

Let's Have a Heart to Heart...

February is National Heart Month!

Healthy Eating Tip of the Month February 2016

DID YOU KNOW?

Nearly 84 million Americans suffer from cardiovascular disease (CVD), which includes coronary heart disease, heart failure, stroke, and high blood pressure. CVD or heart disease is the leading killer for both men and women in the United States. About 610,000 people die of heart disease every year in the U.S.—that's one in four people!



February is National Heart Month to help **increase America's awareness** of this epidemic killer and provide you with resources to **prevent heart disease** or **prevent symptoms from worsening**. Several of the risk factors associated with CVD are preventable with lifestyle changes. **Knowledge is power!**

Blood Pressure

DID YOU KNOW?

Uncontrolled high blood pressure is one of the leading causes of heart disease and stroke— according to the CDC, more than 67 million Americans have high blood pressure! High blood pressure increases your risk of stroke four-fold and your risk of death three-fold!

What is high blood pressure?

Blood pressure is a measure of the force of blood pumping against your artery walls. High blood pressure, then, is when the blood is pumping with too much force, which can cause damage to the arterial walls.



How is it measured?

Blood pressure is measured with two numbers: the first is the pressure when your heart beats (systolic pressure). The second is the pressure when your heart is in between beats (diastolic pressure.)

What is Normal? What is High?

Normal Blood Pressure: 120/80 mmHg

Prehypertension: 120-139/80-89 mmHg

Stage 1 Hypertension: 140-159/90-99 mmHg

Stage 2 Hypertension: >160/>100 mmHg

DASH for Heart Health!

- ♥ Research has shown the DASH Diet lowers high blood pressure and improves blood lipids- your LDL, HDL, cholesterol and triglyceride levels.



DASH stands for

Dietary Approaches to Stop Hypertension.

The DASH diet is a set of nutrition guidelines intended to treat or prevent high blood pressure (hypertension). The DASH diet emphasizes the inclusion of fruits, vegetables, low-fat dairy, whole grains, nuts, fish and poultry. The diet encourages the limitation of sodium, red meats, sugars and added sugars, saturated fats, cholesterol, and total fat. Following the DASH diet, you can see a drop in your blood pressure in just 2 weeks!

| Food Group | Daily Servings | Example Serving Size |
|---------------------------|--------------------|---|
| Grains | 6-8 | 1 slice bread, 1/2 c cooked pasta, rice |
| Vegetables | 4-5 | 1/2 c cooked, 1 cup raw |
| Fruits | 4-5 | 1 medium fruit, 1/4 c dried fruit, 1/2 cup fresh, frozen, can |
| Fat-free or low-fat dairy | 2-3 | 1 cup milk or yogurt, 1 oz cheese |
| Lean meats, fish, poultry | 6 or less | 1 oz cooked meat, poultry, or fish 1 egg |
| Nuts, seeds, legumes | 4-5 per week | 2 tbsp. peanut butter, 1/3 cup nuts, 1/2 c legumes |
| Fats and oils | 2-3 | 1 tsp oil, 2 tbsp. salad dressing |
| Sweets and Added Sugars | 5 or less per week | 1 tbsp. jelly, sugar 1/2 c sorbet |

[//www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf](http://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf)

Shaking the Salt Habit

Sodium and Heart Health?

Sodium is an electrolyte that the body needs for proper fluid balance within the body and muscle contractions. However, when consumed in excess, it can cause the body to hold onto to water, which increases blood volume, and causes the heart to work harder to pump blood through the body. This can cause high blood pressure or hypertension. The easiest way to prevent this extra strain on your heart is to reduce your dietary intake of sodium.



How much?

The American Heart Association recommends aiming for about 1500 mg of sodium per day. The average American has about 3400 mg per day– more than double the recommendation!

Tips to Help You Cut Back

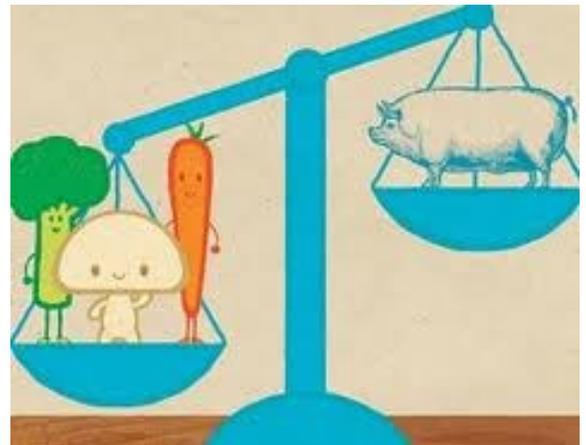
1. **Set down the salt shaker! One teaspoon of salt is 2300 mg of sodium!**
2. **Read labels! Packaged foods, especially frozen meals, soups, etc. are often loaded with sodium.**
3. **Opt for fresh or frozen over canned produce– or look for no salt added options!**
4. **Opt for fresh or frozen meats and poultry over canned or processed.**
5. **Use herbs, spices, and salt-free seasoning blends to flavor your food.**
6. **Limit salty snacks like chips and pretzels.**
7. **Choose unsalted nuts, seeds, dried peas or lentils.**
8. **Cut back on sodium rich condiments like soy sauce, ketchup, and mustard.**



Less Meat for a Stronger Heart

Why Go Meatless?

Animal products, like beef, pork, poultry with skin, butter, cheese and full-fat dairy, contribute to the majority of a typical American's saturated fat intake. A high saturated fat intake raises your cholesterol and contributes to an increased risk of heart problems. Reducing your intake of meat by eating meatless meals a few times a week can help to lower your cholesterol and can reduce your risk of cardiovascular disease, because you will inevitably be lowering your saturated fat intake.



Tips for Cutting Back

- ⇒ Get creative! Pick a fruit or a veggie you love and find a way to make it the entrée.
- ⇒ Try new things! Be open to new recipes and new ingredients.
- ⇒ Go to a vegetarian restaurant! It can open your eyes to meatless meal ideas and inspire you to try something new.
- ⇒ Stock up on meatless alternatives that you like! Try low-sodium beans, unsalted nuts, whole grains, and tofu!
- ⇒ Keep on hand a few convenient meals, like frozen veggie burgers and vegetarian microwave meals– but watch for sodium and fat

Resources

The American Heart Association:

www.heart.org/

The National Heart, Lung, and Blood Institute:

www.nhlbi.nih.gov/

Mayo Clinic:

[http://www.mayoclinic.org/diseases-conditions/heartdisease/
in-depth/heart-healthy-diet/art-20046702](http://www.mayoclinic.org/diseases-conditions/heartdisease/in-depth/heart-healthy-diet/art-20046702)

The Academy of Nutrition and Dietetics:

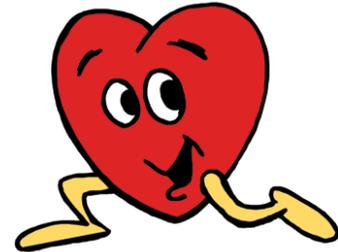
www.eatright.org

MyPlate Website:

<http://www.choosemyplate.gov/index.html>

<http://www.choosemyplate.gov/supertracker-tools.html>

Healthy Heart



Healthy You



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