

The background features a light cream color with several abstract shapes: a large orange blob at the top center, a red blob on the left, a pink blob at the bottom, and a red circle on the right. There are also green leafy branches in the top-left and bottom-right corners. The text is centered within the orange blob.

# Heart Healthy Eating

**FEBRUARY**

2021

# Mediterranean Diet

The mediterranean diet is a heart healthy and plant based diet that focuses on:



## High **Fruits and Vegetable** intake

Make your plate colorful and add a variety of fruits and veggies daily. Try cooking them in different ways such as roasting, sauteing, and steaming!



## High **Whole Grain** intake

Include whole grain breads, pasta, rice, couscous, bulgur, and other grains daily!



## High **Healthy Fat** intake

Include daily unsaturated fats such as olive oil, avocados, salmon, tuna, mackrel, etc.



## Moderate **Eggs and Poultry** intake

Incorporate lean, skinless poultry and eggs a few times a week!



## Moderate **Dairy** intake

Add low fat cheeses and yogurts a few times a week!



## Daily **Physical Activity**

Add moderate activity daily such as walking, jogging, swimming, and biking.

Low **Sweets and red meat** intake  
Incorporate these less frequently in smaller amounts!



## HEART HEALTHY MEDITERRANEAN GRAIN BOWL

### Ingredients:

- 1 zucchini squash, sliced
- 2 tbsp olive oil
- 2-3 cups cooked farro
- 2 cups cooked brown lentils
- 2 cups canned chickpeas
- 2 cups cherry tomatoes, halved
- 2 avocados, pitted and sliced
- 1 cup fresh parsley
- 1 cup pitted kalamata olives
- 1/2 cup feta cheese

### Dressing:

- 1/3 cup olive oil
- 2 tbsp lemon juice
- 1 minced garlic clove
- 1 tsp dijon mustard
- 1 tsp salt

### Directions:

- Heat 2 tbsp olive oil over medium high heat. Add zucchini and cook until tender.
- Prepare the dressing by mixing olive oil, lemon juice, minced garlic, dijon mustard, and salt until combined.
- Divide farro, lentils, and chickpeas evenly among four dinner bowls. Add zucchini, tomatoes, avocado, parsley, and kalamata olives, and 2 tbsp dressing to each bowl.
- Sprinkle feta cheese on top.
- Enjoy!

# All About Fats!

## LDL vs HDL Cholesterol

**LDL:** takes cholesterol to arteries where it may build up and cause a heart attack

**HDL:** helps the body get rid of excess cholesterol so it doesn't end up in the arteries. It decreases the risk of heart attacks

**Eat foods that increase HDL cholesterol!**

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| 16 servings per container     |                      |
| <b>Serving size</b>           | <b>1 Tbsp. (21g)</b> |
| Amount per serving            |                      |
| <b>Calories</b>               | <b>60</b>            |
|                               | % Daily Value*       |
| <b>Total Fat</b> 0g           | <b>0%</b>            |
| Saturated Fat 0g              | <b>0%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 0mg             | <b>0%</b>            |
| <b>Total Carbohydrate</b> 17g | <b>6%</b>            |
| Dietary Fiber 0g              | <b>0%</b>            |
| Total Sugars 17g              | <b>34%†</b>          |
| <b>Protein</b> 0g             |                      |
| Vitamin D 0mcg                | 0%                   |
| Calcium 0mg                   | 0%                   |
| Iron 0mg                      | 0%                   |
| Potassium 0mg                 | 0%                   |

\* 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.  
† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

## HEALTHY FATS

### Monounsaturated fat:

- increase HDLs
- Foods: olive and canola oil, nuts, nut butters, avocado

### Polyunsaturated fat:

- include omega 3's
  - increase HDLs
  - Foods: fatty fish (salmon, herring, sardines), flaxseed, chia seed

## OTHER FATS

### Saturated fat:

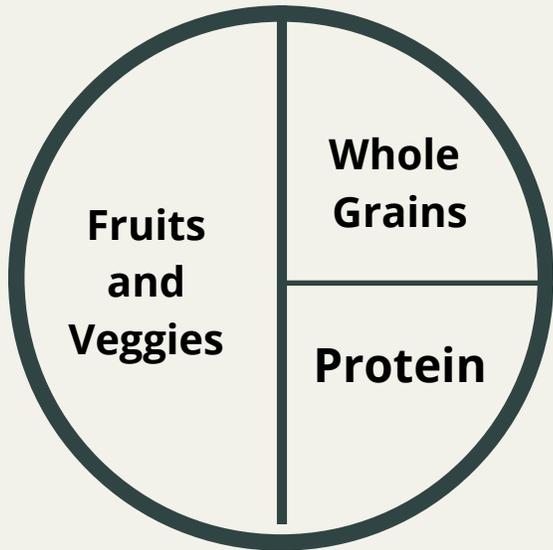
- These fats are solid at room temperature
- Raise LDL cholesterol
- Foods: animal products (butter, milk, beef, poultry, cheese,

### Trans fat:

- Often listed as "partially hydrogenated"
- Raise LDLs and lower HDLs
- Foods: Fried foods, cakes, pies, cookies

20-35% of daily calorie intake should be from fats with fewer than 10% coming from saturated/trans fats

# Heart Healthy Plate



## Dairy

- Aim for 3 servings dairy/day



## **One serving dairy=**

- 1 cup milk*
- 1 cup yogurt*
- 1-2 oz cheese*

## Make 1/2 the plate Fruits and Veggies

- Include 5 or more servings of veggies/day and 3 servings of fruit/day

## **One serving fruit=**

- 1 small apple*
- 1 cup berries*
- 1/2 medium grapefruit*



## **One serving veggies=**

- 1 cup leafy greens*
- 1 cup raw veggies*
- 1/2 cup cooked veggies*



## Beverages

- Drink mostly water or other calorie free drinks such as carbonated water, coffee, tea, diet drinks



## Make 1/4 the plate whole grains

- include 6 oz grains/day

## **1 oz grain=**

- 1 slice bread*
- 1/2 hamburger or hotdog bun*
- 1/2 cup cooked cereal*
- 3 cups popped popcorn*



## Make 1/4 the plate protein

- Include 6 oz/day protein

## **1 oz protein=**

- 1/4 cup cooked beans*
- 1 oz cooked or canned lean meat, poultry, seafood*
- 1 egg*



# Heart Healthy Habits

It's important to form habits that support heart health. Here are some helpful tips:

## Cooking Tips:

- Try different herbs and spices to enhance flavor and limit the need for salt
- Use olive oil instead of butter when cooking
- Try baking, roasting, stir-frying rather than frying foods

## Grocery Store Tips:

- Buy whole grain bread, pasta, and cereals
- Buy low fat dairy products such as 0% greek yogurt and skim milk
- Choose meats that are 90% lean or more
- Buy heart healthy snacks like nuts, veggies, popcorn, and fruit

## Tips to Increase Veggies:

- Make half your plate fruits and veggies
- Use veggies as the base of your meal rather than the meat/protein
- Add veggies to soups, pizza, sandwiches, etc.
- Blend greens into smoothies

# OTHER MODIFIABLE LIFESTYLE FACTORS

## Increase physical activity

- **Aerobic**

- Aerobic exercise includes activities such as walking, swimming, and cycling
- It improves circulation which lowers heart rate, blood pressure, and heart disease risks



- **Resistance Training**

- Resistance training includes free weights, resistance bands, weight lifting, push-ups, squats, etc.
- It helps raise HDL cholesterol and decrease LDL cholesterol



*Try to incorporate 30 minutes a day of aerobic and/or resistance training to improve heart health!*

## Stop smoking

- Smoking damages the heart and blood vessels and increases the risk for high blood pressure, heart attack, coronary heart disease, and more.



## Reduce stress

- Stress increases the hormone cortisol, which can lead to an increased risk of heart disease
- Exercise and yoga/meditation are a couple ways to help decrease stress.



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