

Heart Healthy Eating

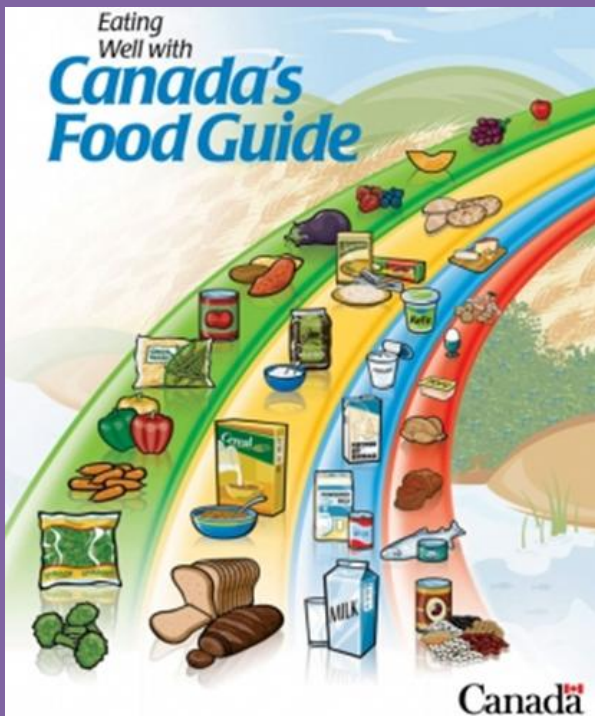
Take a Heart-Health break!

Read the latest edition of the *m-Health Solutions* Newsletter!

First Edition

What is heart healthy eating? Heart Healthy eating is a simple approach to food selection and preparation. It's learning what foods, condiments and preparation methods benefit your heart and may help improve your cardiovascular health! This issue will focus on four basic heart healthy food topics: **The 4 Food Groups, Salt, Fat, and Fibre.**

With so many food choices available, it's difficult to know where to begin! A good place to start may be looking at the *quality* of your food choices from the four food groups. Quality matters when it comes to heart-healthy meal planning. For example, whole grains provide more fiber than the refined white grain alternatives. Lean meats provide less saturated fat and overall fewer calories than higher fat cuts of meat. In general aim for lots of vegetables and fruit, whole-grain products, lower-fat milk products and alternatives, and lower-fat meats and alternatives when planning your heart healthy meals!



Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 50	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 120 mg	5 %
Carbohydrate 11 g	4 %
Fibre 3 g	12 %
Sugars 8 g	
Protein 2 g	
Vitamin A 15 %	Vitamin C 100 %
Calcium 2 %	Iron 4 %

Time to Be Suspicious of Salt!

Salt doesn't just come from the shaker! Many processed or convenience foods contain heaps of hidden salt. A diet high in sodium may increase your risk for some cardiovascular diseases. Health Canada recommends that healthy Canadians aim for <2300mg of sodium per day. In general, the less sodium in your diet, the better! Here are some sodium reducing strategies:

- Limit processed food especially deli meat, soup mixes, canned products, and pre-packaged snacks.
- Condiments like soy sauce, ketchup and even spice blends can be high in sodium. Look for sodium-reduced versions of your favourite condiments or just use less.
- Choose fresh or frozen foods versus canned foods. Salt is used as a preservative in many canned goods.
- Check the % Daily Value column on the Nutrition Facts table. Aim for products that contain <5% of your daily sodium requirements. Remember to look at the serving size on the label!



How much fat should I eat?

Health Canada recommends that healthy Canadian adults eat between 20-35% of their total daily calories from fat sources. For a 2000 calorie diet this works out to about 45-75g of fat per day.

To make an easy comparison, one teaspoon of margarine or oil has about 5g of fat. So an entire day's worth of fat would be equivalent to 9-15 teaspoons of margarine or oil.

Where does fat come from in the diet? Fats are found naturally in meats and fish, dairy products, nuts and seeds, and some fruits and vegetables (avocado, olives, and coconut). Dietary fat can also come from added fats such as butter, margarine or oil added to foods, mayonnaise and other condiments like salad dressings as well as baked goods and deep fried foods.

Now that you know how much fat to aim for each day, keep reading to find out what kinds of fats are best for heart health and which ones to limit!



'Hearty' Fats

Fat is a major source of fuel for your body. Learn a little about the four main types of fats in our foods!

Healthy Sources of Fat:

Polyunsaturated Fats

Vegetable oils (eg. corn, soybean, and sunflower oils), fatty fish (eg. salmon or trout), nuts and seeds (eg. flaxseed, peanuts, walnuts, sesame seeds).

Monounsaturated Fats

Avocados, olive oil, canola oil, and certain nuts (peanuts, pecans, almonds, and cashews).

Limit Intake of:

Saturated Fats

Meats, and high fat dairy, including milk and cheeses.

Eliminate Intake of:

Trans Fats

Beware of foods claiming "partially hydrogenated oil" in the ingredient list or on the label.

For Fibre's Sake

When it comes to heart-health, fibre is a key player! Why? Dietary fiber — found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation. But fiber can provide other health benefits as well, such as lowering your risk of diabetes and heart disease. Eating well With Canada's Food Guide recommends Canadian adults eat between 25 and 35 grams of fibre per day.

- Eat 5-10 servings of fruits and veggies per day
- Choose whole grains
- Start your day with a high fibre breakfast cereal
- Incorporate legumes and lentils into your diet on a regular basis

The Ultimate High Fibre Breakfast (Provides 10 grams of fibre)

Smoothies are great alternatives to coffee to energize and load up on nutrients! In a blender, mix 100 g (a single packet) of low fat or non-fat yoghurt, 3 tbsp ground flaxseed, ½ cup raw spinach, 1 cup of low fat milk, and 4 -5 fresh strawberries. Pour the contents into your favourite travel mug and you are on your way to a healthier day!