

CARING FOR YOUR HEART AND VASCULAR HEALTH

Nutrition



**CHRISTIANA CARE
HEALTH SYSTEM**

Center for Heart & Vascular Health

Table of Contents

An Overall Heart Healthy Lifestyle	3
Recommended Daily Intakes	4
Good Fat – Bad Fat.	5
Healthy Eating Plate	7
Mediterranean Diet Pyramid	8
Characteristics of the Mediterranean Diet	9
DASH Diet (especially for hypertension).	12
Choose the Leanest Proteins	13
Spreads	14
Omega-3 Fatty Acids	16
Fiber	17
Sodium Smart	18
Sodium-free Flavoring Tips	19
Sugar Savvy	20
Reading Food Labels.	21
Cooking Tips and Recipe Substitutions	22
Dining Out	23

An Overall Heart Healthy Lifestyle

CARING FOR YOUR
HEART AND VASCULAR
HEALTH



1. Don't smoke

2. Maintain a healthy weight*



3. Engage in regular physical activity

4. Eat a healthy diet*



5. Manage blood pressure*

6. Take charge of cholesterol*



7. Keep blood sugar or glucose at healthy levels*

diet-related*

Recommended Daily Intakes

CARING FOR YOUR
HEART AND VASCULAR
HEALTH

NUTRIENT	RECOMMENDED INTAKE	1,500 CALORIES	2,000 CALORIES
Total Fat	25% – 35% calories	41 - 58 grams	55 - 77 grams
Saturated Fat	< 7% calories	< 11 grams	< 15 grams
Trans Fat	< 1% calories	0 – 1.5 grams	0 - 2 grams
Polyunsaturated Fat	up to 10% calories	< 16 grams	< 22 grams
Monounsaturated Fat	up to 20% calories	> 33 grams	< 44 grams
Fiber	25 – 35 grams (10 grams of soluble fiber)		
Sodium	< 1,500 mg		
Added Sugar	6 tsp for women (< 24 grams) 9 tsp for men (< 36 grams)		
Alcohol (optional)	1 drink* for women 2 drinks for men		

* 1 drink = 12 oz beer = 5 oz wine = 1 oz hard liquor

Source: American Heart Association

Good Fat – Bad Fat

CARING FOR YOUR HEART AND VASCULAR HEALTH

Why follow a cardiac diet?

Saturated and trans fat raise bad cholesterol levels in your blood. Blood cholesterol may build up and cause blockages in your blood vessels. This is why a diet low in saturated and trans fat is good for your heart.



Fat: It's not all bad

Fats are essential to good health. They provide storage for extra calories, insulate and cushion organs, help build cell membranes, make hormones and aid in absorption and the transport of vitamins A, D, E and K.

What you may not know is this: Not all fats are created equal.

Saturated fats in food can be bad.

They can raise the level of “bad” cholesterol (LDL) in your blood. Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. Too much bad cholesterol in the blood is a major risk for coronary heart disease.

Unsaturated fats in food can be good.

They can lower the “bad” cholesterol levels in your blood and help build “good” cholesterol (HDL), which seems to protect against heart disease. Unsaturated fats are found in large amounts in plant foods and they are usually liquid at room temperature.

Changing the fat content of your meals to eliminate saturated sources and include unsaturated sources can usually lower your bad (LDL) cholesterol and sometimes raise your good (HDL) cholesterol.

Here's your guide to limiting bad fats and including good fats in your diet:

Limit Bad Fats—Both saturated and trans fats raise your blood cholesterol levels more than anything else in your diet.

Saturated fats can be avoided by limiting:

- Butter, cheese, ice cream, whole and 2% milk.
- Red meat and poultry skin.
- Palm and coconut oils.
- Margarine and shortening.

Trans fats, which are formed when liquid oils are solidified, can be avoided by limiting:

- Hydrogenated vegetable oils, margarine and shortening.
- Deep-fried foods.
- Store-bought cookies, cakes, and pastries.

Include Good Fats, both monounsaturated and polyunsaturated fats.

Monounsaturated fats can be found in:

- Olive, canola and peanut oil.
- Pecans, hazelnuts, pistachios, peanuts and almonds.
- Avocados.

Polyunsaturated fats can be found in:

- Vegetable oils, such as corn, sunflower seed, safflower and soybean oil.
- Walnuts, pine nuts and seeds.

Good Fat – Bad Fat

A special type of polyunsaturated fat known as omega-3 fats can be found in:

- Fatty fish (such as salmon, mackerel, trout, tuna and sardines).

Diets including omega-3 fats have been shown to lower heart disease risk. Aim for 2 three-ounce servings of fatty fish per week.



Triglycerides

What are triglycerides?

Triglycerides are a form of fat found in the bloodstream that are composed of fatty acids and glycerol. They are completely different from cholesterol. When you eat a meal, your triglyceride level increases significantly, as it is a measure of any fat you have eaten. High levels of triglycerides combined with high cholesterol levels can increase your risk of coronary artery disease and heart attacks.

How are triglyceride levels measured?

A simple blood test is used to measure your triglyceride levels. It is very important that triglyceride readings be performed after a 12 to 14 hour fast.

For adults, fasting triglyceride levels should be less than 150 mg/dl. If the levels are higher, this signifies that you may be consuming too much sugary food, too many calories or fat, or excessive alcohol. Reduced physical activity, prediabetes and uncontrolled diabetes also can cause elevated triglycerides.



What steps are necessary to lower triglyceride levels?

1. Lose weight if you are overweight.

Excess body weight can elevate triglyceride levels. Reduce portion sizes and increase intake of fresh fruits and vegetables.

2. Exercise regularly.

Engaging in physical activity for at least 30 minutes most days of the week will raise HDL (good) cholesterol, help you to lose weight and lower triglyceride levels.

3. Limit sweets.

Cakes, cookies, fruit juice, soda and other sweetened items can raise triglyceride levels.

4. Eat less saturated fat.

Limit butter, red meat, regular cheese, whole milk and 2% milk. Choose poultry, fish, skim or 1% milk and low-fat cheese.

5. Consume omega-3 fatty acids.

Omega-3 fatty acids in doses of two to four grams per day can help to lower triglyceride levels. Good sources of omega-3 fatty acids include fatty fish, but these high doses generally require supplements. Be sure to consult your doctor first.

6. Limit alcohol.

Alcohol can stimulate the liver to produce triglycerides. Limit alcohol to one drink per day for women and two drinks per day for men.

Healthy Eating Plate

CARING FOR YOUR HEART AND VASCULAR HEALTH



Healthy Oils

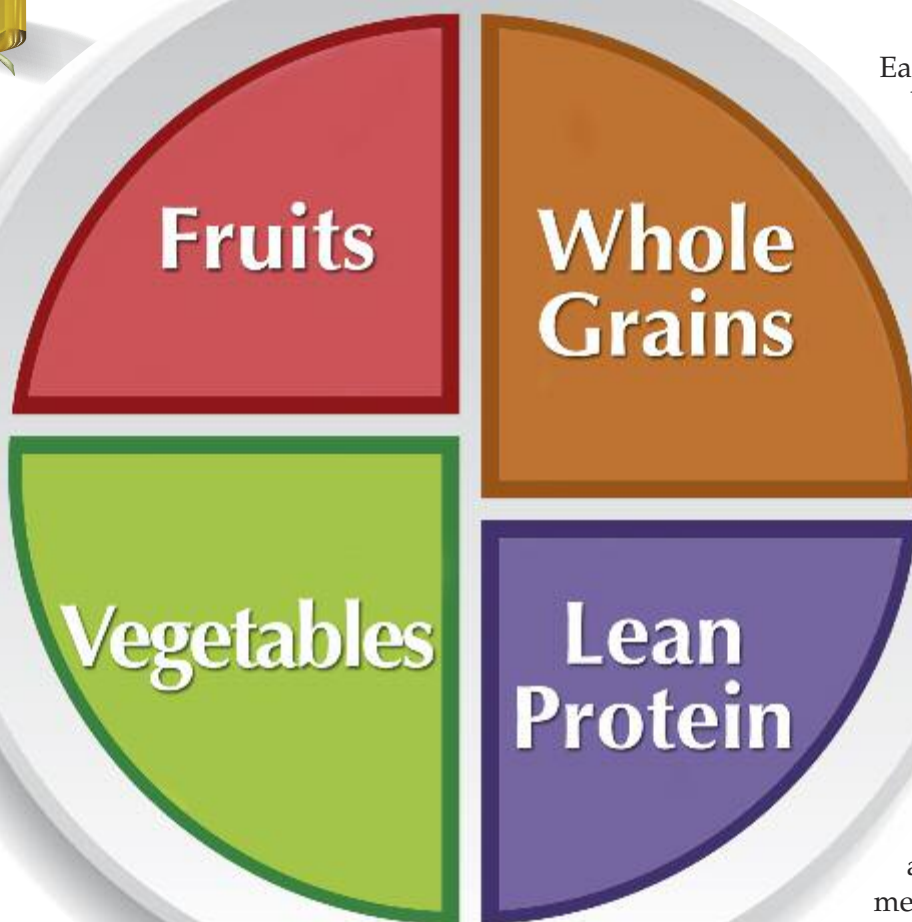
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

Water

Drink water, tea, or coffee (with little or no sugar). Limit juice (1 small glass/day). Avoid sugary drinks.



Eat plenty of fruits of all colors.



Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

The more veggies—and the greater the variety—the better. Fried potatoes and french fries don't count.

Choose fish, poultry, beans, and nuts; limit red meat, bacon, cold cuts, and other processed meats.



Stay Active!

Source: www.hsps.harvard.edu/nutritionsource

Mediterranean Diet Pyramid

CARING FOR YOUR HEART AND VASCULAR HEALTH

A contemporary approach to delicious, healthy eating

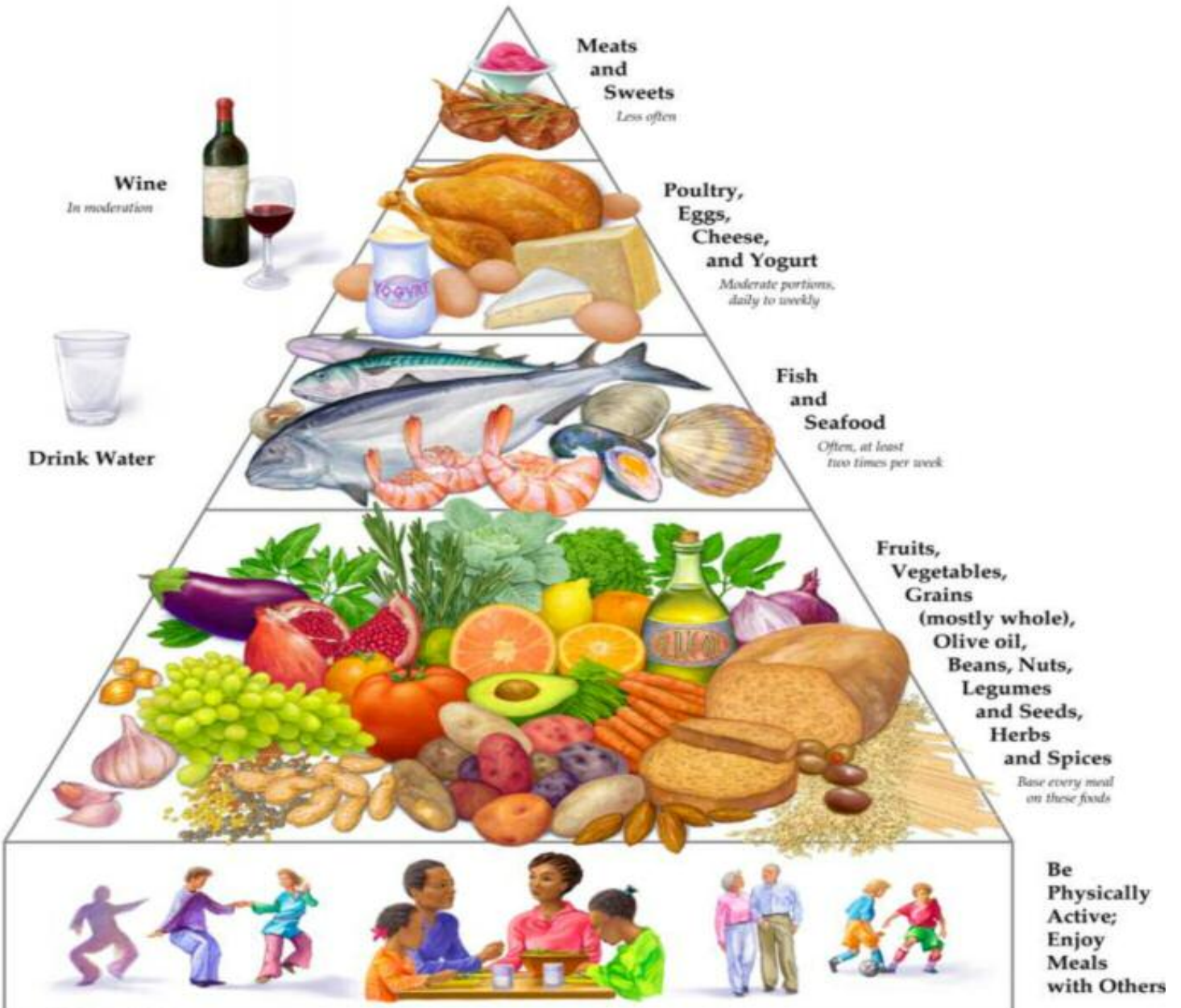


Illustration by George Middleton

© 2009 Oldways Preservation and Exchange Trust

www.oldwayspt.org

Characteristics of the Mediterranean Diet

CARING FOR YOUR HEART AND VASCULAR HEALTH

Traditional Mediterranean meals feature foods grown all around the Mediterranean Sea. Easily adaptable to today's kitchens and busy lives, they include:



1. Grains, vegetables, and fruits should be eaten at most meals, because they are important sources of vitamins, minerals, energy, antioxidants, and fiber. An eating pattern high in these foods promotes good health and weight control when consumed wisely.

Grains. The majority of grains should be whole grains, such as wheat, oats, rice, rye, barley, and corn. These grains are best consumed in whole, minimally-processed forms. Refining and processing can remove many valuable nutrients including vitamins, minerals, and fiber.

Vegetables. Vegetables are an important staple of eating patterns of peoples in all the countries bordering the Mediterranean Sea, providing valuable nutrients. These benefits are amplified because the vegetables are normally cooked or drizzled with olive oil. Raw vegetables are also a healthy vegetable option.

Fruits. Whole fresh fruit is ever-present in the Mediterranean. No-sugar-added fruit juices provide only some of the same nutrition benefits as whole fruit, and attention to portion control and total calories is wise. Fruit "drinks" do not have the benefits of fruit juice.



2. Olives and olive oil are central to the Mediterranean diet. Olives are universally eaten whole, and widely used for cooking and flavoring in the countries that border the Mediterranean Sea. Olive oil is the principal source of dietary fat used for cooking, baking, and for dressing salads and vegetables. Extra virgin olive oil is highest in health-promoting fats, phytonutrients, and other important micronutrients.



3. Nuts, beans, legumes and seeds are good sources of healthy fats, protein, and fiber. They add flavor and texture to Mediterranean dishes.



4. Herbs and spices add flavors and aromas to foods, reducing the need to add salt or fat when cooking. They are also rich in a broad range of health-promoting antioxidants, and are used liberally in Mediterranean cuisines. Herbs and spices also contribute to the national identities of the various Mediterranean cuisines.

Characteristics of the Mediterranean Diet



5. Cheese and yogurt are eaten regularly in the traditional Mediterranean diet in moderate amounts. The calcium in cheese and yogurt is important for bone and heart health. Low fat and nonfat dairy products are suggested to reduce saturated fat intake.



6. Fish and shellfish are important sources of healthy protein for Mediterranean populations. Fish such as tuna, herring, sardines and salmon are rich in heart-healthy omega-3 fatty acids, and shellfish and crustaceans including mussels, clams and shrimp have similar benefits. Fish and shellfish are not typically battered and fried in Mediterranean countries.



7. Eggs are a good source of high-quality protein, and can be especially beneficial for individuals who do not eat meat. Eggs are regularly used in baking in Mediterranean countries.



8. Meats are eaten in small portions by Mediterranean peoples, who prefer lean cuts. Poultry is a good source of lean protein without the high levels of saturated fat found in some cuts of red meat. With ground meats, 93 percent lean/7 percent fat is a sound choice.



9. Sweets are consumed in small portions in the Mediterranean. Fruits are ever-present on Mediterranean tables, and are a normal way to end a meal. Gelato and sorbet are consumed a few times a week, in small portions.



10. Wine is consumed regularly but moderately in the Mediterranean, unless discouraged by religious beliefs. “Moderately” means up to one five-ounce glass of wine per day for women and up to two five-ounce glasses for men. Individuals should only drink wine if they are medically able to do so, and should ask their doctors for more information.



11. Water is essential for life, and proper hydration during each day makes a positive contribution to health, well being and energy levels. Individual variations in body sizes, metabolic rates and activity levels mean that some people should drink more water every day than others.

Characteristics of the Mediterranean Diet



12. Portion size. Because foods in the bottom section of the pyramid may be eaten in larger amounts and more frequently, portion sizes and frequency of consumption decline in the pyramid's upper sections.



13. Moderation is a wise approach. A balanced and healthy diet accommodates most foods and drinks, so long as moderation and wise choices are the key characteristics. For example, enjoying a small piece of birthday cake, savoring a few slices of grilled steak, or relaxing with family and friends with a glass or two of wine or beer are important aspects of being human. As always, moderation is key.



14. Healthy lifestyle habits. Daily physical activity is important for overall good health. This includes strenuous exercise like running and aerobics, as well as more leisurely activities such as walking and housework or yardwork, or taking the stairs instead of the elevator.



15. Meals in the company of others. The Mediterranean Diet is grounded on the principles of enjoyment and pleasure. Foods, drinks and meals are best eaten with others, when possible, and savored.

The DASH Diet

CARING FOR YOUR HEART AND VASCULAR HEALTH

This eating plan is from the "Dietary Approaches to Stop Hypertension" (DASH) clinical study supported by the National Institutes of Health. The DASH combination diet lowered blood pressure.

FOOD GROUP	DAILY SERVINGS		SERVING SIZES	EXAMPLES AND NOTES	SIGNIFICANCE OF EACH FOOD GROUP
	1,500 CALORIES	2,000 CALORIES			
Grains & grain products	5-6	7-8	1 slice bread 1/2 C dry cereal 1/2 C cooked rice, pasta, or cereal	whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal	major sources of energy and fiber
Vegetables	3-4	4-5	1 C raw leafy vegetable 1/2 C cooked vegetable 6 oz vegetable juice	tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, sweet potatoes, beans	rich sources of potassium, magnesium and fiber
Fruits	3-4	4-5	6 oz fruit juice 1 medium fruit 1/4 C dried fruit 1/2 C fresh, frozen, or canned fruit	apricots, bananas, dates, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	important sources of potassium, magnesium and fiber
Low fat or nonfat dairy foods	2-3	2-3	8 oz milk 1 C yogurt 1.5 oz cheese	skim or 1% milk, skim or low fat buttermilk, nonfat or lowfat yogurt, part skim mozzarella cheese, nonfat cheese	major sources of calcium and protein
Meats, poultry, and fish	2 or less	2 or less	3 oz cooked meats, poultry, or fish	select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	rich sources of protein and magnesium
Nuts, seeds, and legumes	3-4 per week	4-5 per week	1.5 oz or 1/3 C nuts 1/2 oz or 2 Tbsp seeds 1/2 C cooked legumes	almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils	rich sources of energy, magnesium, potassium, protein and fiber

Choose the Leanest Proteins

CARING FOR YOUR HEART AND VASCULAR HEALTH

Make most of your choices from above the bold line.

	MEAT & POULTRY (4 oz. cooked, fat trimmed, no skin unless otherwise noted)	CALORIES	SATURATED FAT (g)	TOTAL FAT (g)	SODIUM (mg)
DAILY	Tuna, water packed	132	0	1	383
	Turkey breast	153	0	1	64
	Ground turkey breast, white meat only	146	0	1	69
	Crab Meat	114	0	1	377
	Flounder	132	0	2	89
	Veggie Burger (Soy protein)	110	0	2	382
	Lobster	122	1	1	323
	Shrimp	122	1	2	230
	Ham, Hatfield, extra lean, low salt (2 oz)	60	0	1	460
	Chicken breast	186	1	4	83
	Salmon	165	1	7	50
	Ground Turkey, 93% lean	160	2	8	75
	Egg, 1 whole	75	2	5	63
	Venison	107	2	4	129
	Turkey bacon, 4 slices (1 oz)	68	2	5	360
	Pork Tenderloin / Boneless Loin	191	2	5	77
	Cabot 50% red fat cheddar cheese (1 oz)	70	3	5	70
	Cheese (Mozzarella-part skim) (1 oz)	72	3	5	132
1X/WEEK	Ground beef, 93% lean	172	3	8	75
	Turkey, dark meat	213	3	8	79
	Veal chop, loin	200	3	8	109
	Beef top round	226	4	9	60
	Beef flank	202	4	9	50
	Ground turkey meat	226	4	10	67
	Chicken, dark meat	236	4	11	96
	Crab cake, broiled	253	4	12	510
	Filet Mignon	244	4	12	72
	1X/MONTH	Lamb Chop, loin	295	5	8
Cheese (Mozz, Cheddar, American) (1 oz)		103	5	8	233
Ground Chicken meat		240	5	9	79
Bacon, 4 slices (1 oz)		145	5	12	404
Scrapple, 2 large slices (3 oz)		195	5	12	650
Steak, T-bone		264	6	13	66
Sausage, 2 links (2 oz)		200	6	17	798
Ham, roasted		256	6	17	1066
Pork chop (loin)		296	6	18	86
Ground beef, 90% lean		292	7	18	70
Corned beef		266	7	20	1,184
Ground beef, <90% lean		310	8	21	77
Prime Rib		336	10	22	85
Spare ribs, pork		449	13	34	93

Source: Bowe's and Church's Food Values of Portions Commonly Used. L. B. Lippincott Company, 1998. Updated 2011

Spreads

CARING FOR YOUR HEART AND VASCULAR HEALTH

Choose spreads that have ≤ 1.5 grams of saturated fat per tablespoon (bolded items).

TUBS AND SQUEEZES (1 TBS.)	CALORIES	SATURATED FAT (g)	SODIUM (mg)
Promise Activ Light Spread	45	0.5	85
Promise Light Buttery Spread	45	1	85
Olivio Light Spread	50	1	90
Smart Balance Light Heart Right	50	1	80
Country Crock Light	50	1	90
Country Crock with Calcium & Vitamin D	45	1	100
I Can't Believe It's Not Butter Light	40	1	80
Fleischmann's Original	60	1	35
Parkay Fresh & Creamy	70	1.5	80
Brummel & Brown Spread Made With Yogurt	45	1.5	90
Smart Balance Light Omega 3	50	1.5	80
Smart Balance Light with Extra Virgin Olive Oil	50	1.5	70
Smart Balance Light with Flaxseed Oil	50	1.5	90
Promise Buttery Spread	80	1.5	85
Olivio Original Spread	80	1.5	95
I Can't Believe It's Not Butter Light with Olive Oil	60	2	90
Land O' Lakes Fresh Buttery Taste Spread With Olive Oil	70	2	80
Land O' Lakes Light Butter with Canola Oil	50	2	90
Land O' Lakes Butter with Olive Oil	70	2	80
Smart Balance Light Butter and Canola Oil Blend	50	2	90
Smarter Balance With Extra Virgin Olive Oil	70	2	70
Smart Balance Low Sodium	60	2	30
Best Life with Extra Virgin Olive Oil	60	2	100
Country Crock Churn Style	50	2	100
I Can't Believe It's Not Butter Original	60	2	90
I Can't Believe It's Not Butter With Olive Oil	70	2	90
Country Crock Original	50	2	100
Smart Balance Original	90	2.5	90
Smart Balance Omega-3	80	2.5	80
Olivio Coconut Spread	65	3	90
Land O' Lakes Margarine Tub	100	3	105
Land O' Lakes Whipped Butter Unsalted	50	3.5	0
Land O' Lakes Whipped Butter	50	3.5	50
Country Crock Spreadable Butter With Canola Oil	80	3.5	65
Olivio Spreadable Butter	90	3.5	70
Land O' Lakes Butter With Canola Oil	100	4	85
Kellers Salted Whipped Butter	70	4.5	55
Breakstones Salted Whipped Butter	70	4.5	55

Spreads

COOKING AND BAKING SPRAYS	CALORIES	SATURATED FAT (g)	SODIUM (mg)
Olivio Buttery Spray (5 pumps)	0	0	15
I Can't Believe It's Not Butter Olive Oil Spray (5 pumps)	0	0	0
Pam Original Spray (1 sec)	0	0	0
Smart Balance Buttery Burst Spray (1 sec)	10	0	0
STICKS (1 TBS.)	CALORIES	SATURATED FAT (g)	SODIUM (mg)
Imperial Vegetable Oil Blend Stick	70	2.5	105
Country Crock Spreadable Sticks	70	2.5	90
I Can't Believe It's Not Butter All-purpose	100	3.5	95
Kellers Salted Butter	100	7	90
Plugra Salted Butter	100	7	90
Breakstones Salted Butter	100	7	90
Land O' Lakes Salted Butter	100	7	95



Omega -3 Fatty Acids

CARING FOR YOUR HEART AND VASCULAR HEALTH

Benefits

- Decrease risk of heart disease, heart attacks, and stroke.
- Protect against irregular heartbeats that can cause cardiac-related death.
- Reduce triglycerides.
- May help reduce blood pressure.
- Keep HDL (good) cholesterol high.
- Reduce inflammation.
- May reduce pain of rheumatoid arthritis.
- Associated with lower rates of depression.

Source – primarily fatty fish



HOW MUCH DO YOU NEED?

Eat fatty fish 2 times per week
(3 oz. cooked = 1 portion)

TYPE OF FISH	SERVING SIZE PROVIDES 1.5 g OF OMEGA-3 FATTY ACIDS
Anchovies, Herring, Atlantic Mackerel, Alaskan Salmon	1 serving (3 oz)
Albacore tuna, sablefish, sardines	1 ¼ servings (3.75 oz)
Bluefin tuna, trout	1 ½ servings (4.5 oz)
Halibut	2 servings (6 oz)
Fresh water bass, oysters	2 ½ servings (7.5 oz)
Sea bass	3 servings (9 oz)
Shrimp, Pollock	3 ½ servings (10.5 oz)

Fiber

CARING FOR YOUR HEART AND VASCULAR HEALTH

Dietary fiber is the naturally occurring material in food that is not digested by humans.

HOW MUCH DO YOU NEED?

25 – 35 grams daily
(10 grams should be soluble fiber)
Look for ≥ 3 grams of fiber/serving

Soluble fiber can be found in fruits (such as apples, oranges and grapefruit), vegetables, legumes (such as dry beans, lentils and peas), barley, and oats.

- May moderate blood sugar.
- May lower LDL “bad” cholesterol by 1% for every **1-2 grams** consumed each day.



SIMPLE WAYS TO ADD FIBER TO YOUR DIET

INSTEAD OF	SUBSTITUTE
White breads/regular pastas	Whole wheat breads/pastas
White rice	Brown rice
Mashed or fried potatoes	Baked potato with skin
Fruit juices or canned fruit	Fresh or dried fruits
Potato chips	Popcorn
Refined cereals	Bran cereals/oatmeal
White flour	Whole-wheat flour
Meat, fish or poultry	Lentils/beans

Aim for 5 Fruits and Vegetables Daily

Sodium Smart

CARING FOR YOUR HEART AND VASCULAR HEALTH

Too much sodium can contribute to high blood pressure—a major risk factor for heart disease. Sodium makes the body hold on to extra water. This extra fluid may cause shortness of breath and fluid buildup in the legs, ankles, stomach or lungs and make the heart work harder.

RECOMMENDATION

≤ 1500 mg sodium/day

1 tsp of salt = 2,300 mg of sodium

Look for an entrée with <500mg sodium

Low-sodium foods

These foods are low in sodium (salt).

Main dishes

- All fresh meat, poultry and fish
- Eggs
- All fresh, frozen, canned fruit and juice
- Rice, macaroni, spaghetti (plain, prepared without salt)
- Unsalted or low-sodium soups
- Healthy Choice frozen dinners

Side dishes

- Low-sodium cheeses and cottage cheese
- Bread and cereal
- All fresh, frozen, canned no-salt vegetables
- Fresh white and sweet potatoes

Other

- Unsalted crackers
- Regular margarine (limit 3-4 teaspoons)
- Low-sodium ketchup
- Cooking oil and spray
- Salt-free nuts
- Jell-O, ice cream, sherbert
- Spices, herbs
- Sugar, honey, jam, jelly

High sodium foods

These are foods high in sodium (salt) and should be avoided or eaten less often.

Meats

- Bacon
- Bologna and other cold cuts
- Cheese
- Chipped beef
- Corned beef
- Frankfurters: beef, meat, chicken or turkey
- Ham (pork or turkey)
- Sausage
- Canned, corned, salted, smoked meats and fish
- Anchovies
- Caviar
- Soybean substitutes

Other foods

- Commercially prepared pasta (Ramen Noodles), rice and potato mixes
- Convenience entrees
- Salted pretzels, potato chips, popcorn, crackers, nuts
- Sauerkraut
- Soups: canned, dry mixes or frozen
- Chinese food made with monosodium glutamate (MSG)

Seasonings

- Ketchup
- Chili sauce
- Meat tenderizers
- Mustard
- Olives
- Pickles
- Soy sauce
- Vegetable salts: celery, garlic, onion, seasoned salt
- Worcestershire sauce

Sodium content of beverages

You need to include the sodium in beverages you drink with your daily salt allowance.

Low: 0 – 20 mg

- Water
- Fruit juices
- Coffee & tea
- Carbonated beverages
- Beer & wine
- No-added-salt vegetable juices and broths

Medium: Less than 150 mg

- Milk
- Lower-sodium vegetable juice and broths

High: Greater than 300 mg

- Vegetable juices
- Regular broths
- Mixed alcohol drinks

Sodium-free Flavoring Tips

When cooking, the following items may be used for flavoring instead of salt or seasonings that contain sodium.

Remember: A little bit of spice goes a long way. Be careful not to over-season.

Spice Blend Recipe (makes about 1/3 cup)

- 5 tsp onion powder
- 2 ½ tsp garlic powder
- 2 ½ tsp paprika
- 2 ½ tsp dry mustard
- 1 ½ tsp crushed thyme leaves
- ½ tsp white pepper



TYPE OF FOOD	FLAVORINGS THAT WORK WELL WITH TYPE OF FOOD
Beef	Basil, bay leaf, caraway, curry, dill, dry mustard, garlic, grape jelly, green pepper, mace, marjoram, mushrooms (fresh), nutmeg, onion or onion powder, parsley, pepper, rosemary, sage
Chicken	Basil, cloves, cranberries, mace, mushrooms (fresh), nutmeg, oregano, paprika, parsley, pineapple, sage, saffron, savory, tarragon, turmeric, thyme, tomato
Eggs	Chervil, curry, dill, dry mustard, garlic or garlic powder, green pepper, jelly, mushrooms (fresh), nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato
Fish	Basil, bay leaf, chervil, curry, dill, dry mustard, green pepper, lemon juice, marjoram, mushrooms (fresh), paprika, pepper, tarragon, tomato, turmeric
Lamb	Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme
Pork	Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme
Veal	Apricots, basil, bay leaf, currant jelly, curry, ginger, marjoram, mushrooms (fresh), oregano, paprika
Vegetables	Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, sugar or sugar substitute, salt-free salad dressing, vinegar
Desserts	Allspice, anise, cinnamon, cloves, ginger, mace, nutmeg, vanilla extract, other extracts

Source: American Dietetic Association

Sugar Savvy

CARING FOR YOUR HEART AND VASCULAR HEALTH

Limiting sugar intake may help control blood sugar, triglycerides, and body weight.

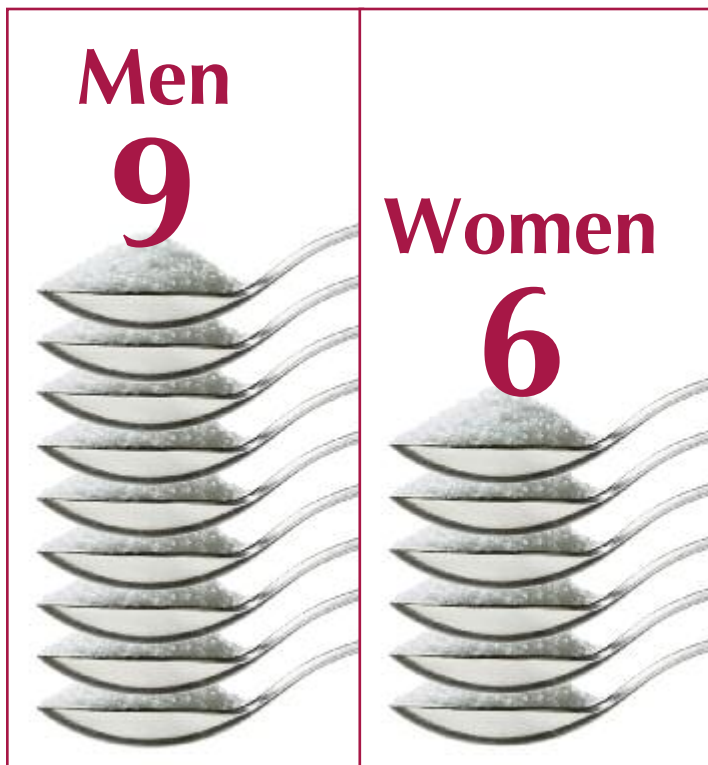
Added and Natural Sugars

Naturally occurring sugars are found naturally in foods such as fruits and milk. Added sugars are sugars and syrups added to foods during preparation or processing or at the table.

- Look for products with < 6 grams of sugar per serving, except yogurt, milk, and fruits, which should have < 15 grams of sugar per serving (since they have some natural sugar).
- Look for ingredients such as maltose, sucrose, high fructose corn syrup, molasses, cane sugar, raw sugar, syrup, honey and fruit juice concentrates to determine if a product has added sugar.

Tips for Reducing Sugar:

- Buy sugar-free or low-calorie beverages.
- Consider using artificial sweeteners (Splenda, Stevia, Sweet & Low, Equal, and other brands).
- Buy fresh fruits or canned fruits in water or natural juice and avoid fruit canned in syrup.
- When baking cut the sugar in the recipe by $\frac{1}{3}$ and replace with unsweetened applesauce.



DAILY LIMIT

- 6 tsp (~24 grams) of added sugar for women
- 9 tsp (~36 grams) of added sugar for men

NOTE: A 12 oz can of soda has 8 tsp (~32 grams) of added sugar

Reading Food Labels

CARING FOR YOUR HEART AND VASCULAR HEALTH

HOW TO READ A FOOD LABEL

Carefully reading food labels can help you make healthy, nutrient-rich food choices.

Nutrition Facts
 Serving Size 1 cup (228g)
 Servings Per Container 2

Amount Per Serving
Calories 260 Calories from Fat 120

Total Fat 13g 20%
 Saturated Fat 5g 25%
 Trans Fat 2g

Cholesterol 30mg 10%
Sodium 660mg 28%

Total Carbohydrate 31g 10%
 Dietary Fiber 0g 0%
 Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%
 Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.
 Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Callout Boxes:

- Be sure to check the serving size and servings per container.
- Calories listed are per serving.
- Limit these. See bottom of label. Sodium <500mg per entrée.
- Read ingredient list. Avoid foods with sugar as one of the first three ingredients.
- Note that fat has more than twice the calories per gram as carbohydrate or protein.
- Should be less than 30% of calories. *
- % Daily Value is based on a 2,000 calorie diet.
- Trans fat should be limited. Avoid foods with "partially hydrogenated oil" listed in the ingredients.
- 3g or more indicates a good source of fiber. Aim for 25-35g per day.
- Choose foods with high values of these key nutrients. (10% or more).

*Ex. $120(\text{fat calories}) / 260(\text{total calories}) \times 100 = 46\% \text{ fat}$ – this food is too high in fat.

Cooking Tips and Recipe Substitutions

CARING FOR YOUR HEART AND VASCULAR HEALTH

Ways to reduce fat when cooking

- Roast—with a rack so meat or poultry doesn't sit in its own fat drippings. Baste with fat-free liquids like wine, tomato juice or lemon juice.
- Bake—in covered cookware with a little extra liquid.
- Grill or Broil—on a rack so fat drips away from the food.
- Stir-fry—in a wok with peanut oil.
- Microwave—needs no extra fat!
- Steam—in a basket over simmering water.
- Sauté—in an open skillet over high heat. Use non-stick vegetable spray, a small amount of broth, wine or canola oil.
- Poach—by immersing chicken or fish in simmering liquid.
- Braise or Stew—with more liquid than baking, on top of the stove, or in the oven. Refrigerate the cooked dish and remove the chilled fat before reheating.

HEART HEALTHY COOKBOOKS

- **Diabetes & Heart Healthy Meals for Two**
- **AHA Low-Fat, Low-Cholesterol, 4th edition**
- **AHA Low-Salt Cookbook, 3rd edition**
- **www.smartbalance.com**



HEART-HEALTHY RECIPE SUBSTITUTIONS

INSTEAD OF	SUBSTITUTE
Butter	Soft spread margarine
Salt	Fresh herbs and spices
Whole milk	Skim or 1%
Whole egg	Egg substitute or 2 egg whites
Oil in baking	Applesauce
Sour cream	Low-fat yogurt, cottage cheese or Greek yogurt
Ground beef	Lean ground turkey
Cream cheese	Low-fat ricotta cheese
Sugar	½ less sugar, sugar substitutes, fruit puree, etc.

Dining Out

CARING FOR YOUR HEART AND VASCULAR HEALTH

TYPE OF MEAL	INSTEAD OF	TRY
Breakfast	<ul style="list-style-type: none"> ■ Pancakes ■ Fried eggs ■ Bacon or sausage ■ Croissant, pastry, muffin 	<ul style="list-style-type: none"> ■ Whole-grain waffle with fresh fruit ■ Omelette with veggies ■ Lean ham or Canadian bacon ■ Whole-wheat bagel or toast with low-fat cream cheese
Chinese	<ul style="list-style-type: none"> ■ Egg rolls or fried wontons ■ Fried entrees ■ Dishes with cashews or peanuts ■ Fried rice 	<ul style="list-style-type: none"> ■ Steamed dumplings ■ Boiled, broiled, steamed or lightly stir-fried entrees ■ Dishes with lots of vegetables ■ Steamed rice ■ Edamame
Family Restaurants	<ul style="list-style-type: none"> ■ Cream soups ■ Buffalo wings ■ Fried chicken sandwich ■ French fries ■ Creamy coleslaw ■ Hot fudge sundae 	<ul style="list-style-type: none"> ■ Broth-based soups ■ Peel-and-eat shrimp ■ Grilled chicken sandwich ■ Baked potato ■ Non-fat yogurt
Fast Food	<ul style="list-style-type: none"> ■ Jumbo cheeseburger ■ Fried chicken or tacos ■ French fries ■ Potato chips ■ Milkshake 	<ul style="list-style-type: none"> ■ Kids meal burger ■ Grilled chicken or salad bar ■ Baked potato ■ Fresh fruit ■ Diet soft drink
French	<ul style="list-style-type: none"> ■ French onion soup ■ Hollandaise, Mornay, Béarnaise sauces ■ Creamy “au gratin” potato dishes ■ Chocolate mousse 	<ul style="list-style-type: none"> ■ Mixed green salad with vinaigrette ■ Wine-based sauces ■ Lightly sautéed, crisp vegetables ■ Peaches in wine
Italian	<ul style="list-style-type: none"> ■ Fried calamari ■ Cheese or meat-filled pastas or casserole-type dishes ■ Pasta with butter or cream sauce ■ Any scallopine or parmigiana 	<ul style="list-style-type: none"> ■ Roasted peppers ■ Minestrone soup ■ Marinara, white or red clam sauce ■ Piccata dishes
Mexican	<ul style="list-style-type: none"> ■ Flour tortillas ■ Nachos ■ Refried beans ■ Quesadillas ■ Flautas and Chalupas ■ Taco salad with hard shell 	<ul style="list-style-type: none"> ■ Corn tortillas ■ Grilled shrimp ■ Spanish rice ■ Chicken fajitas ■ Soft Chicken Taco ■ Black beans or pinto beans
Steakhouses	<ul style="list-style-type: none"> ■ Fatty cuts of meat—rib eye, porterhouse, T-bone, prime rib ■ Caesar or marinated salad ■ Fried vegetables 	<ul style="list-style-type: none"> ■ Leaner cuts of meat—London broil, filet mignon, round or flank steak, tenderloin ■ Greens salad

Source: American Heart Association

Christiana Care is a private not-for-profit regional health care system and relies in part on the generosity of individuals, foundations and corporations to fulfill its mission. To learn more about how you can support our mission, please visit christianacare.org/donors.



CHRISTIANA CARE
HEALTH SYSTEM

Center for Heart & Vascular Health

www.christianacare.org/heart