



HEART HEALTHY DIET



Heart Healthy Diet 8 steps to prevent heart disease

- 1 Control your portion size
- 2 Eat more vegetables and fruits
- 3 Select whole grains
- 4 Limit unhealthy fats and cholesterol
- 5 Choose low-fat protein sources
- 6 Reduce the sodium in your food
- 7 Plan ahead by creating daily menus
- 8 Allow yourself an occasional treat

Types of Fiber

Soluble fiber

- Gelatinous texture
- Has soothing properties that protect the stomach from gastritis and heartburn
- Helps to treat constipation and to reduce cholesterol
- Contained in fruits, vegetables, legumes, seaweed and oatmeal

Insoluble Fiber

- Dry Texture (wheat bran)
- Satisfies the appetite and has a laxative effect (helps prevent obesity)
- Reduces cholesterol
- Contained in whole grains, nuts and seeds



Type of Fat	Main Source	State at Room Temperature	Effect on Cholesterol Levels
Monounsaturated	Olives, olive oil, canola oil, peanut oil; cashews, almonds, peanuts and most other nuts; avocados	Liquid	Lowers LDL Raises HDL
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	Liquid	Lowers LDL Raises HDL
Saturated	Whole milk, butter, cheese, ice cream; red meat; chocolate; coconuts, coconut milk, and coconut oil	Solid	Raises both LDL and HDL
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried chips; many fast foods; most commercial baked goods	Solid or semi-solid	Raises LDL Lowers HDL

Cholesterol

Total Cholesterol

Desirable: Less than 200 mg/dL
Borderline High: 200-239 mg/dL
High: 240 mg/dl or greater

LDL Cholesterol "Bad"

Desirable: Less than 100 mg/dL
High: 160 mg/dL or greater

HDL Cholesterol "Good"

Low: Less than 40 mg/dL (men)
Less than 50 mg/dL (women)
Desirable: 60 mg/dL or greater

Triglycerides

Normal: Less than 150 mg/dL
High: 200 mg/dL or greater

Blood Pressure

High

Systolic 140 or above OR
Diastolic 90 or above

Pre-High

Systolic 121-139 OR
Diastolic between 81-89

Normal

Systolic 120 or less AND
Diastolic 80 or less