

# 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



Whole Grains • 6-11 Servings (4 cups)

Fruits • 2-4 Servings (2 cups)

**Vegetables** • 3-5 Servings (2 1/2 cups)

**Lean Protein** • 2-3 Servings

**Low Fat Dairy** • 2-3 Servings

Fats • 65g Total Fat (<20g Saturated Fat)



The heart of healthcare

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# HEART HEALTHY DIET



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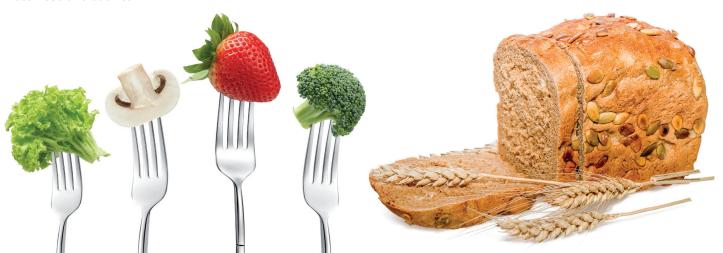
# **Types of Fiber**

#### 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, cononut 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

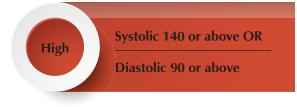
#### HDL Cholesterol "Good"

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**



Pre-High

Systolic 121-139 OR

Diastolic between 81-89



**Systolic 120 or less AND** 

Diastolic 80 or less