



**WOMEN'S HEART FOUNDATION**

# Eating for a Healthy Heart

## Choices You Can Live With

### Review Committee:

Danielle Cairns, RN; Mary Ann Cavallaro, RN, MBA;

Mary Johnson, MS, RD, CDE, BC-ADM; Terry Unger, RD, CDE

Sources: "Eating for a Healthy Heart", JAMA Nov27, '02

"Beyond the Fads: What Science tells us about Food and Health" Newsweek Jan20, '03

New Jersey Department of Health & Senior Services, WIC program, Maternal and Child Health

NIH "Healthy Heart Handbook for Women"

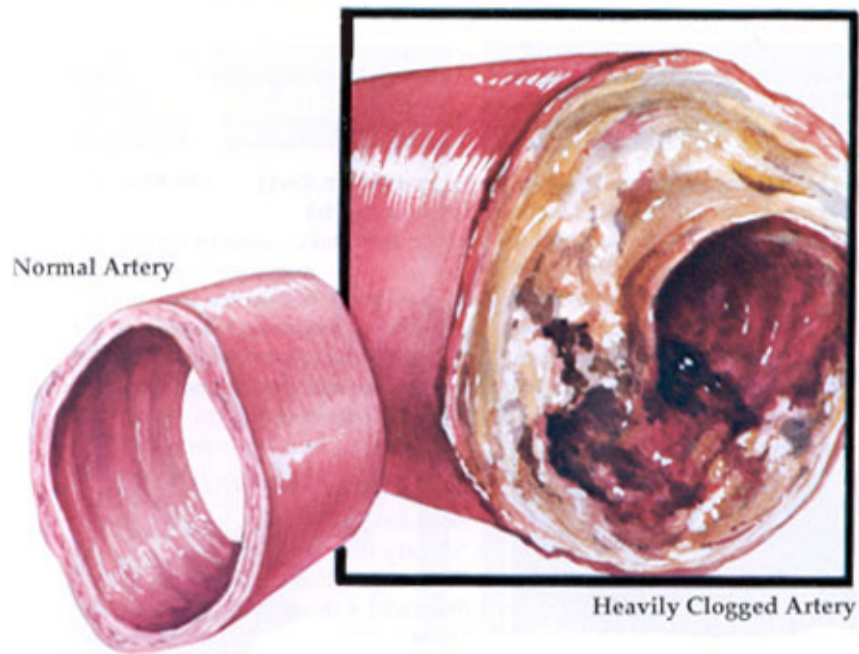
The text and photographs contained on this diskette are copyrighted and registered with the United States Copyright Office and may not be duplicated or modified in any way nor can a portion of any size be incorporated into the work of another without prior written consent of the author, the Women's Heart Foundation. Copyrights © WHF1999 All Rights Reserved. WHF, P.O. Box 7827, Trenton, NJ. 08628. [www.womensheart.org](http://www.womensheart.org) Rel 2004-07

# Goals

- Understand the principles of healthy eating and ways to help prevent heart disease and obesity
- Learn how to incorporate healthy eating into a busy lifestyle
- Realize that one eating plan is not for everybody

# Cholesterol Plaque Buildup

*...it starts in childhood*



Graphic courtesy of Health Edco Corporation. Used by permission.



# **America is Suffering an Obesity Epidemic**

**We are consuming more calories, growing more obese, suffering more diabetes and high blood pressure – all risk factors for heart disease**

# “The obesity epidemic in America is the terror within” - Richard Carmona, MD, Surgeon General 2002-06



- 60 million people in U.S. are overweight or obese. 9 million children are affected.
- 20% of healthcare dollars are spent on obesity – 4 trillion dollars spent of our gross national product
- Unless we do something about obesity, the magnitude of this dilemma will dwarf the terror of 9/11.
- This could be the unhealthiest generation ever in our history.
- Our once vibrant society is perishing now as our children are deteriorating before our eyes

Go to <http://www.youtube.com/watch?v=cPNw-kIPy8I>





Photo from [PhotoSearch.com](https://www.PhotoSearch.com)



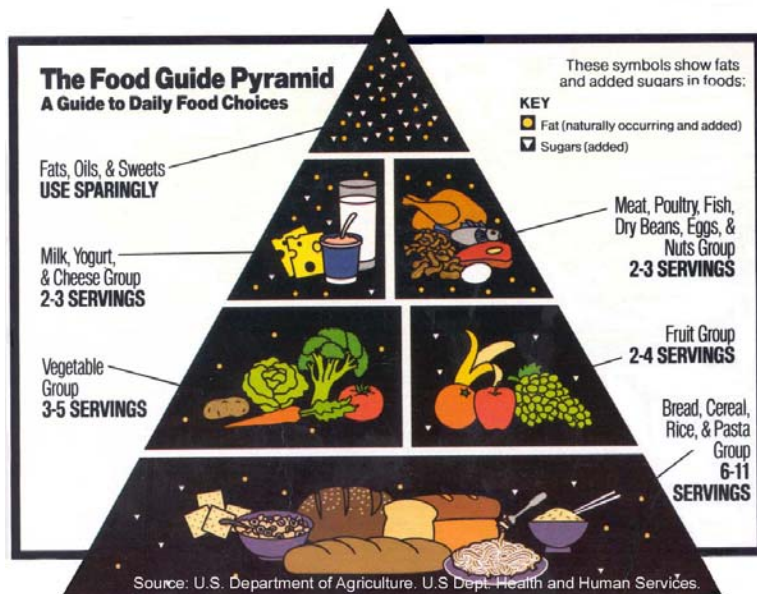
Photo found with google search on “photos of obesity”



# Research Supports 3 Dietary Strategies:

1. Substitute monounsaturated fats for saturated and trans-fats
2. Increase consumption of omega 3 fatty acids from fish, fish oil supplements or a plant source like flax seed oil
3. Consume a diet high in fruits, vegetables, nuts, and whole grains and low in refined grain products.

- Harvard School of Public Health, Channing Laboratory, Brigham and Women's Hospital and Harvard Medical School



# USDA Food Pyramid

(replaced in 2005)

## Bad

- Didn't differentiate between healthy and unhealthy fats
- Lumps high protein foods together – does not separate out red meat
- Balance of calories could come from less healthy foods i.e. white sugar, white flour.

## Good

- Attempts to show balance in eating from a variety of foods
- Encourages fruit and vegetable intake

# USDA “My Pyramid”

(introduced in 2005)

- Online version to customize nutritional needs
- Includes exercise component
- Still not clear with
  - types of foods to eat
  - types of foods to avoid
  - portion size

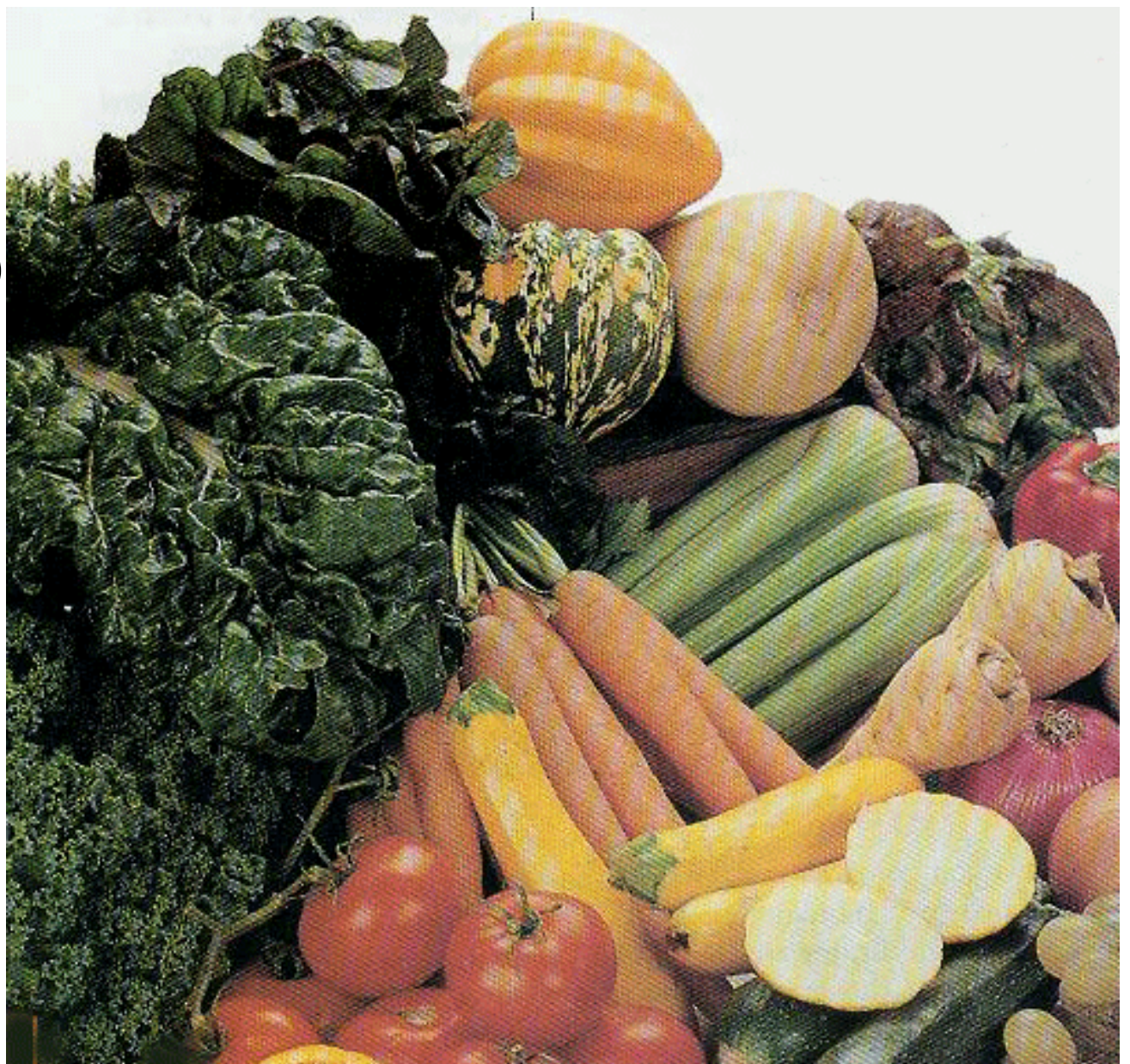


# Healthy Fats



- While people once thought all fat was bad, science is now showing that omega-3 fatty acids is good for the heart and vital to good health (i.e. wild salmon, tuna, mackerel, sardines).
- Monounsaturated fat protects HDL levels (i.e. olive oil)
- A combination of healthy fats, oils and plant sterols/stenols\* can be purchased in a spread (i.e. Smart Balance©, Benecol©, Take Control©)
- Keep in mind: Fats are high in calories and can contribute to weight gain.

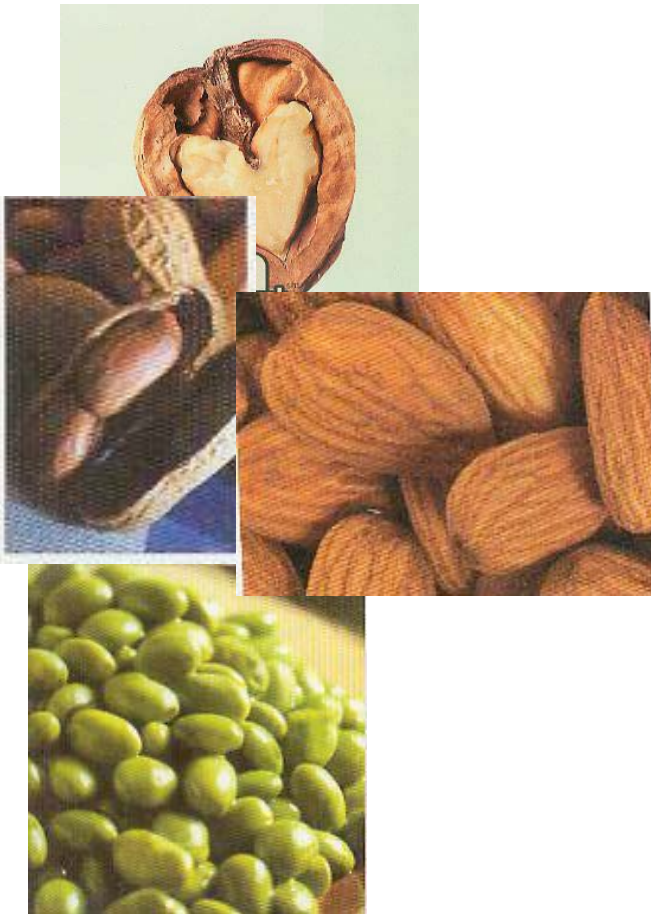
**Adults -  
Aim for 7-9  
servings a  
day of  
Vegetables**



# Adults - Aim for 2-4 servings a day of whole Fruits



# Eat more beans, nuts and legumes



# Interpreting food packaging claims and misinformation

- Advertised as “Cholesterol-Free” does not mean the product is healthy for you. Processed foods, snacks and commercial baked goods are often full of unhealthy **Trans-fats** or hydrogenated oils. Margarine is a trans-fat. These fats do not occur naturally and are known contributors to heart disease.
- Transfats are starting to be listed on the USDA Food Labels. Read the **INGREDIENTS SECTION** and look to see if “hydrogenated oil” is listed and limit these foods.
- Products high in carbohydrates raise triglycerides – another risk factor for heart disease.

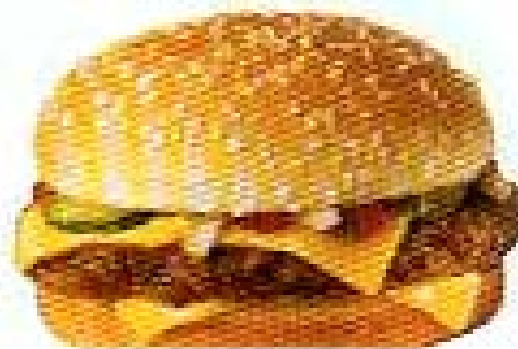
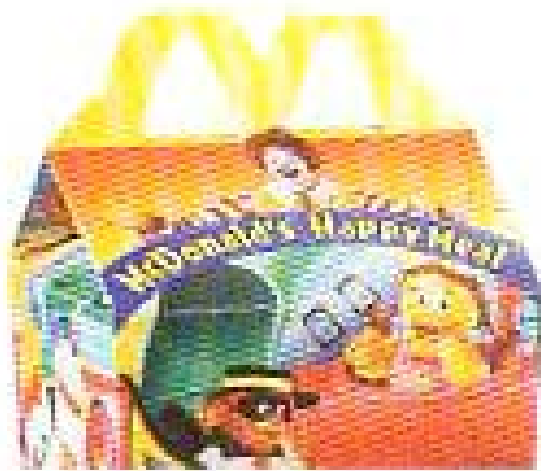


# Let healthy eating start in childhood

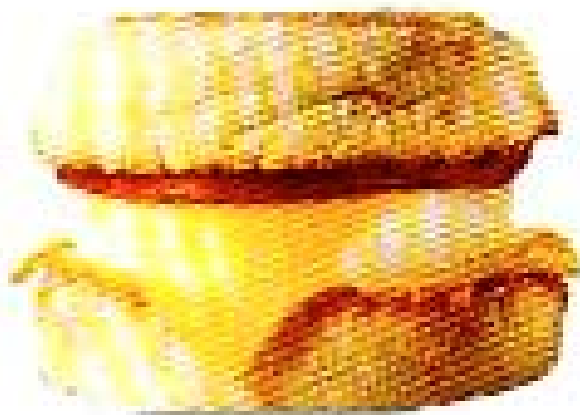


*...and continue into adulthood*

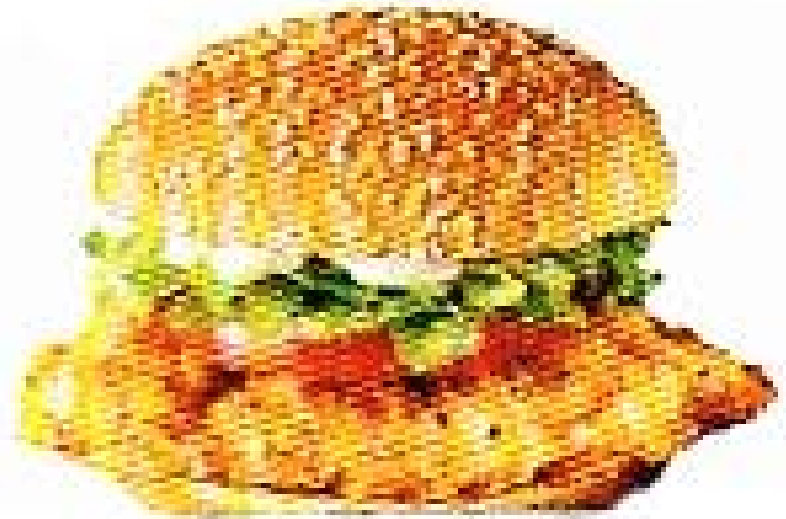
# Limit these choices in childhood and adulthood



# Consider some better choices if at McDonald's® Restaurant



Egg McMuffin



Grilled Chicken with  
fat-free dressing

# Better yet, choose healthier fast food alternatives

- Vegetarian Chili
- Tabouleh (+ other selections from “whole grain bar”)
- Fresh fruit bar
- Salad bar
- Prepared vegetable sides
- Veggie burgers
- Vegetable stir fry with tofu
- Barbecued Turkey
- Salmon Filet
- Grilled Chicken

**Wegmans**

*helping you make great meals easy*

**Black Forest  
Acres**

**Whole Earth  
Center**



***Marrazzo's***



# This healthier choice could be expensive...*so make your own*

Fruit Salad cream  
topping and  
walnuts

**\$5.74**



Cost to prepare  
your own version:

½ apple

½ pear

10 grapes

10 walnuts

½ cup vanilla yogurt

1 bottled water

**\$3.00**

# Portion distortion – choose sensible servings

- In 1970, a portion of pasta = 2 cups. In 2000, a portion of pasta = 4 cups, totaling 580 calories!
- When eating out, choose small portion sizes, share an entrée with a friend, or take some of the food home.
- Check product labels to learn how much food is considered a serving and how many calories, fat grams, and so forth are in the food.

# Inflammation of blood vessels - a new major risk factor

- Poor diet and other causes contributing to inflammation in arteries

read the article by retired heart surgeon Dwight Lundell, M.D. go to [www.womensheart.org/pdfs/HeartSurgeonAdmitsHugeMistake.pdf](http://www.womensheart.org/pdfs/HeartSurgeonAdmitsHugeMistake.pdf)

- C-reactive protein... to Test or Not to Test?

# Homocysteine levels also related to inflamed blood vessels

- Homocysteine is an amino acid that can damage blood vessel lining
- Taking a multivitamin daily can help
- Take a high quality daily vitamin with Folic Acid (Homocysteine levels above 12 are considered high)
- Vegetarians may need to supplement with B12 – take twice the DRV.



# Food for thought...

- A study of 1,900 Tea-drinkers suggested that drinking tea may reduce risk of heart attack *Circulation 2002*
- One study showed that people getting up to 36% of calories from fat, with half coming from peanuts and peanut butter, actually lowered their cholesterol levels *Am J Clin Nutr 1999*
- A study published by the American Heart Association suggested that antioxidant properties of flavonoids are also found in purple grape juice and may have a positive effect on heart disease. *Circulation 2001*
- Recent studies show beneficial compounds in cinnamon can reduce blood sugar, cholesterol & triglycerides and can lower blood pressure.

# Examining Popular Diets

- DASH
- Atkins
- South Beach
- Ornish
- Mediterranean

# DASH diet – Dietary Approach to Stop Hypertension

- Proven results
- Promoted by NIH
- Delicious way to eat

Go to [http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm)

# Atkins Diet Plan



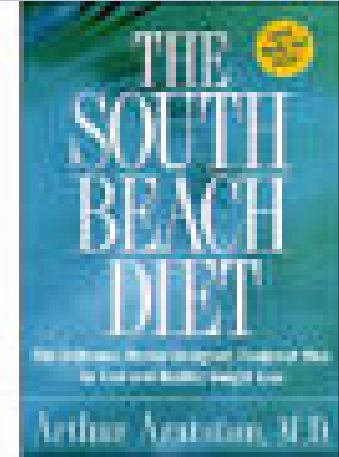
## Good

- Low carb, high protein stabilizes blood sugars
- Leaves you feeling full
- Weight loss
- Can jump-start diet

## Bad

- Weight loss may be only temporary
- High protein intake is taxing on kidneys and high saturated fat may increase HD risk.
- Must drink extra water with ketone bodies (fat cell breakdown)
- Cuts out fresh produce (newer version includes more vegetables)

# South Beach Diet



## Good

- Low carb, high protein stabilizes blood sugars
- Leaves you feeling full
- Weight loss
- Can jump-start diet
- Vegetable-rich
- Great recipes including fruit desserts
- Different levels of dieting - to reintroduce certain carbohydrates
- Low in saturated fat

## Bad

- Weight loss may be only temporary
- High protein can be taxing on kidneys.
- Must drink extra water with ketone bodies (fat cell breakdown)
- As with any diet, hard to maintain

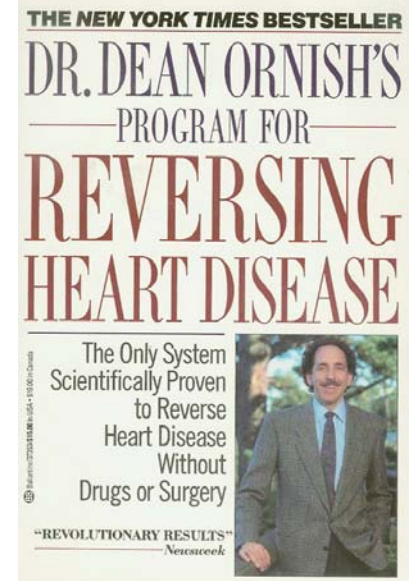
# Ornish Heart Disease Reversal Program

## Good

- Studies show angiographically this diet can reverse the risk of heart disease and lesions
- Involves comprehensive lifestyle changes
- Women seem to benefit even more than men
- Covered by some insurance companies

## Bad

- Difficult diet to maintain
- Low fat intake may hamper absorption of fat-soluble vitamins A-D-E-K



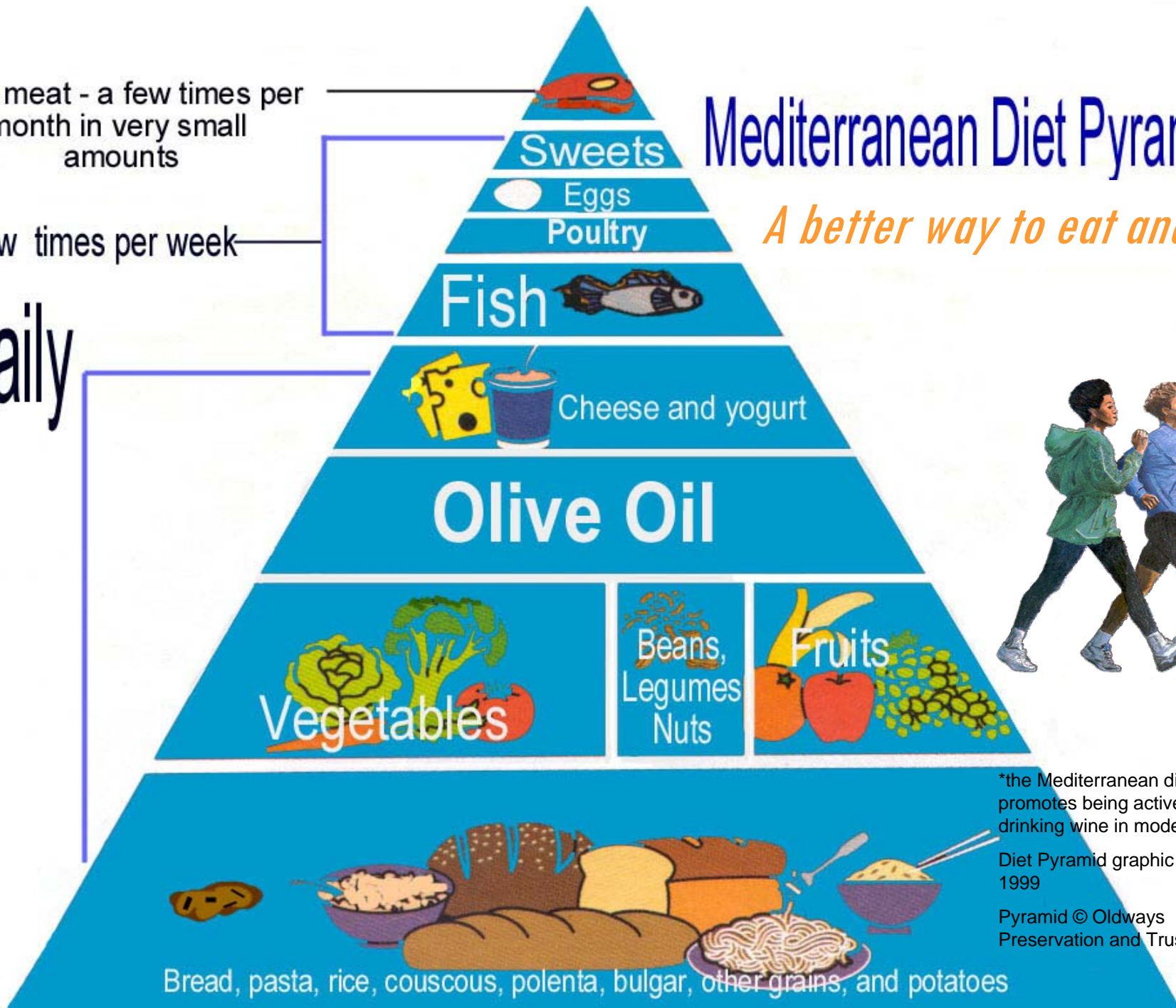
# Mediterranean Diet Pyramid\*

*A better way to eat and live*

Red meat - a few times per month in very small amounts

A few times per week

Daily



\*the Mediterranean diet also promotes being active and drinking wine in moderation.

Diet Pyramid graphic © WHF 1999

Pyramid © Oldways Preservation and Trust

Bread, pasta, rice, couscous, polenta, bulgar, other grains, and potatoes

# The Mediterranean diet - Best for people with known heart disease?

- In one study, French researchers assigned 600 heart attack survivors to follow either a Mediterranean diet or a regimen similar to the one recommended by the U.S. Government and American Heart Association. The short-term results were virtually the same: both diets reduced cholesterol levels by comparable amounts, but the long-term results were surprising. Only 8 new heart attacks occurred over the next two years in the Mediterranean group, compared to 33 in the other group.
- Heart disease is multi-factorial. Diet is just one factor. Family history, lifestyle and blood pressure management are other key risks.



# View other food pyramids of healthy diets from around the world

- [www.oldwayspt.org](http://www.oldwayspt.org)

# *From former Surgeon General Richard Carmona, MD...*



- The fact is we have 9 million children who are overweight or obese. We have an unprecedented amount of type 2 diabetes in our children and we are starting to see hypertension in our children in grammar school. We are taking middle-aged disease and ratcheting it down in a cohort of youngsters who are sedentary, spend far too much time on play stations and not enough time on the playgrounds, eat indiscriminately, don't have access to the right foods, grow up in single parent families, latch-key children --all social determinants of health that are so important and inextricably intertwined with the health of the nation.
- You can't fix the health problem until you deal with the social economic determinants of health. They have to be done in tandem. If you do one or the other, it's not going to advance the health significantly of the nation and will not, therefore, decrease the disease and economic burden that we experience in the nation.

# *More from former Surgeon General Richard Carmona, MD...*



- There is a workforce implication here. Who will be the leaders of tomorrow? Where will our fireman and policeman come from? Who will be our first responders to emergencies or serve in the military? The legacy we are going to leave our children -if we don't break this pattern- it's unsustainable. Our children will not be able to afford healthcare. They will be sicker. They will live less. There will be serious implications for our workforce. They drop out of school at the rate of 30-50%. Who will be the leaders of tomorrow if you can't get them out of high school?
- What's key is: How do you provide sustainability in the environment that these children grow in, that they get food, that they get nurturing, that they get mentoring, that they grow in a stable environment and are not worried about where they are going to live the next day. Only then will our children have the opportunity to be successful.
- We must introduce a new infrastructure for a cultural transformation to occur – one that values wellness and prevention. We must find a way to influence health behaviors and reward healthcare workers who demonstrate positive results. We continue to operate on the sickness model and it is expensive. We are the unhealthiest nation on the planet, yet we spend more on healthcare than any nation in the world. It is an embarrassment.

# 5 Lifestyle Secrets from an Okinawan Octogenarian:



1. Eat 7 or more servings a day of vegetables, including dark leafy vegetables, seaweed, onions, green peppers, bean sprouts
2. Eat until you are 80% full, wait five minutes, then top off
3. Stay active
4. Connect spiritually
5. Be “laid back”

- Andrew Weil, MD, Prevention Aug 2004

***Be the Change!*** Support WHF as we work to create sustainable programs for prevention and new school-based wellness communities

*Take Care of Your Heart*



[www.WomensHeart.org](http://www.WomensHeart.org)

Wellness Communities – Prevention – Gender care