

February is National Heart Health Month

Healthy Eating Tip of the Month February 2019

All About Sodium:

What is Sodium?	How Much is too Much Sodium?
Sodium is one of the electrolytes your body needs in relatively small amounts in order to maintain water balance, muscle contraction and nervous system function.	The American Heart Association™ recommends no more than 2300 mg of sodium per day. That is equal to just one teaspoon of table salt!

Naturally Low Sodium Foods to Choose:	Higher Sodium Foods to Limit:
Fruits	Canned Foods
Vegetables	Cold Cuts & Cured Meats
Whole Grains	Soup
Herbs & Spices	Frozen Meals
Lean Meats (without skin or marinade)	Condiments (ketchup, soy sauce, mayonnaise)
Rinsed Beans, Peas, Lentils	Salty Snacks (pretzels, chips, popcorn)

Label Reading

Salt/Sodium Free:

< 5mg of sodium per serving

Very Low Sodium:

35mg of sodium or less per serving

Low Sodium:

140mg of sodium or less per serving

Reduced Sodium:

At least 25% lower sodium than original product

Light in Sodium or Lightly Salted

At least 50% less sodium than original product

No Salt Added or Unsalted

No salt is added during processing, but these products may not be salt/sodium free unless stated

Food and Drug Administration

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Academy of Nutrition and Dietetics



Sodium and Blood Pressure

A diet high in sodium can contribute to high blood pressure, which is a risk factor for **Cardiovascular Disease**. Hypertension can lead to heart attacks, heart failure, kidney failure, stroke, and blindness.

Reducing sodium intake can help reduce blood pressure by decreasing the amount of fluid retained by the body, and therefore the amount of work the heart has to do to pump blood throughout the body.

DASH Diet

Dietary Approaches to Stop Hypertension

Grains	6-8 servings/day
Meats, poultry, fish	6 oz or less
Vegetables	4-5 servings/day
Fruits	4-5 servings/day
Low fat/fat free dairy	2-3 servings/day
Fats and oils	2-3 servings/day
Sodium	< 2,300 mg/day
Nuts, seeds, dry beans, poultry	4-5 servings/week
Sweets	< 5 servings/week

The DASH diet has been shown to reduce many of the risk factors for Cardiovascular Disease. DASH stands for Dietary Approaches to Stop Hypertension.

When selecting recipes that follow the DASH diet/are heart healthy, it is important to choose foods that are low in saturated fat and sodium, and high in potassium, calcium, magnesium, fiber and protein. The food groups and servings to pay attention to are listed to the left.

“DASH is a flexible and balanced eating plan that helps create a heart healthy eating style for life.”
(1)

DASH diet combined with other lifestyles changes, such as increased physical activity, can help in controlling blood pressure and improve LDL-cholesterol levels.

Tips to Reduce Sodium

- Prepare more foods/meals at home
- Season with herbs and spices
- Rinse canned foods containing sodium
- Pick fresh or frozen poultry that hasn't been injected with sodium
- Flavor with vinegar or citrus (lemon, lime)
- Pay attention to food labels
- Eat lots of naturally low sodium foods like fresh fruits and vegetables

The Facts on Fat

The American Heart Association™ recommends replacing saturated and trans fats with unsaturated fats as part of a healthy eating plan.

Adapted from the American Heart Association™. Learn more at heart.org/eatsmart

LOVE IT

Unsaturated fats
(poly & mono)

- Lowers rates of cardiovascular and all-cause mortality
- Lowers “bad” cholesterol & triglyceride levels
- Provides essential fats your body needs because it can’t produce



Examples: olive oil, salmon, avocado, nuts

LIMIT IT

Saturated fat

- Consumed consistently in large amounts, increases risk of cardiovascular disease
- Raises “bad” cholesterol levels



Examples: butter, cheese, heavy cream, fatty meats, coconut oil

LOSE IT

Artificial trans-fat,
hydrogenated oils &
tropical oils

- Consumed consistently in large amounts, increases risk of heart disease
- Raises “bad” cholesterol levels



Examples: some sweets (donuts, cake, biscuits, cookies, etc.), stick margarine

Four Good Ways to Get Good Fats

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower “bad” cholesterol and triglyceride levels, while providing essential nutrients your body needs.

Here are four ways to get more of the good fats!

Adapted from the American Heart Association™. Learn more at heart.org/healthyforgood

GO FISH

- Eat 8 ounces of fish each week
- Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega 3 fatty acids

- Munch on a small handful (about 1 oz) of unsalted nuts and seeds for good fats, energy, protein and fiber
- Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts

BE NUTTY

ADD AVOCADO

- Snack, cook and/or bake with avocado to add healthy fats, fiber and essential vitamins and minerals

- Use cooking and dressing oils that are lower in saturated fat
- Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils

CHECK THE OILS

Heart Healthy Recipes

For more recipe ideas, visit:

<https://recipes.heart.org/>

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/live-healthy/heart-healthy-recipes/>

Grain Bowls

Low in Sodium & Saturated Fat, High in Vitamins & Flavor

Step One: Greens

Start with a few big handfuls of your favorite leafy greens.

Step Two: Grains

Next, add 1/2 cup of cooked whole grains such as brown rice or quinoa.

Step Three: Add Beans or Legumes

Then, add 1/2 cup of cooked beans or legumes like black beans, edamame, or chick peas.

Step Four: Top with Veggies

Add lots of chopped veggies to add color! Some favorites are cucumbers, tomatoes, peppers, mushrooms, cucumbers, etc.

Step Five: Sprinkle with Healthy Fats

Crumbled or grated cheese, chopped nuts, or avocado add satisfying flavor and texture.

Step Six: Finish with Dressing

Finish off your grain bowl with dressing, such as a vinaigrette

Butternut Squash Soup

From the American Heart Association™

Ingredients:

- 2 tsp canola oil
- 2 medium shallots (chopped)
- 1 medium butternut squash (peeled and cubed)
- 3 cups fat-free, low-sodium vegetable broth
- 2 tsp gingerroot
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/3 cup fat free half and half
- 1/4 tsp nutmeg

Directions:

1. Heat oil in pressure cooker and sauté shallots for 3 minutes.
2. Stir in squash, broth, gingerroot, salt and pepper. Secure lid and cook on high pressure for 20 minutes.
3. Allow soup to cool slightly, then transfer in batches to a blender and puree until smooth. Return to pressure cooker.
4. Stir in half and half and cook on sauté for 2-3 minutes or until heated. Serve and top with nutmeg

References

<https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm315393.htm>

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

<https://www.heart.org/>

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