

Cardiovascular Prevention & Rehabilitation

Heart Healthy Eating Q & A



Objective:

1. To review general heart healthy eating recommendations
2. To answer commonly asked questions about heart disease and nutrition

What is the BEST diet to follow?

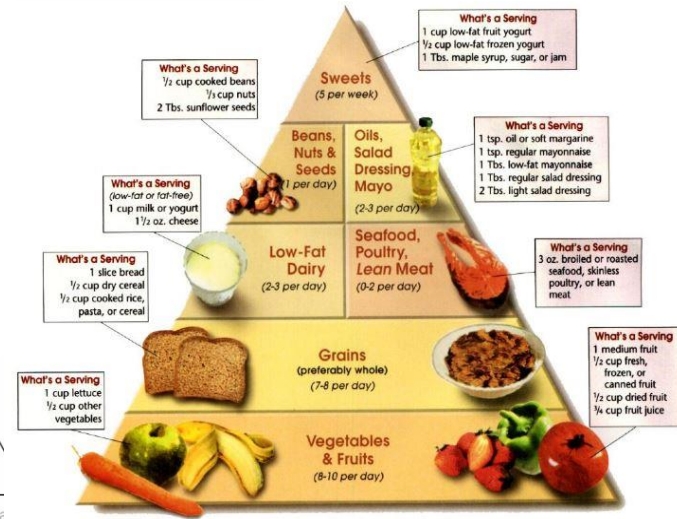
Remember, there are a variety of heart healthy eating patterns. They all have many similarities and benefits. The best diet pattern for you, is the one you can see yourself following long term.



Vegan or Vegetarian



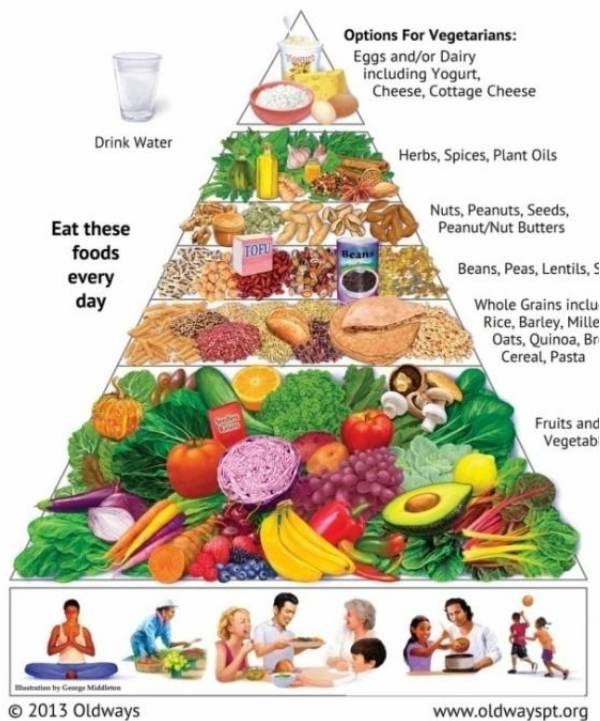
Mediterranean Diet



DASH Diet

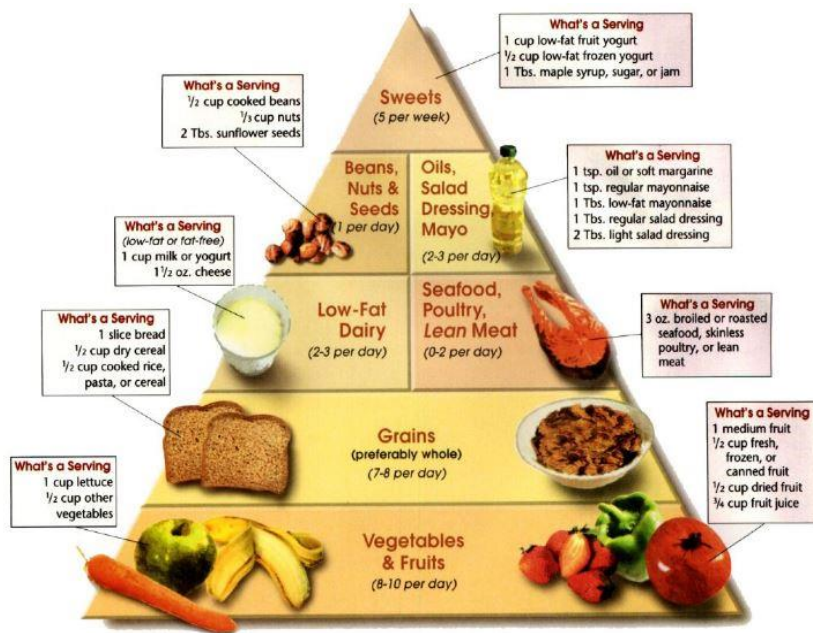
What is the BEST diet to follow?

Vegetarian & Vegan Diet Pyramid



- The Vegan or vegetarian Diet Emphasizes: avoiding any animal flesh such as meat, poultry, or fish.
- A vegan diet is a stricter than vegetarian where you would avoid consuming dairy, eggs, and any other ingredients derived from animals
- It's important to ensure you consume adequate plant-based protein such as: legumes, soy-based products (tofu and tempeh), nuts and seeds

What is the BEST diet to follow?

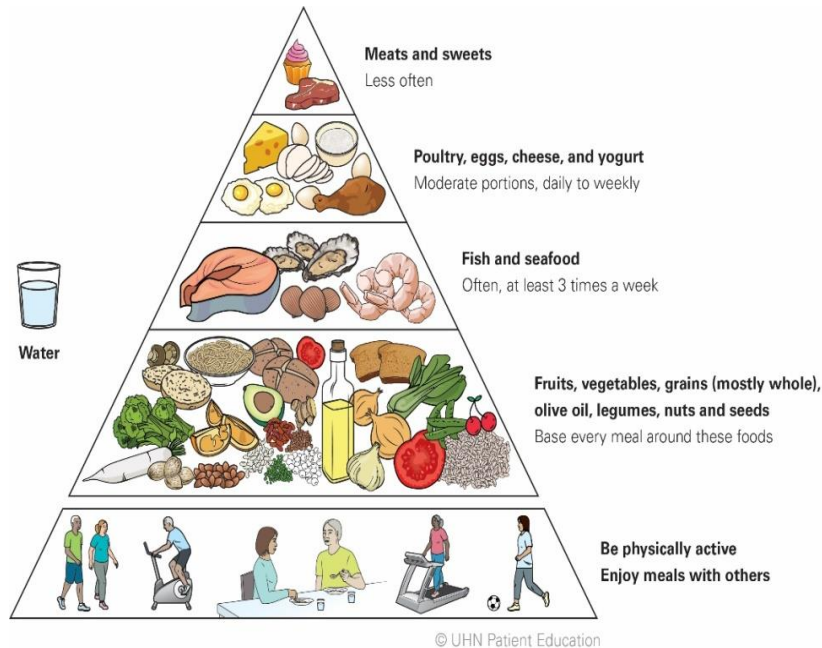


DASH Diet

The Dietary Approaches to Stopping Hypertension (DASH Diet) Emphasizes:

- Choosing foods that are: Rich in potassium, calcium, magnesium, fiber and protein.
- Low in salt
- Having plenty of whole foods, and limiting processed foods and foods that are high in saturated fats

What is the BEST diet to follow?



Mediterranean Diet

The Mediterranean Diet Emphasizes:

- **Cooking at home**
- **Sharing meals with others**
- **Seasoning foods with garlic, onion and tomatoes instead of salt**
- **Cooking with extra virgin olive oil as the main oil**
- **Choose less processed foods**
- **Eating mostly plant foods such as whole grains, vegetables and fruits, legumes, nuts & seeds**
- **Choosing fish and seafood often**
- **Eating less high-fat dairy, poultry, and red meat**

What do these patterns of eating have in common?



Whole foods that come from plants



Plate method

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods

This is what it can look like when we put these nutritious foods together. This is what is called the plate method taken from Canada's Food Guide.

Following the plate method can help you plan balanced meals. The plate method suggests having:

- $\frac{1}{2}$ plate of fruits and vegetables, fresh or frozen
- $\frac{1}{4}$ plate whole grains (such as whole grain bread or pasta, quinoa, bulgur, barley, brown rice, whole grain oats)
- $\frac{1}{4}$ plate protein foods (such as chicken, fish, lean cuts of meat, beans, chickpeas, lentils, tofu, soybeans)

Plant protein

Replacing some of your animal protein with plant protein helps lower your intake of unhealthy saturated fats and increase your intake of fibre.

Choose plant proteins such as cooked dried beans, lentils and chickpeas or tofu more often.

When buying canned legumes or foods made from soy, choose low sodium options.



- $\frac{3}{4}$ cup (175 ml)
- 3 servings/week

Nuts, Seeds and Nut Butters

Nuts are a source of healthy fats, fibre and antioxidants. You can also use 2 tablespoons of natural nut butter as a serving instead of whole nuts.



- $\frac{1}{4}$ cup (60 ml)
- 3 or more servings/week

Fish



- 3 to 4 ounces
- 3 servings/week

Include cold water fatty fish more often, such as salmon, trout, mackerel, sardines because they are your best source of omega 3 heart healthy fats.

Omega 3s are an essential fat for heart health. They also decrease inflammation throughout your body.

If you are following a vegetarian or a vegan pattern of eating, consider getting your omega 3 fats from plant sources such as flax seed, chia seeds, canola oil and walnuts.

Where can I get Omega-3s if I am not eating fresh fish?



- Frozen and canned fish such as salmon, sardines
- Plant sources: chia seeds, hemp seeds, ground flax seeds, walnuts, canola oil
- Talk to your doctor before taking supplements

Dairy and dairy alternatives

Dairy and dairy alternatives may include dairy milk, cheese, yogurt or dairy alternatives such as almond or soy milk. When choosing dairy products, look for lower sodium and lower saturated fat products.

1 serving size is:

- 50 grams or 1.5 oz of cheese, 15 percent milk fat or less
- 1 cup of milk (skim or 1% dairy, almond, soy)
- $\frac{3}{4}$ cup (or 175 grams) of unsweetened plain low fat yogurt



- 2 to 3 servings/day

Oils

Evidence points to using extra virgin olive oil as your main cooking, baking and salad oil. Extra virgin olive oil is high in heart-healthy unsaturated fat and antioxidants.



- 1 tablespoon (15 ml)
- 3 to 4 servings each day

What's the best oil to use?



- Extra virgin olive oil contains healthy fats and antioxidants. It can lower LDL (bad cholesterol) and raise HDL (good cholesterol). Use it for salads, and for most cooking and baking.
- If cooking at temperatures higher than 400°F, choose an oil with a higher smoke point such as avocado oil, canola oil etc.

What about coconut oil?



- Coconut oil is 92% saturated fat. It contains mostly a type of saturated fat that raises HDL (good) cholesterol levels, but it also raises LDL (bad) cholesterol levels.
- Most 'health claims' for coconut oil such as it's fat burning properties are not supported by evidence.

Is it okay to eat sugar?

Natural Sugars - found in fruit, some vegetables, milk, yogurt



Added Sugars – found in pop, breakfast cereals and fruit drinks, baked goods, flavoured yogurt, condiments and sauces

Look for words like: agave, beet sugar, fruit juice, dextrose, cane juice, corn syrup, nectar, molasses, brown rice sugar

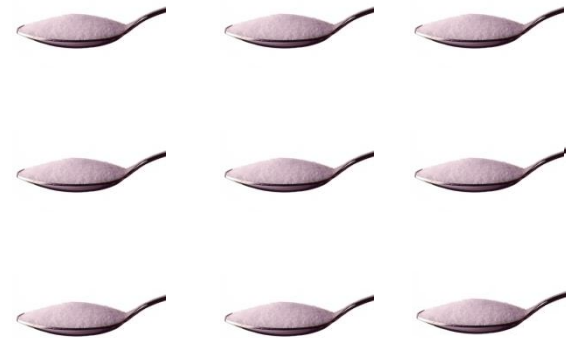
Recommendation for Added Sugar

- Women



6 teaspoons =
25 grams

- Men

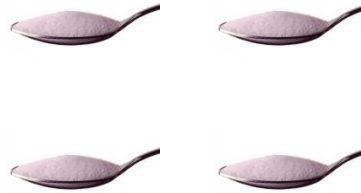


9 teaspoons
= 38 grams

How much “added” sugar?



=



=



=



What about salt?



- Aim to stay under 2000 mg of sodium per day.
- 1 tsp salt = 2300 mg
- Be aware of hidden salt in processed and restaurant foods.
- Look for 5% DV or less on labels.

How much sodium?



= 900+ mg



= 1000 mg per Tbsp.



= 1100 mg per restaurant serving

Questions and Answers



- Feel free to browse our website for more information and answers to your questions on Heart Healthy Eating!