

The Pennington Biomedical Research Center is a world-renowned nutrition research center.

**Mission:**

To promote healthier lives through research and education in nutrition and preventive medicine.

The Pennington Center has several research areas, including:

Clinical Obesity Research

Experimental Obesity

Functional Foods

Health and Performance Enhancement

Nutrition and Chronic Diseases

Nutrition and the Brain

Dementia, Alzheimer's and healthy aging

Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at [www.pbrc.edu](http://www.pbrc.edu) or call (225) 763-3000.



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# *HEART HEALTHY FOODS*



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PROMOTING HEALTHIER LIVES  
THROUGH RESEARCH AND EDUCATION  
IN NUTRITION AND PREVENTIVE  
MEDICINE

**TEL: 225-763-2500**

## FACTS ABOUT HEART HEALTHY FOODS



- Heart Healthy foods are a source of multiple phytonutrients that prevent and repair damage to body cells. They also prevent Heart Disease and other chronic diseases.
- The antioxidants in fruits and vegetables help to eliminate free radicals in the bloodstream.
- Unsaturated fats, such as olive oil, do not raise cholesterol levels, but they should still be consumed in limited amounts because oils are high in calories.
- The American Heart Association recommends no more than six ounces of cooked lean meat, poultry, fish, or seafood, a day.
- The leanest beef cuts include: sirloin, chuck, loin, and round. Always choose “choice” and “select” grades of meat, over “prime”.

- The leanest pork cuts are loin chops and tenderloin.
- The leanest lamb cuts are leg, arm, and loin.
- Fish is low in saturated fat but high in omega 3 fatty acids. Eating cold water fish will lower the risk of coronary artery disease.
- 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 are low in sodium tend to lower your risk for high blood pressure, and may help those who have it, control it.
- The recommended level of sodium is 2300 mg a day, or about a teaspoon.
- Use liquid vegetable oil and soft margarine in place of hard margarine, shortening or butter.
- If you reduce the intake of foods containing partially hydrogenated vegetable oils, you can reduce the intake of trans fats.
- Added sugars usually include: sucrose, glucose, fructose, maltose, dextrose, corn syrup, high fructose corn syrup, concentrated fruit juice, and honey.
- High sodium condiments include: soy sauce, steak sauce, Worcestershire sauce, flavored



seasoning salts, pickles, and olives.

- When eaten regularly, fiber has been shown to lower blood cholesterol, and may help reduce the risk of diabetes, coronary artery disease or colorectal cancer.

- Foods high in soluble fiber include: oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruit, strawberries, and apple pulp.



- Try to eat more raw vegetables and fresh fruit, including the skins, when appropriate. The skin holds a great amount of nutrients.

- Key Terms when shopping for food:

“Free” - has the least amount of a nutrient.

“Very Low” and “Low” - have a little amount of a nutrient.

“Reduced” or “Less” - means the food has 25% less of that nutrient, when compared to the standard version of food.

### References:

Lichtenstein AH, et al. Circulation. 2006;114:82.

Polidori MC et al. J Alzheimers Dis, 17:4 (August 2009).