



Presenter



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Learning Objectives


By the end of today's session, you should be able to:

- Understand which heart disease factors are controllable
- Identify several key components of a heart healthy diet
- Discuss tips for implementing a heart healthy diet

WORKPLACE OPTIONS

Quote

“The greatest wealth is Health.”
~Unknown



WORKPLACE OPTIONS

Heart Disease Statistics

- # 1 cause of death
- 1 million lives
- Every 33 seconds
- 50% under age 65
- Just over 50% are women



Source: <http://www.theheartfoundation.org/heart-disease-facts/heart-disease-statistics>

WORKPLACE OPTIONS


Poll

Is the following statement True or False:

The majority of cardiovascular disease is caused by risk factors that can be controlled by lifestyle choices.

A. True

B. False



Risk Factors

Controllable:

- High blood pressure
- Cholesterol
- Overweight/obesity
- Tobacco use
- Lack of physical activity
- Diabetes
- Unhealthy diets

Uncontrollable:

- Family history
- Ethnicity
- Age



Heart Healthy Diet

1. Portion size
2. Fruits and vegetables
3. Whole grains
4. Fats and cholesterol
5. Protein
6. Sodium
7. Planning ahead
8. Treats



Control Your Portion Size

- "Supersize me"
- Portion distortion
- Helps manage weight
- Eating speed
- Tips

Food	20 Years Ago	Today
Bagel	3-inch diameter 140 calories	5-inch diameter 300 calories
Cheeseburger	1 portion 230 calories	1 portion 500 calories
Nuggets and Macaroni	1 cup nuggets, sauce and 3 small macaroni 500 calories	2 cups nuggets, sauce and 3 large macaroni 1,020 calories
Soda	6.5 ounces 85 calories	about 20 ounces 300 calories
French Fries	3.4 ounces 170 calories	6.8 ounces 330 calories

Image source: <http://utmc.utledo.edu/clinics/sportsmedicine/research.html>

Eat More Vegetables and Fruits

- Half of your plate
- Benefits
- Tips



Poll

Which of the following are always whole grains?
Select all that apply.

- A. Quinoa
- B. Multi-Grain
- C. Whole Wheat
- D. Wheat
- E. Oats



Select Whole Grains

What is a whole grain?

Definition endorsed by the Whole Grains Council:

"Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver the same rich balance of nutrients that are found in the original grain seed."

Select Whole Grains Cont'd

- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown and colored rice
- Rye



Select Whole Grains Cont'd

- Sorghum (milo)
- Teff
- Triticale
- Wild rice
- Whole Wheat, including these varieties:
 - spelt
 - emmer
 - farro
 - einkorn
 - Kamut®
 - durum
 - forms like bulgur, cracked wheat, and wheatberries



Select Whole Grains Cont'd

- ½ of grain intake should be from whole grains
- Grain based desserts and yeast breads are among "top 10" sources of calories
- Tips



Limit Unhealthy Fats and Cholesterol

Types of fats:

- Saturated fats
- Trans fats (french fries, cookies, shortening, stick margarine, and doughnuts)
- Cholesterol
- Polyunsaturated
- Monounsaturated



Limit Unhealthy Fats and Cholesterol Cont'd

Type of fat	Recommendation
Saturated fat	Less than 7% of your total daily calories, or less than 14 g of saturated fat if you follow a 2,000-calorie-a-day diet
Trans fat	Less than 1% of your total daily calories, or less than 2 g of trans fat if you follow a 2,000-calorie-a-day diet
Cholesterol	Less than 300 mg a day for healthy adults; less than 200 mg a day for adults with high levels of LDL ("bad") cholesterol or those who are taking cholesterol-lowering medication

Chart Source: <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

Limit Unhealthy Fats and Cholesterol Cont'd

Tips:

- Limit solid fats
- Low-fat substitutes
- Switch to fat-free or low-fat 1% milk and dairy products
- Check snack food labels
- Choose healthy fats



Limit Unhealthy Fats and Cholesterol Cont'd

Fats to choose	Fats to limit
<ul style="list-style-type: none"> • Olive oil • Canola oil • Margarine that's free of trans fats • Cholesterol-lowering margarine, such as Benecol, Promise Activ or Smart Balance 	<ul style="list-style-type: none"> • Butter • Lard • Bacon fat • Gravy • Cream sauce • Nondairy creamers • Hydrogenated margarine and shortening • Cocoa butter, found in chocolate • Coconut, palm, cottonseed and palm-kernel oils

Chart Source: <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/ART-20047702>

Choose Low-Fat Protein Sources

- Lean meat, fish, and poultry
- Low-fat dairy items
- Beans, peas, and lentils (legumes)
- Egg whites and egg substitutes



Choose Low-Fat Protein Sources Cont'd

More about fish



Poll

What is the average daily intake of sodium?

- A. 6,200 mg/day
- B. 4,700 mg/day
- C. 3,400 mg/day
- D. 2,300 mg/day



Reduce the Sodium in Your Food

- Average = **3,400 mg/day**
- Healthy adults = **2,300 mg/day** (a teaspoonful)
- Age 51 and older, African-American or diagnosed with high blood pressure, diabetes, or chronic kidney disease is recommended no more than **1,500 mg/day**



Reduce the Sodium in Your Food Cont'd

Where does most of the sodium in our diet come from?

Is sea salt better than table salt?

Reduce the Sodium in Your Food Cont'd

What do the terms mean?

- **Reduced Sodium** = at least 75% less sodium
- **Low sodium** = 140 mg of sodium or less per serving
- **Very low sodium** = 35 mg of sodium or less per serving
- **Sodium Free** = less than 5 mg of sodium per serving
- **No salt added** = none added in processing

Reduce the Sodium in Your Food Cont'd

Tips to reduce sodium intake:

- Eat fresh foods
- Eat out less
- Read the label
- Condiments



Quote

“A goal without a plan is just a wish”

~Antoine de Saint-Exupery



Plan Ahead: Create Daily Menu

Breakfast - Protein and Carbohydrate:

- Egg in a mug, low-fat cheese toast
- Oatmeal with walnuts
- Trail mix on the drive to work
- Sandwich of whole-grain waffles, almond or peanut butter, and sliced banana



Helpful Tip!

Stash breakfast basics, like low-fat cheese sticks, yogurt, oatmeal, or whole-grain cereal where they are easy to grab.

Plan Ahead: Create Daily Menu Cont'd

Family mealtime:

- Keep meals simple
- Prepare veggies and fruit ahead of time
- Batch cooking
- Prepared meal



Plan Ahead: Create Daily Menu Cont'd

More tips for family mealtime:

- Rotating menu
- Apps on computer and smartphone:
 - Pepperplate
 - Out of Milk
 - Evernote
- List on refrigerator
- Meal planning service (www.thescramble.com)



Allow Yourself an Occasional Treat

- Moderation
- Calorie budget
- Discretionary calories of 100 - 300 per day



Action!

What is one thing you might be willing to experiment with in the next week to help keep your heart healthy?



Thank you!

Questions?

Please complete the short online evaluation after exiting from this webinar.

Additional Resources

- <http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/prevention.html>
- <http://www.webmd.com/heart-disease/understanding-heart-disease-prevention>
- www.choosemyplate.gov
- <http://www.eatright.org/>
- <http://www.health.gov/dietaryguidelines/2010.asp>
- <http://hp2010.nhlbihin.net/portion/keep.htm>
- <http://www.pepperplate.com/>
- <http://www.outofmilk.com/>
- www.thescramble.com/



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