



THE UNIVERSITY OF KANSAS HEALTH SYSTEM

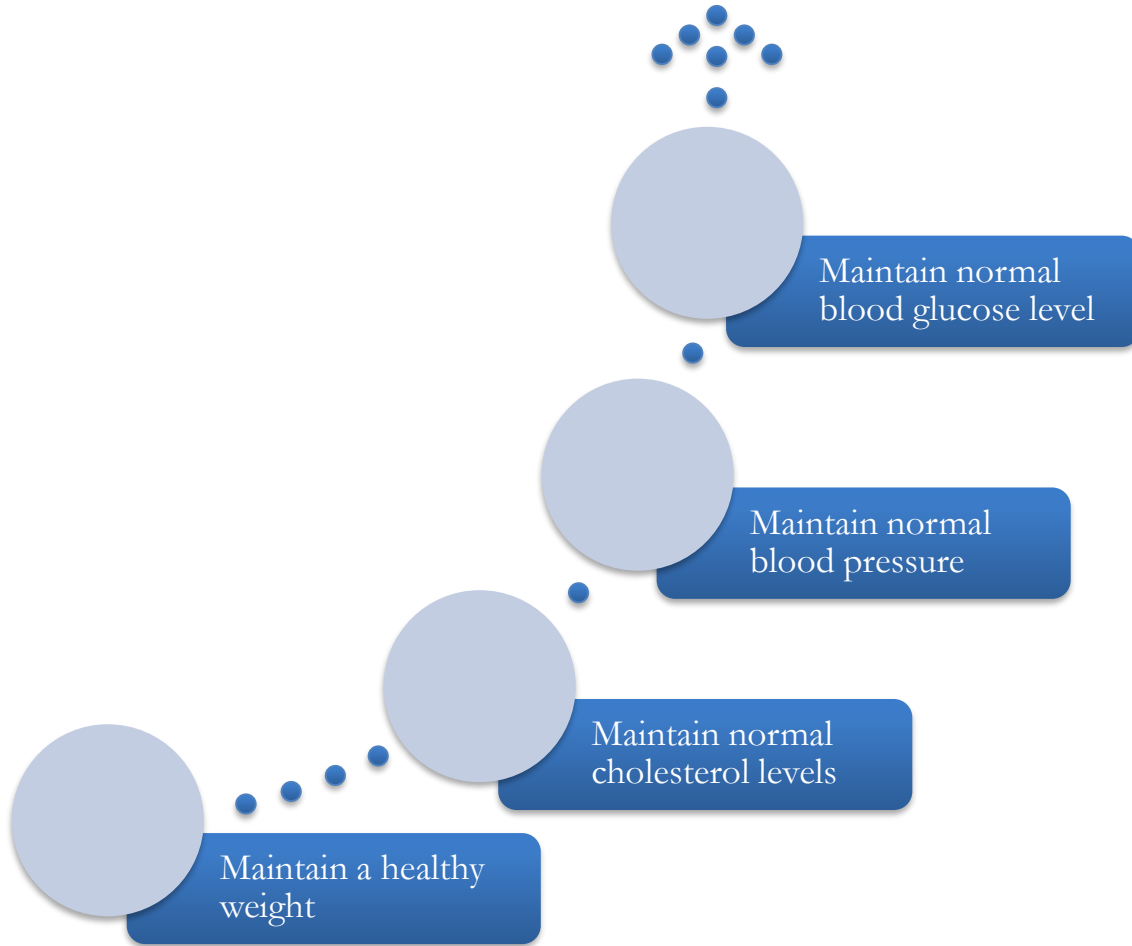
Heart Smart

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Objectives

- Recommendations for a heart healthy diet
- Understand importance of glycemic control in patients with cardiac disease

Controllable Risk Factors



*Eating a healthy diet
reduces a majority
of the controllable
risk factors.*

Food For Thought

What comes to mind when you hear “Heart Healthy Diet”?

“Low Sodium
and Low Carb”

“No Alcohol?”

“Eating lots of
fruits and
vegetables”

“Eating Honey
Nut Cheerios”

What is the truth?

Don't eat eggs.

Eggs are good
for you

Coconut oil is
amazing and
should be in
everything.

Coconut oil is
full of saturated
fat and is bad for
your heart.

Fat-free dairy is
the only kind
you should eat.

Fat from dairy is
good for you
and your heart.

Heart Healthy Diet

- Saturated and Trans Fat less than 7% of energy intake
- Total fat limited to 25-35% of total energy intake
- Fiber intake: Women: 21-25gm/day, Men: 25-38gm/day
- Less than 2000mg sodium/day
- Consume omega-3 fatty acid rich foods: fish (two 4oz. Serving/week) and/or plant derived foods.
- Include a variety of antioxidant containing foods such as fruits, vegetables, whole grains, and nuts.

The Salty Facts

- For most adults the recommended intake of sodium should be **no more than 2300mg/day** with an ideal limit of no more than 1500mg/day.
- The average American consumes 3,400mg of sodium/day.
- 1 teaspoon table salt = 2,300 mg sodium
- Americans get 71% of the sodium intake from processed and restaurant foods — *not the salt shaker.*

Top 10 Sources of Sodium:

Breads and rolls

Pizza

Sandwiches

Cold cuts and cured meats

Soups

Burritos and tacos

Savory snacks (Chips, popcorn, pretzels, snack mixes, and crackers)

Chicken

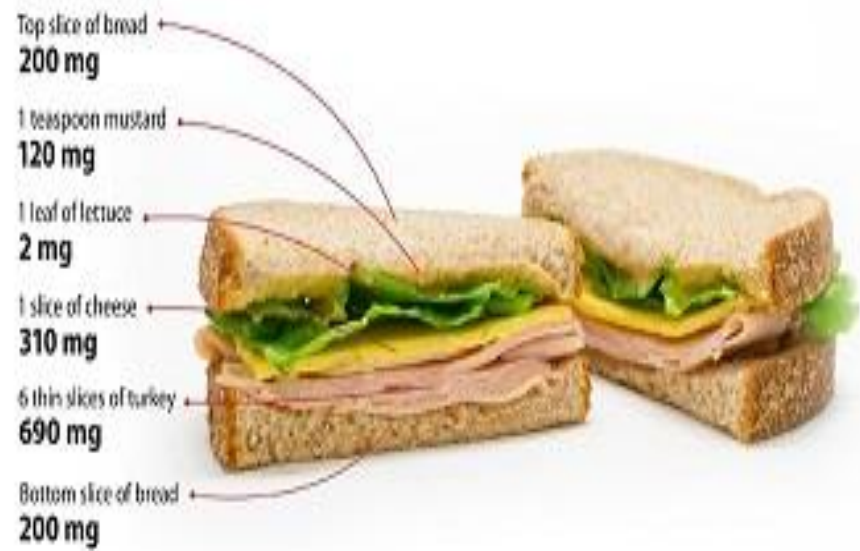
Cheese

Eggs and Omelets

It can add up quickly...

Sodium Levels		Sodium (in milligrams)
Breakfast		
Egg and cheese sandwich		760
Orange juice, 1 cup		5
Coffee, 1 cup		5
Snack		
Banana, medium		1
Lunch		
Vegetable soup & 1/2 sandwich combo		1,450
Iced tea, 1 cup unsweetened		10
Snack		
Chips (plain)		140
Dinner		
Spaghetti (without added salt) with meat sauce (1 1/2 cup pasta, 1/4 cup sauce, 3 oz meat)		380
Garden salad with ranch dressing		340
Water, 1 cup		10
Snack		
2 Chocolate chip cookies		70
Skim Milk, 1 cup		100
Total		3,271

How does your sandwich stack up on sodium?



**Total = 1,522 mg
per whole sandwich**

1. Start here

2. Check the total calories per serving

3. Limit these nutrients

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* 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.</small>	

Ways to keep sodium limited

- Choose or make fresh foods vs. processed foods.
- Limit eating out and takeout to an occasional treat
- Read food labels carefully when selecting processed foods.
- Use fresh onions, garlic, herbs, spices, citrus varieties, and vinegars to season foods.
- Avoid adding salt during the cooking process.

Now getting to the sweet stuff

Sugar

- Daily recommended intake of sugar is **6 teaspoon or 25gms for Women** and **9 teaspoons or 36gms of sugar per day for Men.**
- The major sources of added sugars are regular soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks (fruitades and fruit punch), dairy desserts and milk products.
- Added sugars contribute zero nutritional value but add many calories in our diet.

Diabetes and Heart disease: What's the connection?

- Cardiovascular disease is the number 1 complication of Type 2 diabetes.
- According to the American Heart Association, at least 68% of people 65 or older with diabetes die from some form of heart disease.
- Patients double their risk for cardiovascular disease with a combination of hypertension and diabetes.
- Lack of physical activity and obesity are linked to insulin resistance and increased risk of developing cardiovascular disease.

Cutting back on sugar

- Avoid adding sugar to items that you eat or drink on a regular basis
- Avoid drinking sugar: Choose water or diet options
- Compare food labels between products
- Use fruit to sweeten foods
- Only eat desserts on a special occasion

What can our patients do?

- Increase physical activity
- Eat a heart healthy diet
- Achieve weight loss and/or maintain healthy weight
- Engage in regular physical activity
- Maintain adequate blood sugar control
- Maintain adequate blood pressure
- Stop smoking

Staying on track

- Using food journal or calorie tracking phone apps/websites
 - MyFitness Pal
 - Lose It!
 - FatSecret
 - Cron-O-Meter
 - SparkPeople



Thank You!