



HEART HEALTHY

recommendations

Every year, the month of February is dedicated to raising awareness for heart disease and lifestyle prevention practices. American Heart Month is a great time to learn about ways you can improve your diet to support your heart and cardiovascular system.



LESS SODIUM

2,000-2,300 mg sodium per day is recommended. This is just a pinch over 1 tsp of table salt every day.

Packaged and processed foods can be hidden sources of sodium. Check nutrition facts labels! Even if it doesn't taste salty (like bread), there can still be quite a bit of sodium. *A good rule of thumb: 200 mg sodium for a snack and 500-600 mg sodium for a meal.*

In general, fresh fruits, vegetables, and intact whole grains (brown rice, wild rice, quinoa, etc.) are naturally low sodium sources.

Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans 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 240mg	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>	



Low Sodium Seasonings

- Look for sodium free seasoning blends in the spice section at the grocery store, such as Mrs Dash.
- Use lemon juice or lime juice to brighten your meal! Squirt a wedge on cooked proteins, salads, or over vegetables.
- Go-to all purpose seasoning: equal parts garlic powder, paprika, black pepper. Finish with a squirt of lemon juice.





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LESS ADDED SUGAR

Added sugars are any type of sugar that is added during processing or cooking that is not part of what is found in the food naturally.

For example, fruits and whole grains contain natural sugars that develop as they grow. They also contain a balance of fiber, vitamins, and minerals that make it a healthy choice. When sugar is added, this changes how nutrient dense that food is. It becomes higher in calories that are not being balanced with additional nutrients, making it less nutritious and more likely to promote weight gain and inflammation.

Less than 36 grams of added sugar (less than what you find in one 12 oz. can of regular soda) is recommended per day.

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Are carbohydrates the same as sugar?

Yes, carbohydrates are technically sugar. Keep in mind that not all sugar sources should be treated equal.

- **Simple carbohydrates** are less nutritious. Choose less frequently.
 - Desserts, packaged snacks, regular soda, & candies contain added sugar
 - Juices and refined grains may not have sugars added to them, but they have had nutrients removed and are less nutrient dense
- **Choose complex carbohydrates** that provide vitamins, minerals, and fiber.
 - Whole fruits, vegetables, and whole grains all count as complex, or nutrient dense, carbohydrates.





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LESS SATURATED FAT

This type of fat is found primarily in animal sources: poultry, red meat, and dairy products. Saturated fat does not need to be avoided, but it should not be your main fat source. Tropical fruit oils are typically a blend of both saturated and unsaturated fats (coconut oil, palm oil), and should be considered as a saturated fat source. Try and cook with unsaturated oils including olive oil or canola oil.

A good rule of thumb: less than 6% of your daily calories should come from saturated fats. For an adult that consumes 2,000 calories, that is about 13 grams of saturated fat.

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What are healthy fats?

- Choose fats that are liquid at room temperature. Olive oil, avocado oil, sesame oil, canola oil, etc.
- **Marinate, dress, and cook with a healthy oil of your choosing!** Olive oil will give good flavor for dressings and marinades, while a neutral-flavored oil, such as canola or grapeseed oil, can reach higher temperatures for roasting and sautéing.





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MORE FIBER

Fiber is only found in plant foods: fruits, vegetables, and whole grains. They are carbohydrates that cannot be broken down by our own digestive system. Fiber not only helps with stool regularity and consistency, but fiber helps bind cholesterols and remove them from your body. There are different types of fiber, and making sure you have adequate amounts of total fiber in your diet can help keep your cholesterol level in the healthy range.

Some health conditions require changes to fiber intake, such as Constipation, Diarrhea, Irritable Bowel Syndrome (IBS), Crohns Disease, and Diverticulitis. Check with your healthcare team if may need specialized recommendations. **Generally, 25-35 grams of fiber daily is recommended.**

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There are different types of fiber!

Insoluble Fiber

- Promotes regularity in bowel movements and can relieve constipation.
- **Foods to choose:** Whole grains (brown rice, barley, farro, etc.), Legumes (green beans, peas, lentils), Carrots, Cucumbers

Soluble Fiber

- Binds to water and can help reduce diarrhea and constipation.
- **Foods to choose:** Oatmeal, Bananas, Oranges, Apples, Blueberries, Kiwi, Potatoes, Lentils





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BREAKFAST

Smoothie (Plain Yogurt + Spinach + Frozen Fruit)

LUNCH

Chicken Salad Sandwich (Chicken + Grapes + Pecans + Mayo) + Spinach + Whole Wheat Bread
Carrot Sticks

SUPPER

Pasta, Beans, and Greens (Whole Wheat Pasta + Sautéed Kale or Spinach + Navy or Great Northern Beans + Parmesan Cheese)
Glass of Milk

STILL HUNGRY?? *add snacks!*

Whole Wheat Toast + Peanut Butter
Mixed Nuts + Dried Fruit





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BREAKFAST

Whole Wheat Toast + 2 Scrambled Eggs + Sauteed Spinach or Kale

LUNCH

Salad Greens + Assorted Toppings (Bell Pepper Strips, Shredded Carrot, Chopped Walnuts, Edamame, and/or Cheese) + Vinaigrette + Hard Boiled Eggs + Whole Wheat Roll

SUPPER

Baked Chicken + Roasted Vegetables of Choice + Sweet Potato + Glass of Milk

STILL HUNGRY?? *add snacks!*

Greek Yogurt + Fruit + Granola
Apple Slices + Peanut Butter





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BREAKFAST

Oatmeal + Chopped Walnuts + Blueberries + Glass of Milk

LUNCH

Grain Bowl (Brown Rice + Sliced Radishes + Steamed Broccoli + Tuna Packet + Sriracha sauce)

SUPPER

Turkey Burger + Whole Wheat Bun + Avocado + Onion Slice + Baked Sweet Potato

STILL HUNGRY?? *add snacks!*

Hummus + Raw Veggies

Cheese + Whole Grain Crackers





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BREAKFAST

Whole Wheat Toaster Waffle + Peanut Butter + Sliced Banana + Glass of Milk

LUNCH

Variety Plate (Hummus + Canned Salmon + Raw Carrot Sticks + Whole Grain Crackers) + Raspberries

SUPPER

Taco Salad (Mixed Greens + Seasoned Beef + Cheddar Cheese + Sauteed Bell Peppers & Onions + Salsa + Avocado/Guacamole) + Tortilla Chips

STILL HUNGRY?? *add snacks!*

Popcorn

Cottage Cheese + Melon





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BREAKFAST

Plain Greek Yogurt + Pecans + Sliced Banana + Drizzle of Honey

LUNCH

Veggie Sandwich (Whole Grain Bread + Hummus + Basil Pesto + Cucumbers + Tomato + Spinach)
Clementine + Milk

SUPPER

Baked Salmon + Wild Rice or Brown Rice + Roasted Beets & Brussel Sprouts

STILL HUNGRY?? *add snacks!*

Hard Boiled Eggs

Whole Wheat Toast + Cream Cheese + Berries

