

Fats & Your Diet

Following Stroke



Why is the fat in food important?

1. Having enough fat in your diet is essential to staying healthy (most of the cholesterol we need to stay healthy is made by our liver).
2. Fats allow us to absorb vitamins such as vitamin A, D, E and K.
3. Certain fats such as Omega-3 and Omega-6 are not made by our body.
 - The only way to get these important fats is by eating foods such as fatty fish, almonds and walnuts, and seeds including chia, hemp and ground flax.

What are the different types of fats found in the blood?

- There are four types of fats found in the blood:
 1. Total cholesterol
 2. Low Density Lipoprotein-cholesterol (LDL)
 3. High Density Lipoprotein-cholesterol (HDL)
 4. Triglycerides



Saturated Fats

Unsaturated Fats





Trans Fats

What are unsaturated fats?

- Mostly found in oils from plants such as olive oil and almonds.
- Healthy fats are known to lower LDL (lousy) cholesterol and may increase HDL (healthy cholesterol).
- Healthy fats can also improve your cognition (memory and thinking etc.)

What are saturated fats?

- Mostly found in animal products and tropical oils (palm oil, coconut oil).
- Raises LDL (lousy) cholesterol.

What are trans fats?

- Produced when healthy fat is chemically altered using the method and process of partial hydrogenation.
- Raises LDL (lousy) and lowers HDL (healthy) cholesterol.

What are Triglycerides?

- Triglycerides are the storage form of fat in our blood.
- High levels cause blood to become "sticky" and blood cells to clump together, forming blood clots over time.
- High sugar or simple carbohydrates such as cakes and alcohol can increase triglyceride levels.



Butter vs. Margarine



- Butter contains mostly saturated fat
- Margarine made from non-hydrogenated vegetable oils contain **no trans fat**

What is Cholesterol?

- Cholesterol is a wax-like substance that is found only in animal products, and is essential for the body to function.
- We make all the cholesterol our body needs in our liver.
- It's far more important to reduce your consumption of saturated and trans fats.



How Many Eggs Can I eat?

- 1 egg yolk has 190 to 210 mg of cholesterol
- The daily recommendation for cholesterol intake (secondary prevention) is **200 mg**
- It is recommended that people with type II diabetes consume up to 2 egg yolks per week.

The Mediterranean-type Diet

4. Primarily consists of plant-based foods (fruits and vegetables), whole grains, legumes, nuts, and healthy fats like olive oil.
5. Limits red meat and increases fish and poultry intake.



People with stroke should follow a Mediterranean-type diet instead of a low fat diet
Go to page 3 for an example of a typical Mediterranean-type diet.

How do I reduce saturated fats and increase unsaturated fats from plants?

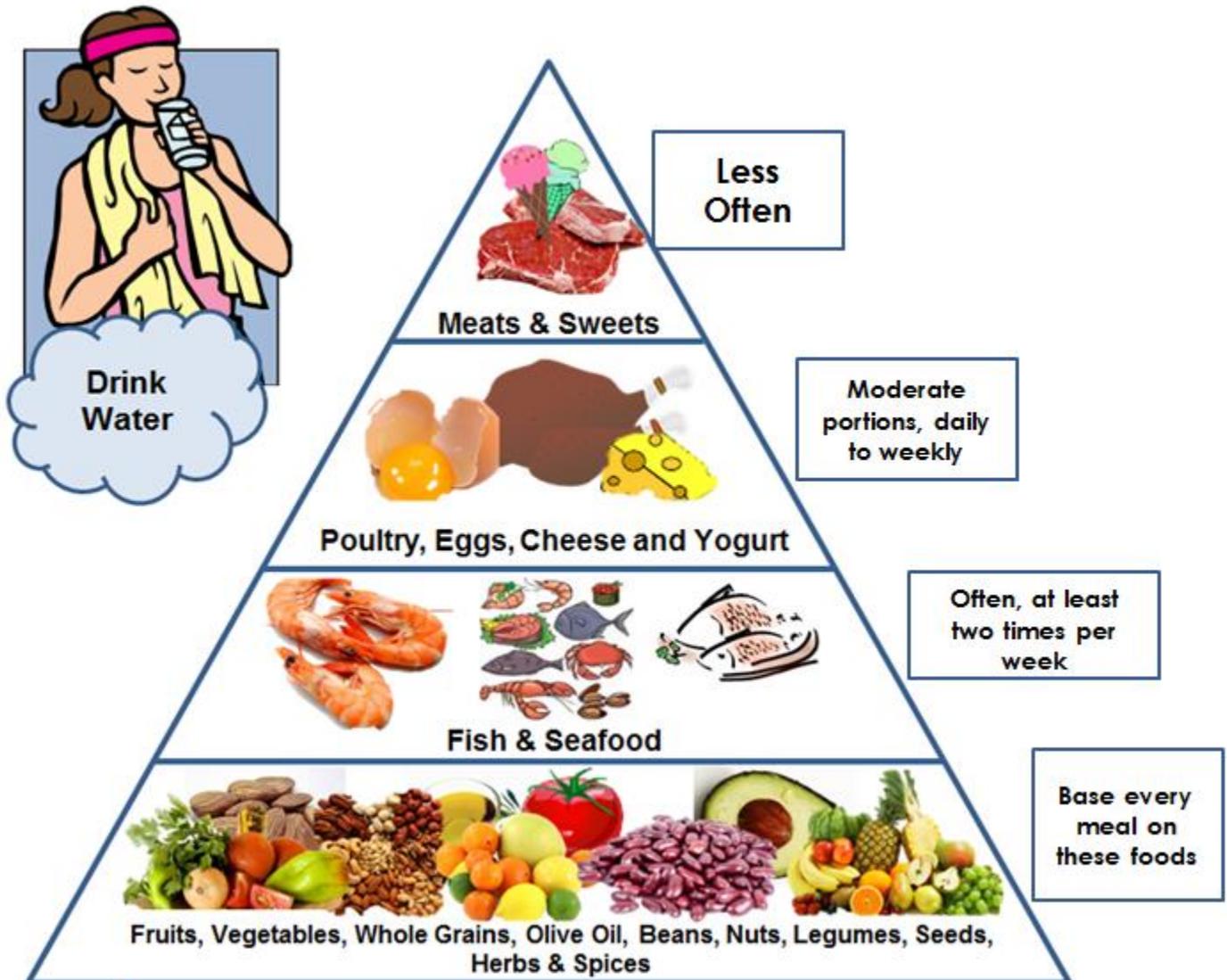
- Eat more meals that include **plants**. For example, dried or canned beans, lentils, nut butters and soy.
- Include Omega-3 fats found in ground flax seed, hemp hearts, canola oil, and chia seeds.
 - 1-2 tbsp of any of the above, per day
- Include 2-3 servings of fatty fish per week.
 - Sardines, trout, salmon, mackerel, and herring are great sources of Omega-3.
- Change cooking methods – avoid deep-frying.
- Choose lean cuts of meat.
 - Choose meats with less white streaks and remove the skin on chicken or turkey.
- Choose cheeses that are less than 15% M.F or B.F (milk or butter fat).
- Choose 1% or skim milk, low fat milk, plain or unsweetened yogurt.



*** A healthy diet combined with exercise can help improve your cholesterol readings.**

1 Day Example of a Mediterranean-type Diet for One Person		
Meal	Food	Cost
Breakfast	Yogurt Parfait:	
	½ cup of plain Greek yogurt, 0%-1% M.F. ½ cup frozen strawberries	Subtotal: \$1.59
	Toast:	
	2 Slices of whole-grain bread ½ of an avocado, mashed	Subtotal: \$0.98
Total Cost of Breakfast: Approximately <u>\$2.57</u> based on serving size		
Morning Snack	¼ cup of unsalted almonds	\$0.99
Lunch	Pita Wrap:	
	1 small whole-grain pita	\$0.35
	4 tablespoon hummus	\$0.82
	1 cup of baby spinach	\$1.00
	½ tomato	0.60
	1 cup minestrone soup (low sodium) (~½ can)	\$2.51
	1 medium orange	\$1.20
	1 cup of water	
Total Cost of Lunch + Snack: Approximately <u>\$7.47</u> based on serving size		
Afternoon Snack	Small bunch of grapes (~½ cup)	\$0.43
Dinner	Baked Salmon:	
	3 oz. salmon (palm size)	
	1 teaspoon tarragon	
	1 teaspoon mustard	Subtotal: \$7.35
	Couscous:	
	1 cup couscous, cooked	
	½ cup zucchini, grilled	Subtotal: \$3.84
	4 spears of asparagus with minced garlic	
	Salad:	
	½ cup arugula	
1 cup baby spinach		
1 tablespoon shaved parmesan cheese	Subtotal: \$4.18	
	1 tablespoon lemon juice	
	1 tablespoon olive oil	
	1 cup of water	
Total Cost of Dinner + Snack: Approximately <u>\$15.80</u> based on serving size		
Cost of Entire Day: \$25.84 (for 1 person as of May 2020)		

Mediterranean Diet Pyramid



Sensible Grocery Shopping Tips:

- Frozen or canned fruits and vegetables are just as nutritious and can be significantly cheaper. Choose products that are packed in water without added sugars, saturated and trans fat, and salt.
- Shop with a smaller cart or a basket. This forces us to re-think purchasing decisions and help you buy produce you really need.
- Avoid buying at eye level. Least expensive items and often the most nutritious are placed on the higher and lower shelves.
- Check your local newspaper or browse online for coupons and great deals.
- Some foods may interact with your medication. Be sure to check with your doctor beforehand.