

EAT HEALTHY

Eating well for a healthy heart





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Eating Well for a Healthy Heart

For people living with heart disease and their caregivers

Read this booklet to know:

- What a heart-healthy diet is
- Why it is important to eat a heart-healthy diet
- How to make healthy food choices every day

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Eating the Mediterranean Way

What it is

What is the Mediterranean way?

There are powerful health benefits to eating in the traditional way of people living around the Mediterranean Sea. This includes eating healthy foods, enjoying meals with others and having an active lifestyle.

How will this help my heart?

Eating the Mediterranean way can:

- Help control your blood pressure, blood cholesterol and blood sugars
- Lower your chance of developing health problems including heart disease, stroke, diabetes, and some cancers
- Lower your chance of having another heart attack

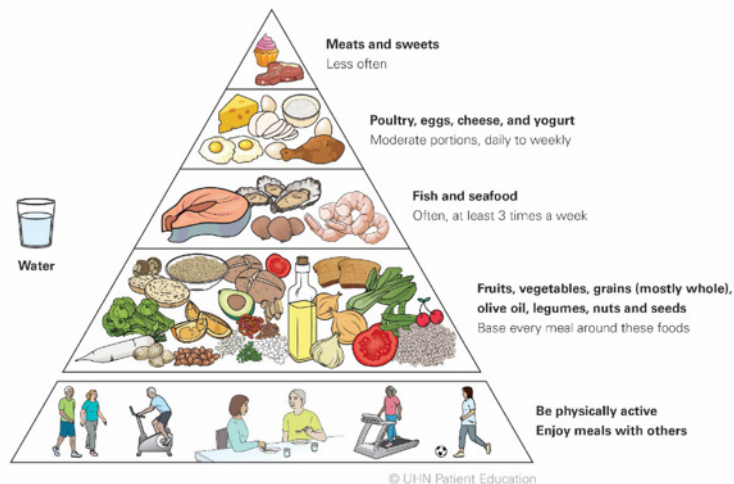
Eating the Mediterranean way includes:

- Lots of foods from plants (fruits, vegetables, whole grains and legumes)
- Eating fish and seafood more often
- Choosing healthy fats such as olive oil, nuts, and seeds regularly
- Having dairy, poultry, and eggs in moderation
- Having very little red meat (beef, pork, lamb) and sweets

How to eat the Mediterranean way

How do I eat the Mediterranean way?

There is no right way to do this. You can choose foods that you like, using the pyramid as your guide (shown in the next image). Everyday foods and activities are at the base of the pyramid, along with olive oil. Foods closer to the top should be chosen less often.



The 11 steps to eating the Mediterranean way:



1. Cook at home more often

- Use fresh, whole food ingredients to make your favorite dishes
- Avoid processed or prepared foods
- Eat out or get take out less often

2. Eat fruits and vegetables every day

- Fruits and vegetables are packed with heart healthy nutrients like vitamins, minerals, fibre and antioxidants. Antioxidants protect the cells in your body from damage that could lead to health problems
- Eat a variety of fruits and vegetables every day to lower your risk of heart attack, stroke and some cancers


Tip: Fill half your plate with vegetables at lunch and dinner.

	How much a day?	What is a serving?
Fruits 	3 or more servings	1 medium fruit ½ cup fruit
Vegetables 	5 or more servings	½ cup cooked, raw or frozen vegetables 1 cup leafy greens

3. Choose whole grains regularly

- Whole grains contain insoluble fibre that keeps your bowels regular and makes you feel full. Some whole grains also contain soluble fibre that helps lower cholesterol and manage blood sugar

Tips: Choose a whole grain cereal like oatmeal for breakfast, instead of processed cereals. At main meals, fill at least $\frac{1}{4}$ of your plate with whole grains.

Whole grains 	One portion is: $\frac{1}{2}$ cup barley, farro, quinoa, bulgur, buckwheat, brown, or wild rice, freekeh $\frac{3}{4}$ cup cooked oatmeal (large flake or steel cut) $\frac{1}{2}$ cup whole grain pasta 1 slice 100% whole grain bread $\frac{1}{2}$ small whole grain pita or tortilla
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4. Have legumes at least 3 times a week

- Legumes are rich in fibre, vitamins, minerals and protein
- Legumes contain soluble fibre that helps lower cholesterol and control blood sugar
- Legumes can help control blood pressure because they are high in nutrients like magnesium and potassium

Tips: Use legumes as an alternative to meat. Sprinkle them on salads, add them to soups or enjoy them as a healthy snack.

Legumes



Beans, split peas, lentils, chickpeas, soybeans (tofu, tempeh and edamame)

One portion is: $\frac{3}{4}$ cup cooked legumes

5. Include healthy fats with all meals

- Extra virgin olive oil is a high quality, healthy oil. Use extra virgin olive oil every day

Tips: Dip whole grain bread into olive oil, instead of using butter. Brush fish or vegetables with olive oil before broiling or grilling.

Healthy fats



6. Enjoy nuts each week

- Nuts are a source of healthy fats. Eating them regularly can help lower cholesterol
- Eating one portion of nuts 3 or more times a week (as part of eating the Mediterranean way) can lower the risk of heart events in people at risk

Nuts



Portion size is important because nuts contain a lot of energy (calories).

One portion is:

1 oz dry roasted, raw, or unsalted nuts (This is about $\frac{1}{4}$ cup or a small handful)

2 tablespoons of all natural nut butter (such as peanut or almond butter). Choose ones that are '100% nuts' with no other ingredients.

7. Choose fish and seafood at least 3 times a week

- Fish and seafood contain healthy fats, which help prevent heart disease
- Choose fatty fish such as tuna, salmon, herring and sardines
- Choose seafood such as clams, scallops, oysters and mussels

Fish and Seafood




Choose fresh, frozen or canned.

Choose canned fish or seafood that is packed in water and labelled 'low sodium'.

One portion is: 3 to 4 oz This is about the size of a deck of cards

8. Have 2 to 3 servings of milk or alternatives each day

- Milk products (such as milk, yogurt and cheese) and alternatives (such as soy beverage) contain calcium, vitamin D and protein that keep bones healthy. And can also help to lower or manage blood pressure

Milk and alternatives 	One portion is: 1 cup (8 oz/250 mL) of milk, or soy milk $\frac{3}{4}$ cup plain kefir, yogurt, ricotta or cottage cheese 1.5 oz part-skim cheese with 15 to 20% milk fat (MF)
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9. Choose meat in moderation

- Plan your meals around foods from plants (such as vegetables, whole grains and legumes) instead of meat
- Use meat and poultry (chicken, turkey or duck) weekly, in moderation, to add flavour to vegetable dishes

When you do eat meat	Choose poultry more often than red meat (beef, pork and lamb). Avoid processed meats such as sausages, bacon and deli meats. One portion is: 3 to 4 oz This is about the size of a deck of cards.
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10. Flavour foods with tomatoes, garlic and onion at least 2 times a week

- This sauce is used to flavour fish, chicken, pasta, vegetable and rice dishes.
- This sauce is an important part of eating the Mediterranean way because it is high in antioxidants. Antioxidants protect the cells of your body from damage that could lead to health problems
- To make this sauce, sauté tomatoes, garlic and onions (or leeks) in a little olive oil



11. Eat less salt (sodium)

- Flavour foods with herbs and spices instead of salt. Use little or no salt when cooking. Do not add salt at the table
- Use store-bought sauces and processed foods less often
- Eat out less often. When you do eat at a restaurant, ask for food to be prepared without salt or have sauces and dressings on the side

Choosing foods low in sodium	Check the label! Choose products marked: 'Low in sodium' 'No salt added' '%Daily Value' of sodium is 5% or less
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Sample menu

Breakfast

Plain oatmeal (large flake or steel cut) with $\frac{1}{2}$ cup berries and $\frac{3}{4}$ cup plain Greek yogurt

Morning snack

1 medium fruit and
1 oz (or small handful) unsalted mixed nuts

Lunch

Bean pasta: $\frac{3}{4}$ cup mixed beans, wholegrain pasta, vegetables, extra virgin olive oil and fresh herbs

Side salad: $\frac{1}{8}$ avocado, $\frac{1}{2}$ tomato, $\frac{1}{2}$ cucumber drizzled in extra virgin olive oil and fresh herbs and lemon or balsamic vinegar.

Afternoon snack

Chickpea dip (hummus) with
1 cup sliced red and yellow peppers

Dinner

Fish dish: 4 oz fish cooked in tomato, garlic and onion sauce with wild rice

Side salad: 2 cups green salad with, 1 oz feta cheese, extra virgin olive oil, and fresh herbs with lemon or vinegar.

Dessert

1 medium fresh fruit or $\frac{1}{4}$ cup dried fruit

Choosing Healthy Fats

What is fat

What are fats?

There are different types of fats in food. Having fat in your diet is important for your health. You can include fat in your diet and still have a healthy heart. Some fats are healthy for you and some are not. The type of fat you eat is more important than the total amount of fat you eat.



If certain types of fats (like saturated or trans fats) are eaten often and in large amounts they can:

- Increase your LDL (bad) cholesterol level
- Make your heart disease worse

Choosing foods with healthy fats can lower your LDL (bad) cholesterol levels.

What are the different types of fats?

There are 3 main types of fat in the foods you eat:

- Unsaturated fats (oils, plants and fish)
- Saturated fats (animal foods and tropical oils)
- Trans fats (commercially prepared, processed foods)

Choose more unsaturated fats

What is an unsaturated fat?

Unsaturated fats are known as “healthy” fats. They may also be referred to as monounsaturated and polyunsaturated fats.



Examples of foods with unsaturated fats are:

- All oils such as: olive oil, canola oil, peanut oil, sesame oil, corn oil and sunflower oil
- Olives
- Peanuts and natural or organic peanut butter
- Avocado
- All nuts such as: almonds, cashews, hazelnuts, pecans, and pistachios

Tip: To eat more unsaturated fats, use olive oil or canola oil for cooking.

Unsaturated fats lower your LDL (bad) cholesterol and can reduce your risk of heart attack and stroke. Unsaturated fats are mostly found in the oils of plants and fish.

What is an omega-3 fat?

Omega-3 fats are a type of unsaturated fat. They are found in both plants and fish.

Omega-3 fats can lower your triglyceride (a type of fat in your blood) levels. High triglyceride levels increase the chance that you will have a heart attack or stroke. This means you can reduce the chance that you will have a heart attack or stroke by eating foods with omega-3 fats. You will learn more about triglycerides later in this booklet.

Choosing Healthy Fats

Plant sources of omega-3 fats include:

- Walnuts
- Ground flaxseed and flaxseed oil
- Hemp hearts and hemp seeds
- Chia seed
- Canola oil

Omega-3 fats are also found in fatty fish.

Examples include:

- Trout
- Halibut
- Bass
- Salmon
- Tuna
- Mackerel
- Sardines

How much unsaturated fat should I eat?

Be sure to include unsaturated fats in your diet in moderate amounts.

Canada's Food Guide recommends eating 2 to 3 tablespoons of healthy fats and oils each day for good health. This includes fats and oils added to foods (such as oil in salad dressing or spreads), as well as oils used for cooking.

Choose less saturated fat

What are saturated fats?

Saturated fats are found in all animal products and tropical oils such as: cocoa butter, palm oil, coconut oil and palm kernel oils. Foods that have high levels of saturated fats include marbled or fatty meats and high fat dairy products.

Food that is high in saturated fats increases the LDL (bad) cholesterol in your blood.



Should I eat less saturated fat?

Choose foods with less saturated fats, eat smaller amounts and eat them less often. Focus on eating more plant proteins such as, legumes (dried beans, chickpeas, lentils), nut butters, soy products (such as tofu and edamame) and nuts and seeds to make your diet more heart healthy.

Choose less trans fat

What is a trans fat?

Trans fats are made when an unsaturated fat (an oil) goes through a chemical process called “partial hydrogenation”. Partial hydrogenation is when food producers add hydrogen atoms (hence the term hydrogenation) to a healthy oil (such as safflower, canola or olive oil). This allows the liquid to become a solid and hard fat. Hydrogenation prevents separation of the fat. It can also help with the texture, look and feel of the product and help it stay fresh longer.



Peanut butter is a good example to show hydrogenation.

- Natural peanut butter needs to be stirred before spreading. The oil separates from the crushed nuts.
- Regular (processed) peanut butter does not need to be stirred. Hydrogenation prevents the oil from separating

Natural peanut butter is a better choice because it does not go through hydrogenation (so it does not contain trans fats).

Where are trans fats found?

Trans fats are mostly found in prepared, processed foods like store-bought cookies, pies, muffins and crackers. They are also found in deep fried restaurant foods such as French fries, sweet potato fries, fried chicken and donuts.

Trans fats increase your LDL (bad) cholesterol and triglyceride levels and lower your HDL (good) cholesterol levels.

Should I eat less trans fat?

It is best to avoid foods with high levels of trans fats. Trans fats are also called partially hydrogenated vegetable oil or shortening. Check the ingredients list on packaged foods for partially hydrogenated or hydrogenated oils/fats or vegetable shortening. This is a clue that trans fats are in the product.

Choosing More Fibre

What is fibre

What is fibre?

Fibre is the part of the plant that your body cannot digest or break down. It is often called “roughage”. Fibre is only found in plant foods.



Examples of plant foods include:

- Vegetables and fruit
- Whole grains and cereals
- Legumes
- Nuts and seeds

Why do I need to eat lots of fibre?

Eating fibre helps you manage your health.

You should eat a lot of fibre to:

- Lower your blood sugar
- Lower your LDL (bad) cholesterol
- Lower your blood pressure

Fibre also helps you feel full longer, after a meal. Feeling full longer can help you eat the right amount of food for your body (and not too much).

As fibre passes through your bowels, it attaches to fat and sugar. This delays absorption into your body. The waste is then removed from your body when you have a bowel movement (poo). Regular bowel movements (poos) also keep your digestive tract healthy.

What are the different types of fibre?

Two types of fibre found in food are:

- Soluble
- Insoluble

Eating plant foods will give you both types of fibre.

Soluble fibre

What is soluble fibre?

Foods with soluble fibre absorb water. The water makes the fibre swell and thicken to form a sticky gel.



Soluble fibre can help:

- Lower your blood cholesterol
- Manage your blood sugar
- Manage your blood pressure

Some examples of foods that are high in soluble fibre include:

- Barley
- Okra
- Eggplant
- Ground flax seed
- Legumes (beans, split peas, and lentils)
- Oats
- Avocado
- Pectin-rich fruits (apples, pears, berries, and citrus fruits like oranges)

Choosing More Fibre

- Psyllium
- Squash
- Sweet potato
- Turnip

Insoluble fibre

What is insoluble fibre?

Foods with insoluble fibre do not absorb water.

Insoluble fibre:

- Helps prevent constipation (not able to poo)
- Keeps your digestive system healthy
- Prevents some types of cancers



Insoluble fibre is found in the bran portion of whole grains and the skins of fruit and vegetables.

Some examples include:

- Bran cereal
- Broccoli
- Brown rice
- Cabbage
- Celery
- Corn bran
- Green beans
- The skin on kidney beans and other legumes
- Leafy green vegetables

Choosing More Fibre

- Nuts
- Raisins
- Root vegetable skins
- Seeds
- Wheat bran
- Whole grains (such as wheat and rye)

How to eat more fibre

How much fibre do I need every day?

Aim to eat 25 to 50 grams of fibre every day to keep your body healthy and manage your blood sugar.

If you do not eat 25 to 50 grams of fibre every day, you should increase the amount of fibre that you eat to this amount.

- Increase the amount of fibre you eat slowly, over time. This will help prevent gas and bloating.
- As you eat more fibre, make sure you drink more water. This will help the fibre work better. It will also help prevent gas and bloating.

Use the charts and tips in the next section to help you eat more fibre.

How can I eat more fibre?

There are many ways to eat more fibre. Below are tips on how to increase the amount of fibre you eat:

- Start your day with a cereal that is high in fibre. Try steel cut oats, Bran buds® or Fibre 1® cereal

Choosing More Fibre

- Add foods that are high in fibre to your cereal and yogurt. These foods include:
 - Fruit
 - Nuts
 - Ground flax seeds
 - Chia seeds
 - Psyllium
 - Oat bran
- Add high fibre foods (like the ones listed above) to recipes when you cook or bake
- Plan your meals and snacks to always include fresh or frozen fruit and vegetables
- Aim to fill half your plate with vegetables. The more colour on your plate, the more fibre and the more nutrition you get
- Add other foods that are high in fibre to meals. For example, add legumes, such as beans, dried split peas, chickpeas, or lentils. Try adding kidney beans or chickpeas to salads or rice dishes. Put lentils or black beans in soups. Include a bean salad as a side dish. To learn more about how to include beans/lentils in your diet please refer to the following pages, *“Cooking Tips for Legumes.”*

Choosing More Fibre

Fibre chart

The next table is a list of plant foods and the amount of fibre each one contains. Use this table to help increase the amount of fibre you eat. Recall that you should eat 25 to 50 grams of fibre every day.

Food	Serving Size	Total Fibre (g)
Vegetables		
Artichoke, cooked	medium	4.7
Asparagus, cooked	6 spears	1.8
Beans, snap (Italian, green or yellow) cooked	125 mL (½ cup)	2.1
Beets, skinless	125 mL (½ cup)	1.8
Broccoli, cooked	125 mL (½ cup)	2.0
Brussels sprouts, cooked	125 mL (½ cup)	3.0
Carrots, cooked	125 mL (½ cup)	2.2
Carrot, raw	1 medium	1.5
Collard greens, cooked	125 mL (½ cup)	4.0
Corn, yellow on or off the cob, cooked	125 mL (½ cup)	2.1
Eggplant, cooked	125 mL (½ cup)	1.3
Kale, cooked	125 mL (½ cup)	1.4
Okra, cooked	125 mL (½ cup)	2.1
Peas, green, cooked	125 mL (½ cup)	5.6
Pepper, green or red	medium	1.1
Potato, white, with skin, baked	1 small	2.9
Rapini, cooked	½ cup	1.8

Choosing More Fibre

Food	Serving Size	Total Fibre (g)
Vegetables (continued)		
Spinach, cooked	½ cup	2.3
Spinach, raw	1 cup	0.7
Sweet Potato, cooked, skinless	125 mL (½ cup) small	3.5 2
Squash, cooked	125 mL (½ cup)	1.3
Turnip, cooked	125 mL (½ cup)	1.6
Fruit		
Apple with skin	1 medium	3.5
Apricots, raw, with skin	3	2.1
Apricots, dried	60 mL (¼ cup)	1.7
Avocado	½ fruit	6.7
Banana	1 medium	2.1
Blueberries	125 mL (½ cup)	2.0
Figs, dried	2	1.6
Fig, fresh	2	2.9
Mango	½ fruit	1.7
Nectarine, raw with skin	1 medium	2.3
Orange	1 medium	2.3
Peach, raw with skin	1 medium	2.9
Pear, with skin	1 medium	5.3
Pineapple	125 mL (½ cup)	1.2
Prunes, dried	3	2.1
Plum, with skin	1 medium	1.1

Choosing More Fibre

Food	Serving Size	Total Fibre (g)
Fruit (continued)		
Raspberries	125 mL (½ cup)	4.2
Strawberries	125 mL (½ cup)	2.0
Grains & Cereals		
Bran Buds (with Psyllium)	30 g (⅓ cup)	11.2
Barley, pearled, cooked	125 mL (½ cup)	2.0
Bread, whole grain	30 g (1 slice)	2.1
Brown rice, medium grain, cooked	125 mL (½ cup)	2.0
Bread, rye	35 g (1 slice)	1.4
Bran cereal (non flake)	30 g (½ cup)	9.7
Crisp bread crackers	3 crackers	5.0
Melba toast, whole wheat	4 crackers	1.5
Oat bran, cooked	175 mL (¾ cup)	5.9
Oatmeal, cooked	175 g (¾ cup)	3.7
Cheerios™	30 g (1 cup)	3.2
Pasta , cooked (whole wheat)	125 mL (½ cup)	2.1
Quinoa, cooked	125 mL (½ cup)	2.7
Meat Alternatives- Plant Proteins		
Almonds	60 mL (¼ cup)	3.8
Black beans, cooked	250 mL (1 cup)	12.7
Chickpeas, cooked	250 mL (1 cup)	7.9
Cashews	33 g (¼ cup)	1.0
Edamame, (soybean, green, cooked)	125 mL (½ cup)	4.0

Choosing More Fibre

Food	Serving Size	Total Fibre (g)
Meat Alternatives - Plant Proteins (continued)		
Flax seed (linseed), ground	15 ml (1 Tbsp)	1.9
Kidney beans, cooked	250 mL (1 cup)	12.3
Lentils, cooked	250 mL (1 cup)	8.9
Lima Beans	250 mL (1 cup)	9.5
Soybean, cooked	250 mL (1 cup)	11.4
Sunflower seeds, dry roasted	60 mL (¼ cup)	3.6
Tofu, fried pieces	150 g (¾ cup)	5.8
Peanuts	60 mL (¼ cup)	3.1

Source: “Canadian Nutrient File 2015.” http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf_downloads-telechargement_fcen-eng.php
[Accessed May 31, 2017]

Choosing More Fibre

Sample menu

Here is a sample day's menu showing how to eat enough fibre (25 to 50 grams) in one day:

Breakfast	Amount of Fibre (g)
Oatmeal, cooked 175 g ($\frac{3}{4}$ cup)	3.7
Blueberries, $\frac{1}{2}$ cup	2.0
Soy beverage or skim milk, 1 cup	0
Almonds, $\frac{1}{4}$ cup	3.8
Flax seed (linseed), ground, 1 tablespoon	1.9
Breakfast Total	11.4

Lunch	
Spinach salad, 3 cups	2.1
Chickpeas, canned, low sodium, 1 cup	7.9
Cherry tomatoes, 15	1.5
Banana	2.1
Whole grain bread, 1 slice	2.1
Homemade dressing, olive oil and balsamic vinegar	0
Water	0
Lunch Total	15.7

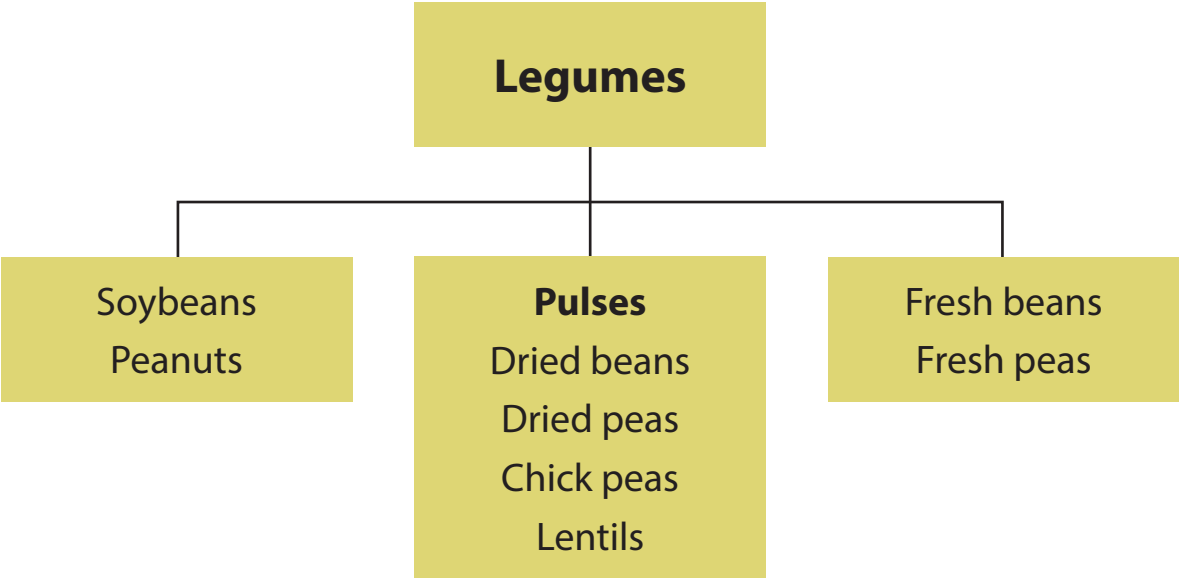
Choosing More Fibre

Dinner	Amount of Fibre (g)
Grilled salmon, 4 oz (120 g)	0
Rapini, cooked, 1 cup	3.7
Carrots, cooked, ½ cup	2.2
Quinoa, cooked, 1 cups	5.4
Water	0
Dinner Total	11.4

Total fibre for the day	38.4
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Cooking tips for legumes

Legumes refer to the plants whose fruit is enclosed in a pod, which include pulses, beans and lentils. “Pulses” refer to dried seeds (not fresh beans or peas). Soybeans and peanuts are different from pulses because they have more fat.



Step 1: Buying and storing legumes/beans

Canned Legumes/Beans	Dried Legumes/Beans
Convenient and ready-to-use (no soaking required).	Need time to prepare.
Look for “Low Sodium” or “No Salt Added” options.	Found in bulk stores or in grocery stores (usually packaged in clear bags and found beside canned beans).
Thoroughly rinse and drain canned pulses to reduce your sodium intake.	Store in a container with a tight lid, in a cool, dark place.

Storage: Enjoy your legumes/beans within a year of buying them. Store your cooked legumes/beans in the fridge for 1-3 days or in the freezer for several months.

Step 2: Rinsing and Soaking Dry Legumes/Beans

1. Rinse all dried legumes, beans and lentils before soaking
2. Discard soaking water and rinse beans with cold water. Rinsing will help wash away the part of the bean that causes gas

Which legumes, beans or lentils need to be soaked before cooking?

Soaking required	No soaking required (just rinse)
Dry beans, whole peas, chickpeas	Dry lentils, split peas

Step 3: Cooking Dry Pulses

Cook dry legumes, beans and lentils using the stove, microwave, slow cooker or pressure cooker

Use 3 cups (750 mL) of water for every 1 cup (250 mL) of soaked beans

For the stove-top method:

1. In a pot, combine soaked beans and water. Boil the water.
2. Reduce heat and simmer.
3. To check for readiness, taste the bean for desired firmness.

Choosing More Fibre

Legumes, Beans, Lentils	Cooking Time
Beans	45-60 minutes
Peas	
Whole	1 – 1 ½ hours
Split	40 – 45 minutes
Lentils	
Whole green	30 – 45 minutes
Split red	10 – 15 minutes
Chickpeas	1 – 1 ½ hour

(Pulse Canada, 2012)

Choosing Less Added Sugars

What is added sugar?

The American Heart Association defines “added sugars” as the sugars and syrups added to foods during the processing or preparation. The sugars and syrups that are added at the table are also added sugars.

Sugars that are locked in and naturally found in foods such as fruit, vegetables, milk and whole grains are healthy choices. These foods are recommended as part of a healthy diet.

Why is added sugar bad for my heart?

High sugar intake from added sugars is linked to high triglyceride levels. High triglyceride levels in your blood increase the chance that you will get diabetes and heart disease. Sugar in your diet will also raise your blood sugar.

How much added sugar can I have?

The World Health Organization, Diabetes Canada and the American Heart Association recommend adults consume less than 10% of total calories from added or free sugars.

For women: No more than 100 calories or 6 teaspoons from added sugars each day

For men: No more than 150 calories or 9 teaspoons from added sugars each day

1 teaspoon has 4 grams of sugar.

How can I tell how much sugar is in my food?

Look at the label. Sugar appears in many forms. Look for the names below in the ingredient list to find sugar in your food.

- Molasses
- Fruit puree
- Liquid sugar
- Honey
- Juice
- Invert sugar
- Cane sugar
- Agave
- Dextrin
- Sugar beets
- Sucrose
- Dextrose
- Maple syrup
- Brown sugar
- Glucose-fructose
- Malt syrup
- Anhydrous dextrose
- Brown rice syrup
- Cane syrup
- Fruit-juice concentrate
- High fructose corn syrup
- High maltose corn syrup

Choosing Less Added Sugars

The example below is an ingredient list for a food that has a lot of sugar:

INGREDIENTS: GLUCOSE-FRUCTOSE, CHICORY ROOT EXTRACT (INULIN FIBRE), SUGAR, WHOLE GRAIN ROLLED OATS, PUFFED WHEAT, HIGH MALTOSE CORN SYRUP, WHOLE GRAIN BARLEY FLAKES, CHOCOLATE CHIPS (CHOCOLATE LIQUOR, SUGAR, COCOA BUTTER, MILK INGREDIENT, SOY LECITHIN, NATURAL FLAVOUR), CORN BRAN, PALM KERNAL OIL, CRISP RICE (RICE FLOUR, MALT EXTRACT, SUGAR, SALT), CANOLA OIL, WHEAT BRAN, GLYCERIN, COCOA, WHOLE GRAIN WHEAT, GRAHAM FLOUR, SOY LECITHIN, CORN STARCH, NATURAL FLAVOUR, MALTODEXTRIN, SALT, TRISODIUM PHOSPHATE, BHT.

Key Point:

You are more likely to get heart disease if you replace animal fats in your diet with processed or refined carbohydrate foods (such as added sugar, white flour and other low fibre foods). You can lower the chance that you will get heart disease by eating fats that come from plants (oils, avocado, nuts and seeds) instead of animal fat.

Sugar chart (amount of TOTAL sugar in common foods)

Total sugar includes naturally occurring and added sugars (1 teaspoon of sugar is equal to 4 grams).

Food	Serving Size	Total Sugar (g)	Teaspoons of Sugar
Sugar sweetened beverages			
Fruit juices	8 oz (250 mL)	30	7.5
Iced tea	1 can (355 mL)	32	8
Regular soda (dark & light colas)	1 can (355 mL)	34	8.5
Tomato juice	8 oz (250 mL)	10	2.5
Cereals			
All Bran Buds	$\frac{1}{3}$ cup	8 (contains 11 g of fibre)	2
Cheerios	1 cup (250 mL)	1 (contains 3 g of fibre)	-
Corn Flakes	1 cup (250 mL)	2	-
Fibre 1	$\frac{1}{2}$ cup (125 mL)	0 (contains 14 g of fibre)	-
Honey Nut Cheerios	1 cup (250 mL)	12	3
Raisin Bran	1 cup (250 mL)	17	4
Milk & Alternatives			
Mango Lassi	8 oz (250 mL)	20	5

Choosing Less Added Sugars

Food	Serving Size	Total Sugar (g)	Teaspoons of Sugar
Milk & Alternatives (continued)			
Almond, soy, rice beverage, flavoured (e.g. chocolate, vanilla)	8 oz (250 mL)	20	5
Ice cream, chocolate	1 cup (250 mL)	36	9
Yogurt, plain	$\frac{3}{4}$ cup (175 mL)	13	3
Yogurt, fruit bottom	$\frac{3}{4}$ cup (175 mL)	26	6
Unsweetened yogurt (made with artificial sweetener)	100 g	8	2
Sugars & Sweets			
Agave	1 tablespoon (15 mL)	14	3.5
Brown sugar	1 tablespoon (15 mL)	12	3
Gor (Jaggery)	1 tablespoon (15 mL)	13	3
Chocolate bar	1 bar (50 g)	26	6.5
Hard candy	3 pieces (18 g)	12	3
Honey	1 tablespoon (15 mL)	18	4.5
Jams & marmalades	1 tablespoon (15 mL)	10	2.5
Jelly beans	10 beans (28 g)	20	5
Maple syrup	10 beans (28 g)	12	10 beans (28 g)
Condensed Milk, canned	2 tablespoons (30 mL)	42	10.5

Choosing Less Added Sugars

Food	Serving Size	Total Sugar (g)	Teaspoons of Sugar
Sugars & Sweets (continued)			
Gulab Jamun	2 (60 g)	30	7.5
Jalebi	2 (60 g)	27	7
Ras Malai	2 (160 g)	28	7
Besan Laddu	2 (90 g)	40	10
Kheer	$\frac{3}{4}$ cup (187 mL)	15	3
Sauces & Condiments			
Tomato sauce (jarred or canned)	$\frac{1}{2}$ cup (125 mL)	6	1.5
Ketchup	1 tablespoon (15 mL)	3	1
Sweet 'n sour sauce	1 tablespoon (15 mL)	3	1
Mango Chutney	1 tablespoon (15 mL)	6.5	1.5
Alcoholic Beverages & Liqueurs			
Vodka cooler	1 bottle (390 mL)	12	3
Sangria	8 oz (250 mL)	20	5
Cocktail, daiquiri	8 oz (250 mL)	14	3.5
Liqueur, coffee & cream	1.5 oz (45 mL)	10	2.5
Dessert wine, sweet	4 oz (125 mL)	10	2.5

Choosing Less Added Sugars

Source: "Canadian Nutrient File 2010." <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php> [Accessed March 14, 2014]; USDA National Nutrient Database. <http://ndb.nal.usda.gov/ndb/search/list> [Accessed March 17, 2014] and Manufacturer's Data from Nutritionist Pro accessed June 2017.

References: Johnson, R.K. et al. (Sept. 2009). Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement From the American Heart Association. *Circulation*. 120: 1011- 1020. <http://circ.ahajournals.org/cgi/content/full/120/11/1011>

Choosing Less Sodium

What is sodium?

Sodium is a mineral that is needed for your body to maintain blood pressure and a normal fluid balance. Your muscles need sodium to contract and your nerves need sodium to send signals through your body.

Why do I need to manage how much sodium I eat?

Your body needs some sodium to work well. Most Canadians eat too much sodium. Eating too much sodium can lead to high blood pressure. High blood pressure can lead to heart disease, stroke and kidney failure.

How to eat less sodium

How much sodium do I need every day?

People with heart problems or diabetes should eat 2000 mg or less of sodium each day. Talk to your Cardiac Rehab team to learn how much sodium is right for you.

All types of salt (for example, table salt, Kosher salt, rock salt, sea salt, and Himalayan salt) contain the same amount of sodium. One teaspoon of all types of salt has about 2300 mg of sodium.

How do I eat less sodium every day?

Most [75 percent (%)] of the sodium that people in Canada eat comes from processed and restaurant foods. Only 10-25% comes from the salt shaker. This means that eating fewer processed and restaurant foods will reduce the amount of sodium you eat each day.

Choosing Less Sodium

Try these tips for eating less sodium:

1. Use herbs and spices in place of salt
2. Eat fresh food. For example, choose to eat home-cooked, oven-roasted beef instead of beef jerky or deli meats. Unprocessed fresh foods such as fruits and vegetables are naturally low in sodium
3. Look at the serving size. Compare the serving size to how much you eat. If you eat more than the serving size, you also eat more sodium than what the nutrition facts table shows you
4. Look at the nutrition facts information on packaged foods to see how much sodium is in food. Choose products with 5% Daily Value of sodium or less. For more information on how to read food labels, refer to the section titled 'How to read a food label' in this booklet. In restaurants, ask about lower sodium options. Ask for no salt added if possible. For example, ask for oil and vinegar to replace a creamy salad dressing
5. Eat less soups made with salty broths and salads with salty toppings (such as croutons, creamy salad dressings and salted nuts)
6. Rinse canned beans or canned fish before you eat them

Sodium chart

Food	Serving Size	Sodium (mg)
Vegetables and fruit Fresh and most frozen vegetables contain very little sodium.		
Tomato sauce (plain or with vegetables), canned/bottled	125 mL (½ cup)	585-721
Sauerkraut, canned/bottled	125 mL (½ 1/2 cup)	496
Peppers (jalapeno, hot chilli), canned/bottled	30 mL (2 Tbsp)	211-361
Pickles (sour, dill)	1 small	324-447
Vegetables, all varieties, canned	125 mL (½ cup)	255-417
Tomato juice and vegetable cocktail	125 mL (½ cup)	345
Stewed tomatoes, canned	125 mL (½ cup)	298
Sun-dried tomatoes	7 tomatoes	287
Pizza sauce	125 mL (½ cup)	246
Olives, canned	4 olives	135-233
Grain products Grains such as rice, barley, quinoa, oats and wheat are low in sodium.		
Cereal		
Cream of wheat, all types, cooked	175 mL (¾ cup)	370
Dry, all varieties	30 g	242-332
Oatmeal, instant, cooked	175 mL (¾ cup)	216-240

Choosing Less Sodium

Food	Serving Size	Sodium (mg)
<i>Other grain products</i>		
Crackers, all varieties, salted	30 g	192-335
Bread roll (rye, French)	1 roll (35 g)	231-321
Bread, all types	1 slice (35 g)	147-238
Muffin (carrot, blueberry, chocolate chip)	1 small (66 g)	203-232
Soda crackers, unsalted	10 (30 g)	230
Bagel, all varieties	½ bagel (45 g)	199-226
Milk and alternatives		
Buttermilk	250 mL (1 cup)	223-272
<i>Cheese</i>		
Cottage cheese (1%, 2%)	250 mL (1 cup)	788-970
Blue	50 g (1 ½ oz)	698-904
Processed cheese slices (cheddar, Swiss)	50 g (1 ½ oz)	685-794
Feta	50 g (1 ½ oz)	558
Cheese spread	30 mL (2 Tbsp)	491-503
Cheddar, Colby, edam, gouda, mozzarella, provolone, camembert	50 g (1 ½ oz)	208-482
Cottage cheese, fat free	250 mL (1 cup)	287

Choosing Less Sodium

Food	Serving Size	Sodium (mg)
Meat and alternatives Fresh and unprocessed frozen meat, poultry and fish contain very little sodium. Bagged dried peas, beans and lentils contain little sodium.		
Meat		
Bacon, cooked	75 g (2 ½ oz)	1555-1920
Bacon (back bacon/peameal, English style bacon), cooked	75 g (2 ½ oz)	982-1160
Ham, cured, cooked	75 g (2 ½ oz)	621-1125
Beef jerky	75 g (2 ½ oz)	976
Corned beef, canned	75 g (2 ½ oz)	754
Ham, reduced sodium, cooked	75 g (2 ½ oz)	727
Poultry		
Turkey bacon	75 g (2 ½ oz)	1714
Turkey, smoked	75 g (2 ½ oz)	747
Chicken/turkey, rotisserie/ready to serve, barbequed	75 g (2 ½ oz)	253-628
Chicken/turkey, canned	75 g (2 ½ oz)	350-540
Chicken nuggets or burger, cooked	75 g (2 ½ oz)	334-418
Meat products		
Salami or pepperoni, all varieties	75 g (2 ½ oz)	753-1695
Ham or chicken, canned	75 g (2 ½ oz)	774-1024
Luncheon/deli meat, all varieties	75 g (2 ½ oz)/ 3 slices	552-970
Wiener, frankfurter, all varieties, cooked	75 g (2 ½ oz)	598-943

Choosing Less Sodium

Food	Serving Size	Sodium (mg)
Chorizo (beef, pork)	75 g (2 ½ oz)	926
Sausage, all varieties, cooked	75 g (2 ½ oz)	418-905
Luncheon/deli meat (pork, chicken), reduced sodium	75 g (2 ½ oz)	710
Salami or bologna, all varieties, reduced sodium	75 g (2 ½ oz)	467-702
Ham, honey, cooked	75 g (2 ½ oz)	675
Liverwurst	75 g (2 ½ oz)	525-645
Pate, canned	75 g (2 ½ oz)	290-605
Blood sausage/blood pudding, cooked	75 g (2 ½ oz)	510
Sausage, all varieties, reduced sodium, cooked	75 g (2 ½ oz)	441
Wiener, frankfurter, all varieties, reduced sodium, cooked	75 g (2 ½ oz)	233
<i>Fish and seafood</i>		
Mackerel or cod, salted	75 g (2 ½ oz)	1353-3338
Anchovies, canned	75 g (2 ½ oz)	2751
Fish, all varieties, smoked	75 g (2 ½ oz)	572-764
Herring, pickled or kippered	75 g (2 ½ oz)	652-688
Shellfish (crab, shrimp, calamari, oyster, lobster, mussels), canned or cooked	75 g (2 ½ oz)	250-631
Caviar (red, black)	75 g (2 ½ oz)	450
Fish sticks, cooked	75 g (2 ½ oz)	316
Fish (sardines, salmon, tuna, mackerel), canned	75 g (2 ½ oz)	254-379

Choosing Less Sodium

Food	Serving Size	Sodium (mg)
<i>Meat alternatives</i>		
Meatless (bacon, bacon bits), cooked	75 g (2 ½ oz)	418-905
Baked beans, all varieties, canned	175 mL (¾ cup)	710
Refried beans, canned	175 mL (¾ cup)	467-702
Meatless (sausage, chicken, meatballs, fish sticks, wiener, luncheon slices), cooked	75 g (2 ½ oz)	675
Legumes (dried beans, pea, lentil), canned all varieties	175 mL (¾ cup)	525-645
Vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	290-605
Pumpkin or squash seeds, salted, without shell	60 mL (¼ cup)	510
Nuts (peanuts, almonds, cashews), salted, without shell	60 mL (¼ cup)	441
Egg substitute	125 mL (½ cup)	233
<i>Other</i>		
Salt (table, Kosher, pickling, sea)	5 mL (1 tsp)	1720-2373
Salt, seasoned	5 mL (1 tsp)	1550
Yeast extract spread	2 Tbsp (30 g)	1322
Soy sauce	15 mL (1 Tbsp)	914-1038
Salt substitute, Cardia	5 mL (1 tsp)	1080
Salt substitute, half salt	5 mL (1 tsp)	800
Sauce, teriyaki	15 mL (1 Tbsp)	700

Choosing Less Sodium

Food	Serving Size	Sodium (mg)
Soy sauce, reduced sodium	15 mL (1 Tbsp)	608
Sauce (cheese, nacho cheese)	60 mL (1/4 cup)	367-529
Oyster sauce	15 mL (1 Tbsp)	499
Salsa, all varieties	60 mL (1/4 cup)	394-466
Sauce (steak, barbecue)	30 mL (2 Tbsp)	355-435
Ketchup, yellow mustard or relish	30 mL (2 Tbsp)	334-358
Sauce, teriyaki, reduced sodium	15 mL (1 Tbsp)	325
Capers, canned	15 mL (1 Tbsp)	258
Snacks		
Pretzels (soft, hard)	1 small or 50 g	860-870
Cheese puffs	50 g	455-642
Popcorn, flavoured or plain microwave (packaged)	50 g	314-529
Popcorn, flavoured, reduced sodium	50 g	245
Corn nuts, all varieties	50 g	274-488
Chips (tortilla, vegetable, potato, soy), all varieties	50 g	421-502

Source: Dietitians of Canada (from Canadian Nutrient File 2011)

Sodium content in some restaurant foods

Food	Portion	Sodium (mg)
Pepperoni pizza slice, large	295 g	1630
Bacon & 2 eggs	124 g	929
Big Mac	208 g	1020
Fries, small	70 g	190
Chicken Caesar salad	317 g	1100
Oven roasted sliced turkey meat sandwich on whole wheat bread	236 g	1380

Keeping Healthy Triglyceride Levels

What are triglycerides?

Triglycerides are a form of fat that is carried in your blood.

- High levels of triglycerides increase your risk for heart disease and a heart attack
- High fat foods, sugar and alcohol can lead to high levels of triglycerides
- People living with pre-diabetes or diabetes often have a higher than normal triglyceride level
- A Mediterranean diet pattern can lower your triglyceride level

What is the healthy target for my triglyceride level?

A healthy target for triglycerides is less than 1.7 mmol/L. Ask your doctor about your triglyceride level the next time you get your blood work results from the lab.

How do I lower my triglyceride level?

Eat foods that are part of the Mediterranean Way of eating to lower your triglyceride level:

1. Vegetables, fruit, whole grains, legumes, nuts and seeds

These foods are high in fibre and provide lots of vitamins and minerals that your body needs.

- Aim to include a vegetable and/or fruit every time you eat a main meal
- Eat a mix of different coloured vegetables. Eating vegetables of different colours will give you different nutrients
- Choose low glycemic index foods made from whole grains (such as barley, oatmeal, quinoa, brown or wild rice, kasha)

Keeping Healthy Triglyceride Levels

- Add legumes (dried beans, chickpeas and lentils) to foods you already eat. Add a handful of legumes to a green salad or pasta dish.
- Have nuts and seeds as a snack instead of granola bars

2. Fish

Omega-3 fats are a type of healthy fat found in fish and some plant foods. Omega-3 fats can lower triglycerides and reduce inflammation (damage to the tissues of your body that can lead to disease such as arthritis, heart disease and cancer).

- Aim to eat fatty fish 3 times each week (fresh or canned). Examples include: trout, halibut, bass, salmon, tuna, mackerel and sardines
- Eat plant sources of omega-3 fats such as walnuts, ground flaxseed & flaxseed oil, hemp seeds and hemp hearts, chia seed, and canola oil. Add hemp hearts, chia seed or ground flax seed to other foods

Avoid foods that raise triglyceride levels:

1. Added or free sugars including:

- All types of sugar (raw sugar, white or brown sugars)
- Honey
- Sweets, pastries, desserts, granola bars
- Juices
- Jams, jellies, syrup
- Chocolate
- Candy
- Regular pop
- Sugar sweetened drinks

2. Refined and processed carbohydrate foods:

- Sugar
- Crackers
- White flour (such as white bread)
- Short grain sticky white rice or instant rice
- Instant mashed potatoes
- Instant noodles
- Rice cakes

3. Too much alcohol

Some of the medicines you take may react poorly with alcohol. Talk to your doctor or pharmacist about how your medicines react with alcohol before you drink alcohol.

If you do not drink alcohol, we are not suggesting you start. If you drink alcohol, limit the amount you drink to avoid high triglyceride levels.

- Men: limit alcohol to 14 drinks each week at most and no more than 2 drinks on any day
- Women: limit alcohol to 9 drinks each week at most and no more than 2 drinks on any day

One Standard Drink equals 17.2 mL of ethanol or:

- 355 ml (12 oz) of 5% beer
- 44 ml (1.5 oz) of 80 proof (40%) spirits (such as vodka, rum, whisky, and gin)
- 148 ml (5oz) of 12% wine

4. Trans fats – (refer to the section titled, ‘Choose less trans fats’ in this booklet to learn more).

Keeping Healthy Cholesterol Levels

What is cholesterol?

Cholesterol is a wax-like substance found in your body.

Your body needs cholesterol to:

- Make vitamin D
- Make bile (a fluid made by the liver to help break down fats)
- Make male and female hormones (testosterone and estrogen)
- Keep your cell membranes (the wall that lines the cells in your body) healthy

Your liver makes most of the cholesterol in your body. The rest comes from the animal products you eat. Only animal products have cholesterol (animal products include meat, fish, eggs, and dairy). This does not mean you need to avoid these foods.

Types of cholesterol

There are two main types of cholesterol:

1. Low density lipoprotein (LDL) cholesterol
2. High density lipoprotein (HDL) cholesterol

What is LDL Cholesterol?

LDL cholesterol is often called ‘bad’ cholesterol. You need some LDL cholesterol for your body to function. LDL cholesterol is a problem when levels get too high in your blood.

- When LDL (bad) cholesterol gets too high, it can slowly collect as plaque on the walls of your blood vessels.
- If too much plaque collects, the plaque narrows or blocks your blood vessel. This prevents blood from getting to your heart or brain.

- When blood cannot get to your heart or brain, you can have a heart attack or stroke.

You will learn how to keep your LDL (bad) cholesterol level low later in this chapter.

What foods increase my LDL cholesterol?

Foods high in trans and saturated fat increase your LDL (bad) cholesterol level. Trans fats are found in prepared, processed foods. Saturated fats are found mostly in animal foods (such as meat, eggs and dairy).

What is the healthy target for my LDL cholesterol level?

Your LDL (bad) cholesterol level is measured from a blood test. A healthy target for your LDL (bad) cholesterol level is less than 2.0 mmol/L.

What is HDL cholesterol?

HDL cholesterol is often called 'good' cholesterol. HDL cholesterol helps carry LDL (bad) cholesterol away from the walls of your blood vessels.

What foods increase my HDL cholesterol level?

Foods that have unsaturated fats can increase your HDL (good) cholesterol level. For more information about unsaturated fats, refer to the section titled, 'Choose more unsaturated fats', in this booklet.

What is the healthy target for my HDL cholesterol level?

Your HDL (good) cholesterol level is measured from a blood test. A healthy target for your HDL (good) cholesterol level is greater than 1.0 mmol/L.

Keeping a Healthy Blood Pressure

The 5 actions below are proven to help people reduce their blood pressure.

1. Limit foods with a lot of added sodium

Eat less of processed, prepared, packaged foods such as frozen dinners and instant side dishes. These foods are often higher in sodium.

Some people try the DASH eating plan. DASH stands for "dietary approaches to stopping hypertension (high blood pressure)." Research shows how the DASH eating plan can help lower your blood pressure. The DASH eating plan is a similar eating pattern to the Mediterranean way of eating.

The DASH eating plan includes:

- Low sodium foods
- Whole grains
- Lots of fruits and vegetables
- Lower fat dairy products
- Fish and poultry
- Unsalted nuts and seeds
- Legumes

The DASH eating plan also suggests lower amounts of:

- Processed, prepared foods
- Red meat
- Sweets
- Drinks that contain sugar

Keeping a Healthy Blood Pressure

Food Group	Daily Servings
Grains and grain products	7–8
Meats, poultry, and fish	2 or less
Vegetables	4–5
Fruit	4–5
Low-fat or fat-free dairy products	2–3
Fats and oils	2–3
Nuts, seeds, dry beans, and peas	4–5 per week

Source: *National Heart, Lung and Blood Institute* For more information on the DASH eating pattern visit: <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>

2. Eat foods (not supplements) that contain potassium, magnesium and calcium

Potassium, magnesium and calcium from food sources may help to reduce blood pressure.

Get potassium from fruit, vegetables, nuts/seeds, fish and poultry and whole grains.

Get magnesium from legumes, nuts, dark green vegetables and whole grains.

3. Get calcium from eating dairy products, fortified soy beverages, tofu, broccoli, almonds, sardines, kale and cooked collard greens

Sardines are high in calcium but can also have a high amount of sodium per serving. Choose canned fish in water without added salt (labeled 'no salt added' or 'low sodium').

4. Drink less alcohol

Too much alcohol at one time can increase your blood pressure. The amount of alcohol you can drink without raising your blood pressure differs for women and men.

- Men: limit alcohol to 14 drinks each week at most and no more than 2 drinks on any day
- Women: limit alcohol to 9 drinks each week at most and no more than 2 drinks on any day

One Standard Drink equals 17.2 mL of ethanol or:

- 355 ml (12 oz) of 5% beer
- 44 ml (1.5 oz) of 80 proof (40%) spirits (such as vodka, rum, whisky, and gin)
- 148 ml (5oz) of 12% wine

5. Exercise regularly

Doing aerobic exercise such as walking or biking can lower your blood pressure. Follow your exercise prescription to make the most gains in your health while keeping your heart safe.

How to Read a Food Label

What is a food label?

Food labels are found on packaged foods and include a list of ingredients, a nutrition facts table and nutrition claims. In Canada, there are laws that describe how food must be labeled. Almost all packaged foods must have a list of ingredients and a nutrition facts table.

List of ingredients

What should I know about the list of ingredients?

All ingredients in the food item are listed by most to least amount of weight. This means that foods contain more of the ingredients at the start of the list and less of the ingredients at the end of the list. The ingredient list can help you look for certain ingredients and help you avoid those that you have been advised not to eat.

Nutrition Facts Table

What should I know about the Nutrition Facts Table?

The nutrition facts table tells you the amount of nutrients in a packaged food per serving size. Nutrients are the parts of food that you need for health and wellness. There are 13 nutrients that must be listed on the nutrition facts table. The 4 nutrients from this table that affect your heart health the most are: saturated fat, trans fat, sodium and fibre.

Nutrition Facts	
Valeur nutritive	
Serving Size (172 g) / Portion (172 g)	
Amount	% Daily Value % valeur quotidienne
Calories / Calories 200	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.3 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 7 mg	0 %
Carbohydrate / Glucides 36 g	12 %
Fibre / Fibres 11 g	45 %
Sugars / Sucres 6 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	1 %
Vitamin C / Vitamine C	1 %
Calcium / Calcium	4 %
Iron / Fer	24 %

Serving Size

The nutrition facts table tells you how much of the packaged food is in 1 serving. In the nutrition facts table shown, it tells you that one serving of this food is 3/4 cup or 175 grams (g). If you eat the serving size shown in the table you will get the amount of calories and nutrients that are listed. Always compare the serving size on the package to the amount that you eat.

Sodium

Sodium is found in salt. Sodium helps to balance the fluids in your body. For some people, eating too much sodium can be harmful to your body.

Fibre

Getting enough fibre is important to manage your cholesterol level and blood sugar level. Fibre also helps you to have regular bowel movements (poos).

% Daily Value

5% daily value or less means the food has a little of the nutrient. Choose a lower % daily value for nutrients you want less of. For example, saturated fat and sodium. Aim for zero trans fat.

15% daily value or more means the food has a lot of the nutrient. Choose a higher % daily value for nutrients you want more of. For example, fibre, vitamins and minerals.

For more information about using % Daily Value, refer to the handout titled, 'Focus on the Facts' at the end of this booklet

How to use serving size and % daily value:

START with Serving Size

You can find the Serving Size under the header 'Nutrition Facts'.
Information in the Nutrition Facts table is based on this quantity of food.

USE % Daily Value

You can find the % Daily Value on the right side of the Nutrition Facts table.
Use the % Daily Value to see if the Serving Size has a little or a lot of a nutrient.

LOOK at a Nutrient

Choose packaged food that has more of the nutrients you want and less of the nutrient you don't want.

5% Daily Value or less is **a little**

15% Daily Value or more is **a lot**

When you are making an informed food choice here are some nutrients you may want...

a little of

- Saturated and trans fats
- Sodium

a lot of

- Fibre
- Vitamin A
- Calcium
- Iron

Nutrition Claims

Nutrition claims are statements on packaged foods that give you details about nutrients in the food.

Cholesterol Free/No Cholesterol

What does this claim mean?

A very small amount or no cholesterol could be in the food. Cholesterol is only found in animal products.

Where will I see this claim?

Potato chips

Maple Syrup

What should I know about this claim?

Cholesterol free foods may still be high in fat or sugar.

Low Fat

What does this claim mean?

A very small amount of fat is in the food (3 grams of fat or less per serving).

Where will I see this claim?

Fruit bottom yogurt

What should I know about this claim?

Low fat foods may still be high in sugar or sodium.

No Sugar Added

What does this claim mean?

Granulated white sugar and other ingredients that contain added sugars have not been added to the food (but other types of natural sugar could be in it)

Where will I see this claim?

Juice

What should I know about this claim?

Foods, such as juice, that say, 'no sugar added' may still contain a lot of natural sugar.

Light

What does this claim mean?

This food may be lower in fat or calories than the original version of the food.

Where will I see this claim?

Mayonnaise

What should I know about this claim?

Sometimes when a package says 'light' it means the colour or texture of the food is light.

Although claims may be helpful it is always a better idea to look at the nutrition facts panel and ingredient list.

Know Your Serving Sizes

Fruits and vegetables

Vegetables & Fruit, Aim for 7-10 Servings Daily

One serving equals:



Medium piece of fruit, the size of a tennis ball



Green leafy veggies 250mL (1 cup)



Fresh or frozen fruit or cut vegetables 125 mL (1/2 cup)



Dried fruit, 2 tablespoons



Grain products

Grain Products, Aim for 6-8 Servings Daily

One serving equals:

- Cooked grains (rice, oats, pasta, etc.) - 1/2 cup
- Breads (1 slice, 1/2 pita, 1/2 small bagel) - 30g
- Cereals (1/3 cup for bran type or 2/3 cup flaked) - 30g
- Mashed potato - 1/2 cup
- Potato, sweet potato, yam - 1/2 medium



Milk and alternatives

Milk & Alternatives, Aim for 2-3 Servings Daily

One serving equals:



Unsweetened yogurt,
175g (3/4 cup)
Plain or fruit flavour



Skim milk, 1%, 2%, or soy,
Almond or rice milk 250 mL (1 cup)

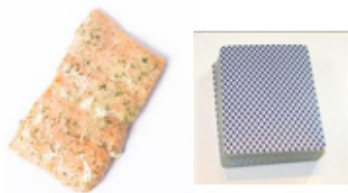


Cheese (15% MF or less),
50g (1.5 oz)

Meat and alternatives

Meat & Alternatives, Aim for 2-3 Servings Daily

One serving equals:



75g or 2.5 oz fatty fish, lean beef,
pork, chicken or turkey



3/4 cup beans, lentils,
peas (cooked or canned)



60 mL (1/4 cup) shelled
nuts and seeds



30 mL (2 Tbsp) peanut or
almond butters



2 eggs

Oils and fats

Oils & Fats, Aim for 2-3 Tablespoons Daily

(There are 3 teaspoons in 1 tablespoon)

One serving equals:



1 tsp of oil



1/8 avocado = 1 tsp



1 tsp butter or
non-hydrogenated margarine

Track What You are Eating and Drinking

Tips for keeping a food diary:

- Track what you eat for two (2) weekdays and one (1) weekend day
- Use a separate diary page for each day
- Use the sample food diary and the section in this booklet 'Know Your Serving Sizes' to help you complete your diary.

Ask your doctor to refer you to a registered dietitian. Discuss your diary with the dietitian once you have filled it in.

Track What You are Eating and Drinking

Example: My daily food diary

Time of Day	What I Ate (please provide details)
8:00 a.m.	<ul style="list-style-type: none">- 2 slices whole grain bread with 2 tsps margarine- 1 banana, medium- 8 oz or 1 cup (250ml) 1% milk- Coffee with 1 tbsp cream, 1 tsp sugar
10:00 a.m.	<ul style="list-style-type: none">- 1 medium size apple
1:00 p.m.	<ul style="list-style-type: none">- 1 can sardine, canned, packed in lemon juice- 2 slices rye bread- ½ cup or 6 cherry tomatoes- 2 clementines
4:30 p.m.	<ul style="list-style-type: none">- ¾ cup plain 1% M.F. yogurt with added cinnamon- ¼ cup unsalted almonds
7:00 p.m.	<ul style="list-style-type: none">- 6 oz salmon, grilled with dressing- Dressing: 1 tbsp oil, lemon juice, spices- 1 cup wild rice, cooked- 1 cup spinach, steamed with mushrooms and 1 tsp oil- 1 cup broccoli, steamed, plain, no oil

Track What You are Eating and Drinking

My daily food diary

Time of Day	What I Ate	How Much?

Track What You are Eating and Drinking

My daily food diary

Time of Day	What I Ate	How Much?

Track What You are Eating and Drinking

My daily food diary

Time of Day	What I Ate	How Much?

Where to Learn More

Cardiac College

www.cardiaccollege.ca

Cookspiration

www.cookspiration.com

US Dry Pea & Lentil Council

www.pea-lentil.com

Pulse Canada

www.pulsecanada.com

Canadian Lentils

www.lentils.ca

Half Your Plate

www.halfyourplate.ca

Unlock Food

www.unlockfood.ca

Call 1-877-510-5102 to talk to a Registered Dietitian for free

Heart and Stroke Foundation

www.heartandstroke.ca

Dietitians of Canada

www.dietitians.ca

Sodium 101

www.sodium101.ca

Where to Learn More

Nutrition Action

<https://cspinet.org/>

Health Canada

www.healthycanadians.gc.ca

Oldways

www.oldwayspt.org

Spilling the Beans

Julie Van Rosendaal, Sue Duncan

The New Moosewood Cookbook

Mollie Katzen

The New Becoming Vegetarian

Brenda Davis, RD & Vesanto Melina, MS, RD, BPC.

Becoming Vegan

Brenda Davis, RD & Vesanto Melina, MS, RD, BPC.

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