

Cardiac Health



Getting to the Heart of the Matter



The facts are striking: *Heart Disease is the number one cause of death in the US.* Fortunately, taking care of yourself can greatly decrease your risks.

Risk Factors for Heart Disease. Are *You* at Risk???



- Smoker
- Man over 45 years
- Woman over 55 years old
- Family History of Heart Disease
- High Blood Pressure
- High LDL Cholesterol
- High Triglycerides
- Low HDL Cholesterol
- Diabetes
- Inactive
- Overweight or Obese

What should your blood cholesterol levels be?

| | | |
|------------------------|--------------|------|
| Total Cholesterol: | under | 200 |
| LDL “bad cholesterol” | under | 100 |
| HDL “good cholesterol” | <i>above</i> | 40 + |
| Triglycerides | under | 150 |

Eating right can improve your overall health and reduce your risk of heart disease.



Let’s start by talking about the fats we eat. All fats, even the heart healthy ones, can cause weight gain. When choosing fats and oils, reach for the healthiest types, but keep the portions small.

| Unhealthy Fats Saturated, Hydrogenated and Trans Fats <i>Strictly Limit Intake:</i> | Heart Healthy Fats Mono- and Polyunsaturated Fats <i>Use in moderation:</i> |
|---|--|
| <p>Fats that are solid at room temperature are <i>usually not</i> heart healthy</p> <ul style="list-style-type: none"> • Animal Fats (Saturated fats) meats, cheese, cream, butter, sour cream, lard, chicken skin • Tropical Oils coconut and palm oils • Hydrogenated Oils (Trans fats) stick margarines, shortening, fast foods, processed foods | <p>Fats (oils) that are liquid at room temperature are <i>usually</i> heart healthier</p> <ul style="list-style-type: none"> • Plants Oils: olive, safflower, canola, sesame, sunflower, soy, corn, peanut oils • Nuts and avocados • Omega-3 fats: salmon, mackerel, herring, flaxseeds, walnuts, soybean and canola oils |



Guidelines for following a heart healthy diet



Fats

- Replace saturated, hydrogenated, and trans fats with mono- and polyunsaturated fats in food preparation, cooking, and at the table.
- Instead of butter, lard, shortening, palm, and coconut oils; use more liquid vegetable oils like canola, olive, peanut, soy, safflower, sunflower, sesame, and corn oils.
- If you use margarine, select one that does not contain trans fats or hydrogenated oils.
- Try reduced fat, lowfat, or fat-free mayonnaise, salad dressings, sauces, and gravies.

Meats and Meat Alternatives

- Replace fatty meats with leaner cuts such as loin or round.
- Be sure to trim visible fat from all meats.
- Limit high-fat meats such as hot dogs, sausages, salami, ribs, bologna, and bacon.
- Remove skin from poultry. White meat poultry is lower in fat than dark meat.
- Avoid organ meats such as liver, kidney, and brain because they are high in cholesterol.
- Eat fewer egg yolks. These can be replaced with more egg whites or egg substitutes.
- Consider eating more vegetarian meals. Explore alternative protein sources such as tofu, tofu products, lentils, beans, nuts, and soy meat replacements (soy burgers, “soysages”, vegi-dogs).

Dairy

- Use lowfat or nonfat dairy products such as milk, yogurt, sour cream, and cottage cheese.
- Buy reduced fat or lowfat versions of cheeses, and buy light cream cheese.
- Buy part-skim mozzarella and ricotta.
- Avoid cream, cream sauces, and creamed soups.

More Helpful Tips

- Read Nutrition Facts labels on food packages. Choose foods with low or no saturated fat, hydrogenated fat, trans fat, or cholesterol. A lowfat choice has no more than 3 grams of fat per ounce of meat or cheese, or 3 grams of fat per serving of snacks, sauces, or dairy products.
- Avoid deep-fried foods.
- Drain and discard visible fat when cooking.
- Baking, broiling, boiling, poaching, grilling, microwaving, and steaming are lowfat cooking methods.
- Use vegetable oil sprays to coat pans and trays for cooking or baking.
- Use all fats and oils sparingly to control calories.

What about Dietary Cholesterol?

Cholesterol is found *only in animal products*. It is most concentrated in meats, egg yolks, organ meats, shrimp, and squid. Choose lean meats...a reasonable serving is the same size as the palm of your hand, or a deck of cards, once or twice a day.

Did You Know...

Your heart beats about 86,400 times each day, which is 31,536,000 times each year! Your heart needs loving care!

Where Can I Get More Info?

UCSF Nutrition Counseling Appointments 353-2291

American Heart Assoc. www.americanheart.org

American Dietetic Assoc. www.eatright.org

National Heart Institute www.nhlbi.nih.gov/index.html

