

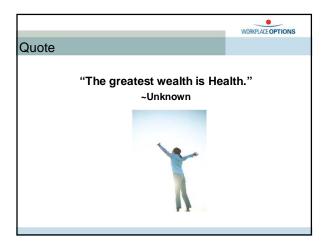


Learning Objectives

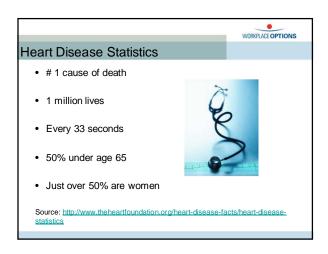
WORKPLACE OPTIONS

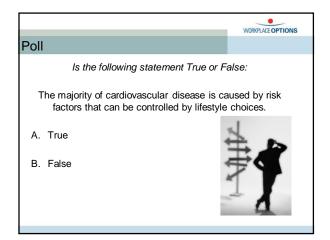
By the end of today's session, you should be able to:

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









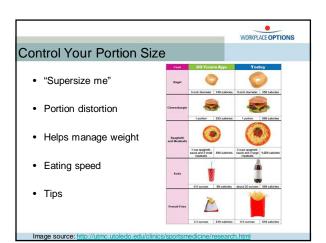
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	WORKPLACE OPTIONS
Risk Factors	
Controllable:	Uncontrollable:
High blood pressure	Family history
Cholesterol	Ethnicity
Overweight/obesity	• Age
Tobacco use	
Lack of physical activity	
Diabetes	

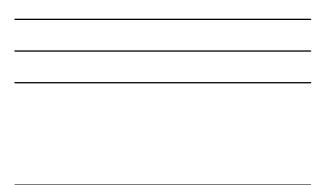
• Unhealthy diets

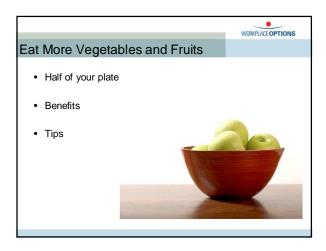




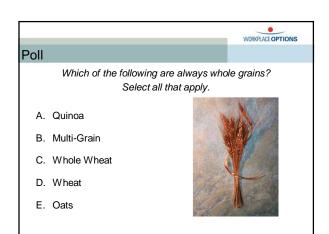
8. Treats











Select Whole Grains

WORKPLACE OPTIONS

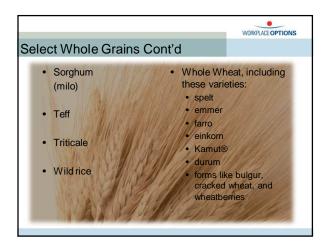
What is a whole grain?

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."







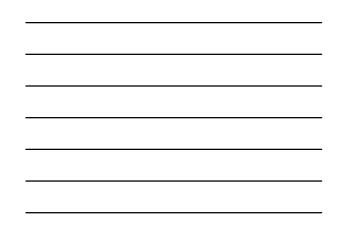


Select Whole Grains Cont'd V2 of grain intake should be from whole grains Grain based desserts and yeast breads are among "top 10" sources of calories Tips





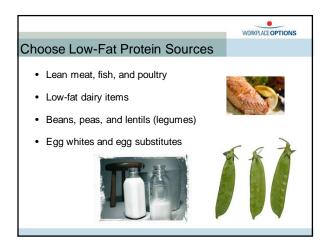
Unhealthy Fat	s and Cholesterol Cont'o
Type of fat	Recommendation
Saturated fat	Less than 7% of your total daily calories, or less than 14 g of saturated fat if you follow a 2,000-calorie-a-day diet
Trans fat	Less than 1% of your total daily calories, or less than 2 g of trans fat if you follow a 2,000-calorie-a-day 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') cholesteriol or those who are taking cholesteriol-lowering medication

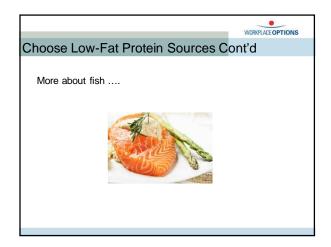


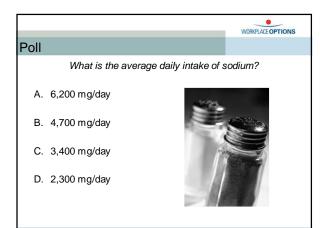


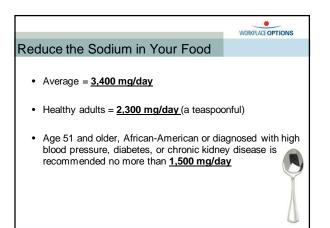
t Unhealthy Fats an	Fats to limit	Conta
 Olive oil Canola oil Margarine that's free of trans fats Cholesterol-lowering margarine, such as Benecol, Promise Activ or Smart Belance 	Butter Lard Bacon fat Gravy Cream sauce Nondairy creamers Hydrogenated margarine and shortening Cocoa butter, found in chocolate Coconut, paim, cottonseed and paim.kernel oils	

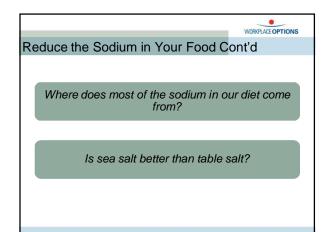
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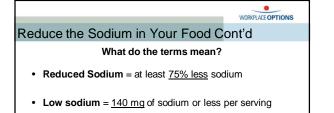




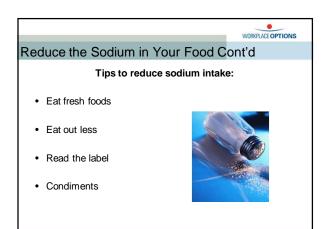


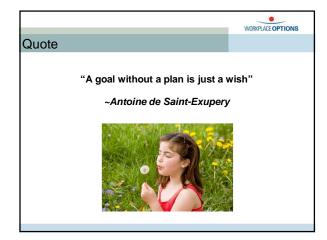






- Very low sodium = <u>35 mg</u> of sodium or less per serving
- Sodium Free = less than 5 mg of sodium per serving
- No salt added = <u>none</u> added in processing





WORKPLACE OPTIONS

Plan Ahead: Create Daily Menus

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.



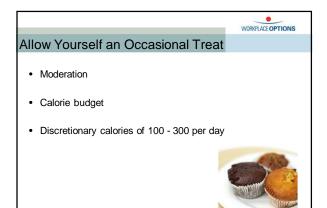
Plan Ahead: Create Daily Menus Cont'd

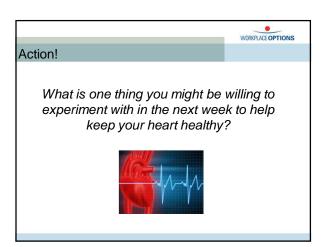
More tips for family mealtime:

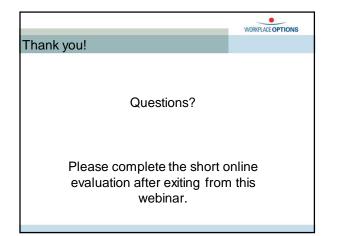
- Rotating menu
- Apps on computer and smartphone:
 - Pepperplate
 - Out of Milk
 - Evernote
- · List on refrigerator
- Meal planning service (www.thescramble.com)











Additional Resources

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

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WORKPLACE OPTIONS

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WORKPLACE OPTIONS

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