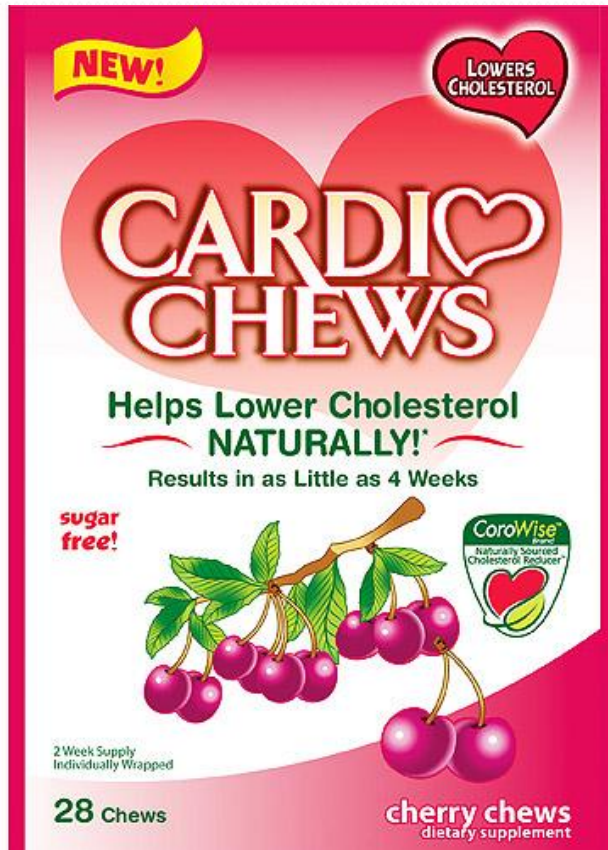


# Kashi Heart to Heart Crackers

- 0.4 gm. plant sterols/serving (7 crackers is a serving)



# Cardio Chews



- 0.4 gm. plant sterols/chew
- 28 chews/bag
- Chocolate or cherry
- \$9.99/bag
  
- Most expensive plant sterol source available, but convenient for travel

# Food Club Essential Choice

- Frozen waffles, pancakes, and french toast
- 0.65 gms. Plant sterols/serving (serving is 2 pieces)



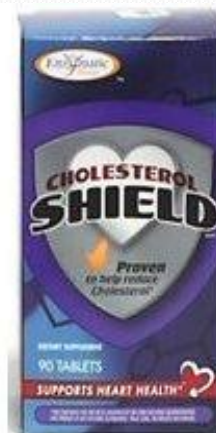


# What to look for

- Plant sterols (may indicate soy, canola, etc.)
- Plant sterol esters
- Phytosterols
- CoroWise symbol: CoroWise™ is a leading brand of natural cholesterol reducers called plant sterols.



# Non-food sources

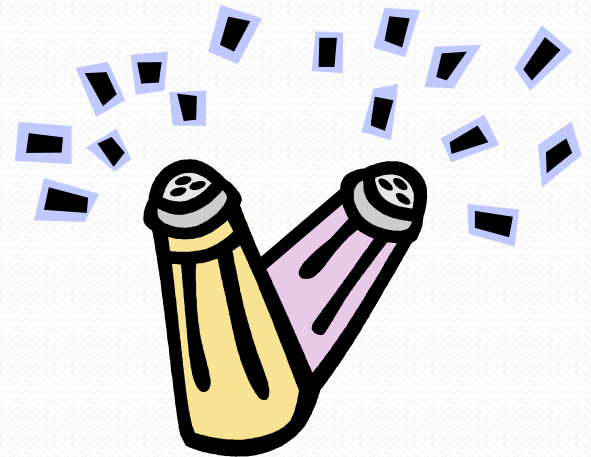


# Vitamins/medications

- Bayer with Heart Advantage
  - 81 mg. aspirin
  - 400 mg. plant sterols
- Vary from 400-1000 mg. plant sterols/pill
- Some are multivitamin + plant sterols
  - To get the plant sterols you need you'd be getting excessive vitamins/minerals
- Encourage food sources!

# Sodium Restriction

- 2010 Guidelines for Healthy Americans:
  - 2300 mg. sodium/day
  - 1500 mg. sodium/day for those 51 years and older, African American, or with kidney disease or diabetes



# Sodium Restricted Diet

- 1) Don't add salt at the table
- 2) Don't add salt in cooking or baking
- 3) Avoid salty foods



# Sodium in Fruits/Vegetables

Food	Sodium (mg.)
Fresh, frozen fruits	1-15
Fresh, frozen vegetables (read labels)	1-25
Corn, canned, cream style, ½ cup	365
Peas, canned, ½ cup	215

# Sodium in Processed Foods

Food	Sodium Content (mg.)
Canned Soup, 1 cup	800-1000
Spaghetti Sauce from jar, ½ cup	600
Pickle, dill, 4" spear	1180
Summer Sausage, 3 oz.	1280
Ham, 3 oz.	800
Subway, 6", Turkey Breast	920
Wendy's Single Cheeseburger	1260

# Sodium Surprises!

Food	Sodium (mg.)
Bagel, plain, 4" diameter	560
Instant pudding, ½ cup	410
Milk, 1 cup	100
Cereal, 1 serving (read label)	0-350
Pancake, 4"	240
Cake, 1/12 of 9" cake	300
Bread, 1 slice	130-210



# Salt Alternatives

- Mrs. Dash



- McCormick Salt Free Seasonings



- Pleasoning
  - Tasty 2



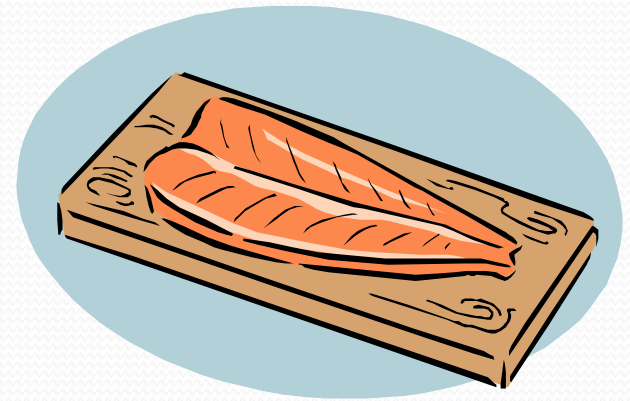
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**“First you put me on a low-fat diet, then you tell me to eat more oily fish — MAKE UP YOUR MIND!”**

# Omega 3 Fatty Acids

- From fatty fish such as salmon, mackerel
  - Must be wild
- Can help lower triglycerides, help heart keep regular beat, decrease inflammation, make blood thinner
- Use fish oil capsules only under a physician's care



# Flax

- Plant source of omega 3 fatty acids
- Must be ground to get at “goodness” within the seed
- Must be kept in fridge or freezer
- 1-2 Tablespoons/day
- May help lower triglycerides



# What to do with flax....

- Add it to cereal (hot or cold)
  - Put it in applesauce
  - Add it to soups, casseroles
  - Add it to bread, pancake batters
- 
- Start adding flax slowly to your diet to avoid GI upset!

# Fiber

- Water Soluble
  - Oat products
  - Dried Beans
  - Many fruits/vegetables
- Insoluble
  - Many Cereals
  - Bran
  - Seeds/nuts



# Water Soluble Fiber

- Helps lower cholesterol levels
  - Soluble fiber forms a gel that binds some cholesterol in small intestine & takes it out of the body



# Water Soluble Fiber

- Recommend 8-10 gram per day
  - Good Sources:
    - Apples, bananas, pears, oranges
      - 1-2 gm./serving
    - Broccoli, carrots, green beans
    - Pinto, kidney, soy beans
    - Sweet potatoes
      - 2-3 gm./serving
    - Soynuts
      - 3.5 gm./serving
    - Oat products (Cheerios/oatmeal)
      - 1-2 gm./serving





# Soy

- FDA has determined that 25 gm. Soy protein/day can lower cholesterol 10-15%
- **Many forms of soy:**
  - Tofu (3 oz. = 6 gm.)
  - Soynuts (1/4 c. = 8 gm.)
  - Soyburger (1 burger = 12 gm.)
  - Soy milk (1 c. = 6-8 gm.)



- Low Fat
- No Cholesterol
- High Protein
- 0g Trans Fat Per Serving

# Nuts

- High in Monounsaturated Fats
  - Increase HDL
  - Decrease LDL
  - Decrease Triglycerides



# Best Nuts to Choose

- Walnuts
- Hazelnuts
- Almonds
- Peanuts
- Pistachios
- Pecans



# Nuts

- What makes an ounce?
  - 14 Walnut halves
  - 18 peanuts
  - 20 pecan halves
  - 24 almonds
  - 47 pistachios
  - 21 hazelnuts



# Nuts

- Walnuts- highest in Omega 3 fatty acids
- Peanuts- highest in protein and natural plant sterols (0.062 grams/oz)
- Pecans- more antioxidants than any other nut
- Almonds- highest in fiber
- Pistachios- highest in natural plant sterols (0.061 grams/oz.)



# We can make a difference!!

- **More:**

- Fish
- Flax
- Nuts
- Soy
- Fiber
- Plant sterols

**Less:**

Trans Fats  
Saturated Fats