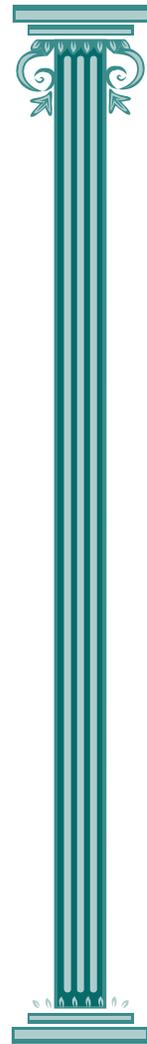




# Heart Healthy Foods



### Special points of interest:

- The Best Heart Healthy Foods
- The Best Cuts of Meat
- Know the Important Terms When Shopping



## What are Heart Healthy Foods?

Heart Healthy foods are those foods that are low in saturated fat, cholesterol, and are rich in nutrients. They also have plenty of phytonutrients. They have been proven to improve

blood lipid levels, reduce blood pressure, and moderate blood insulin levels.

Some examples of heart healthy foods includes fruits and vegetables, beans and

lentils, high fiber cereals and low fat dairy products.

A good rule of thumb is to build a plate with colorful foods, limit portion size and choose whole grains.

## Guidelines to Use When Grocery Shopping

Key Terms Commonly Used on Food Labels:

- **Fortified:** Vitamins or minerals have been *added* to the food in addition to the levels that were originally found before the food was refined.
- **Enriched:** Vitamins and minerals have been added to *replace* the original vitamins and minerals that were lost during the refining process.
- The American Heart Association recommends no more than six ounces of cooked lean meat, poultry, fish, or seafood per day.
- Cut back on foods containing partially hydrogenated vegetable oils in order to decrease the amount of trans fats in the diet.
- Fresh fruits and vegetables in their natural form provide the most nutrients, fiber and phytochemicals.
- Use liquid vegetable oils and soft margarine in place of hard margarine or shortening when cooking, to reduce the intake of saturated fats.
- Minimize your intake of whole fat dairy products, such as butter and whole milk, including 2% full fat dairy products. Choose skim milk instead.
- Avoid high sodium condiments or choose low salt when available: soy sauce, Worcestershire sauce, flavored seasoning salts, pickles, and olives.
- When shopping, choose the least processed form of food for most fiber and nutrients.
- Choose beans and lentils in place of meat for fat and cholesterol free protein sources.

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## The Best Heart Healthy Foods

Info. Courtesy of the American Dietetic Association and the Cleveland Clinic.

- **Acorn Squash** (Rich in Beta Carotene and Lutein, B-Complex Vitamins, C Vitamins, Folate, Calcium, Magnesium, Potassium, and Fiber.)
- **Almonds** (Rich in Plant Omega-3 Fatty Acids, Vitamin E, Magnesium, Fiber, Heart-Favorable Mono- and Polyunsaturated Fats, and Phytosterols.)
- **Asparagus** (Rich in Beta Carotene and Lutein, B-Complex Vitamins, Folate, and Fiber.)
- **Black or Kidney Beans** (Rich in B-complex Vitamins, Niacin, Folate, Magnesium, Omega-Fatty Acids, Calcium, and Soluble Fiber.)
- **Blueberries** (Rich in Beta-carotene, anthocyanins and polyphenols,)
- **Broccoli** (Rich in Beta Carotene, Vitamin C, Vitamin E, Potassium, Folate, Calcium, and Fiber.)
- **Brown Rice** (Rich in B-complex Vitamins, Fiber, Niacin, and Magnesium.)
- **Cantaloupe** (Rich in Alpha Carotene, Beta Carotene, and Lutein, B complex and C Vitamins, Folate, Potassium, and Fiber.)
- **Carrots** (Rich in Alpha-carotene, and Fiber.)
- **Dark Chocolate** (Rich in Resveratrol and Cocoa Polyphenols.)
- **Ground Flaxseed** (Rich in

Omega-3 Fatty Acids, Fiber, and Phytoestrogens.)

- **Oatmeal** (Rich in Omega-3 Fatty Acids, Magnesium, Potassium, Folate, Niacin, Calcium, and Soluble Fiber.)
- **Oranges** (Rich in Beta-Cryptoxanthin, Beta Carotene, Alpha Carotene, Lutein, Flavones, Vitamin C, Potassium, Folate, and Fiber.)
- **Papaya** (Rich in Beta Carotene, Beta-cryptoxanthin, Lutein, Vitamin C, Vitamin E, Folate, Calcium, Magnesium, and Potassium.)
- **Red Bell Peppers** (Rich in Beta Carotene and Lutein, B-Complex Vitamins, Folate, Potassium, and Fiber.)
- **Red Wine** (Rich in Catechins and Resveratrol.)
- **Salmon** (Rich in Omega-3 Fatty Acids.)
- **Soy Milk** (Rich in Isoflavones, B-Complex Vitamins, Niacin, Folate, Calcium, Magnesium, Potassium, and Phytoestrogens.)
- **Spinach** (Rich in Lutein, B-complex Vitamins, Niacin, Folate, Magnesium, Potassium, and Fiber.)
- **Sweet Potato** (Rich in Beta Carotene, Vitamin A, Vitamin C, Vitamin E, and Fiber.)
- **Tea** (Rich in Catechins and Flavonols.)
- **Tofu** (Rich in Niacin, Folate, Calcium, Magnesium, and Potassium.)
- **Tomatoes** (Rich in Beta

Carotene, Alpha Carotene, Lycopene, Lutein, Vitamin C, Potassium, Folate, and Fiber.)

- **Tuna** (Rich in Omega-3 Fatty Acids, Folate, and Niacin.)
- **Walnuts** (Rich in Plant Omega-3 fatty acids, Vitamin E, Magnesium, Folate, Fiber, Heart Favorable Mono- and Polyunsaturated fats, and Phytosterols.)

### Definitions:

**Phytoestrogens**– lowers risk of blood clots, stroke, cardiac arrhythmias, as well as blood pressure, LDL cholesterol, and triglyceride levels.

**Phytosterols**– reduces blood cholesterol

**Carotenoids**– has heart protective antioxidant properties.

**Polyphenols**– protects blood vessels, lowers blood pressure, and lowers LDL cholesterol levels.

**Omega 3 Fatty Acids**– helps boost the immune system, reduce blood clots, prevent heart attacks, increase HDL cholesterol levels, lower triglyceride levels, protect arteries from plaque buildup, lower blood pressure, and have anti-inflammatory properties.

**B Complex Vitamins**– protects against blood clots & atherosclerosis, some help to increase levels of HDL cholesterol.

**Vitamins C and E**– antioxidants that protect cells from free radicals.



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### The Healthiest Choices From the Meat Group

- American Heart Association recommends eating fish twice a week to reduce the incidence of heart disease.
- Cold water fish are a good source of omega-3 fatty acids which lower your risk of heart disease.
- The leanest cuts of beef are : sirloin, chuck, loin, and round.
- The leanest pork cuts are: loin, chops, and tenderloin.
- The leanest lamb cuts are the leg, arm, and loin.
- Always choose "choice" or "select" grades of meat over "prime" cuts to reduce fat.
- Organ meats are **very high in cholesterol** but are high in many nutrients such fat and water soluble vitamins, many minerals including iron, and essential fatty acids.
- When choosing poultry, white meat is lower in saturated fat and cholesterol than dark meat.
- When preparing meats, always remove all visible fat before cooking.
- Choose dry beans, peas and lentils for healthy vegetarian proteins that are low in fat.
- 1 tablespoon of peanut butter counts as a serving of meat.



### Know the Important Terms When Shopping

**Fat Free** = Less than 0.5 gram of fat per serving.

**Low Fat** = 3 grams or less per serving; or 3 grams per 100 grams for a meal or main dish; 30% of total calories or less

**Reduced Fat** = 25% less fat than the original full fat version of the food.

**Low Saturated Fat** = 1 gram or less and 15% or less of calories from saturated fat.

**Trans Fat Free** = Less than 0.5 gram of trans fats per serving.

**Light/Lite** = 50% less fat or one-third fewer calories than the regular product.

**Lean** = Less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat, poultry or seafood.

**Extra Lean** = Less than 5 grams

of fat, 2 grams of saturated fat and 95 milligrams of cholesterol per serving and per 100 grams of meat, poultry or seafood.

**Low Cholesterol** = 20 milligrams or less per serving and 2 grams or less saturated fat per serving.

**Cholesterol Free** = Less than 2 milligrams per serving and 2 grams or less saturated fat per serving.

**Less Cholesterol** = 25% or less than the food it is being compared to, and 2 grams or less saturated fat per serving.

**Low calorie** = 40 calories or less per serving.

**Low sodium** = The food contains less than 140 mgs of sodium per serving .

**Sodium free:** Less than 5mg per labeled serving.

The term "**light in sodium**" is allowed if the food has at least 50 percent less sodium than a reference food.

**"High"** and **"Good source"** focus on nutrients for which higher levels are desirable (minerals, vitamins and fiber). To qualify for the "high" claim, the food must contain 20 percent or more of the Daily Value for that nutrient in a serving. Approved synonyms for high are **"rich in"** or **"excellent source."**



## Fun Facts About Heart Healthy Foods

- Unsaturated fats are heart healthy.
- Fish is low in saturated fat, and it should be prepared by baking, broiling, grilling, or broiling; rather than breading and frying.
- Egg whites do not contain cholesterol and are a good source of protein. You can substitute two egg whites for each egg yolk in many recipes that call for eggs.
- Foods that have partially hydrogenated fats are usually high in saturated fats and trans fats.
- Foods low in salt tend to lower your risk for high blood pressure. Consuming a low sodium diet can result in decrease in blood pressure. The recommended amount of sodium is 2,300 mg of salt daily, or about 1 teaspoon.
- When eaten regularly, fiber has been shown to lower blood cholesterol, and keep insulin and glucose levels in check.
- It is recommended that we eat 25 grams of fiber a day.
- skins of fruits and vegetables are a good source of fiber. Cooking vegetables can decrease the fiber content.
- Foods high in **soluble fiber** include: oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries, and apple pulp.
- Foods high in **insoluble fiber** include: whole wheat breads, wheat cereals, wheat bran, cabbage, beets, carrots, Brussels sprouts, turnips, cauliflower, and apple skins.
- Whole grains, beans, legumes, nuts, fatty fish, and teas offer complex heart protective phytonutrients.

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