Upper Grand Family Health Team

Heart Health

Navigating food and nutrition’s role in heart health and recovery.

PRIVACY NOTICE

Please do not share any specific personal health information during this presentation, as this is not a secure platform. If you have questions pertaining to your own personal health history please speak with your personal health provider.

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WELCOME AND WHAT TO EXPECT

- Who is here? People in cardiac rehab, or people who have been referred for cholesterol or blood pressure.
- Discuss foods to include more of to help keep your heart health
- Review specific patterns of eating that can be helpful
- How to include more plant proteins into your diet
- Discuss specific nutrients such as fibre, types of fats, sodium and sugar
- Label reading- basics

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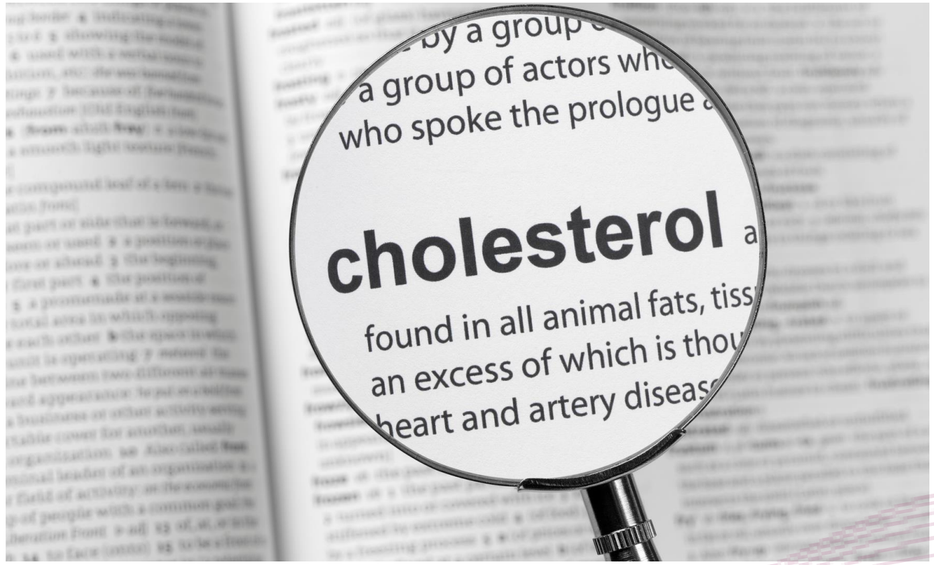
WHAT IS CHOLESTEROL?

- **Soft, waxy substance**
- **LDL**- “lousy”; can contribute to plaque build-up in arteries
- **HDL**- “healthy”; carries LDL back to the liver to be processed
- **Triglycerides**- fat in bloodstream
- N**on-HDL**- fats remaining after HDL is subtracted from the total



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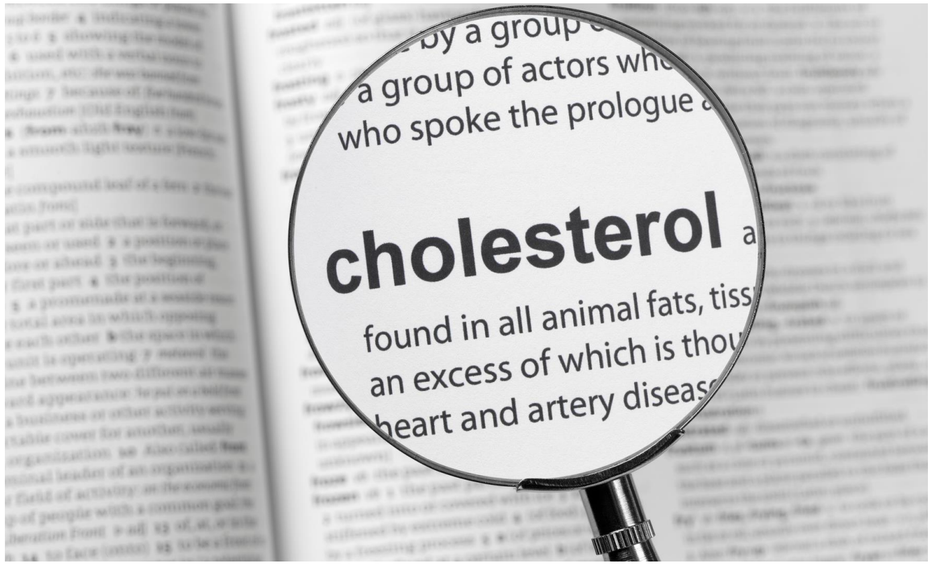
CHOLESTEROL TARGETS

	Low/Moderate Risk	High Risk
Total Blood Cholesterol	No target *Part of risk score	No target *Part of risk score
LDL	< 3.5	< 2.0 (or >50% ↓)
HDL	≥ 1.3 (females) ≥1.1 (males)	> 1.3 (females) >1.1 (males)
Non-HDL	≤ 4.3	≤ 2.6
Triglycerides	< 1.7 (fasted) <2.0 (non-fasted)	< 1.5 (fasted) <2.0 (non-fasted)



WHAT IS BLOOD PRESSURE

- Pressure or force of the blood pushing against the walls of your arteries as the heart pumps blood

- **Systolic**-pressure/force when the heart beats
- **Diastolic**-pressure/force when it relaxes

- Target BP varies:

- 120/80 if no health issues
- 130/80 if you have health issues such as diabetes

WHAT IS “HEALTHY EATING?”

- Focus on a general **pattern** of eating
  - No foods to completely avoid
  - Aim to include a mix of foods you enjoy and foods that can help with health
  - Eat mindfully

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DIETARY PATTERNS THAT CAN HELP WITH HEART HEALTH

Mediterranean Diet

DASH Diet

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MEDITERRANEAN DIET

WHAT IS IT

- The Mediterranean diet is a style of eating that includes foods often eaten in the countries around the Mediterranean Sea

- A large part is taking the time to sit down, enjoy your meal (without distractions!)

KEY COMPONENTS

- Olive oil- 3 to 4 tbsp per day!
- Rich in fruits/veg, nuts/seeds, whole grains and plant proteins
- Fish weekly
- Season food with onion, garlic, herbs & spices (instead of salt)

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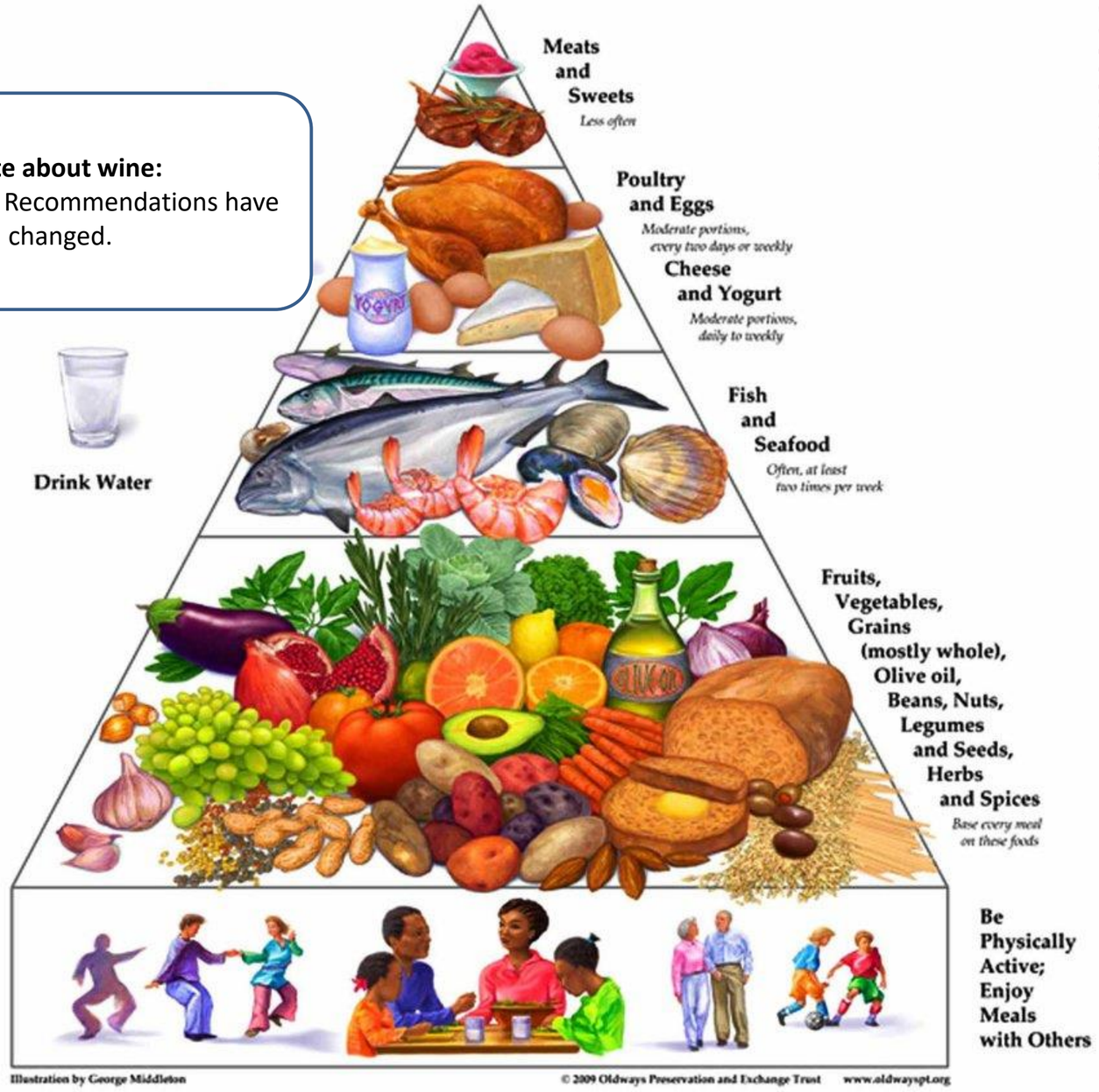
Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

Note about wine:
The Canadian Recommendations have changed.



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DASH DIET

WHAT IS IT

- Stands for Dietary Approaches to Stop Hypertension (“high blood pressure”)

- Lots of similarities to the Mediterranean diet
  - Rich in plant foods like fruit, vegetables, whole grains, nuts/seeds, and low fat, plant based fats (like olive oil)
  - These foods are rich in potassium and **magnesium**
  - Include nuts/seeds/legumes 3x per week

DIFFERENCES FROM THE MEDI DIET

- Higher in dairy/dairy alternatives (to help meet calcium needs!)
  - 2-3 servings per day

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MAGNESIUM

Food source	Serving Size	Amount of Mg
Hemp seeds	3 tbsp	197mg
Pumpkin seeds	¼ cup	190mg
Brazil nuts	6 nuts (1oz)	106mg
Black beans	1 cup	120mg
Spinach	1 cup, cooked	156mg
Sunflower seeds	¼ cup	113mg
Quinoa	1 cup cooked	118mg
Cashews	¼ cup	116mg
Avocado	1 whole	58mg

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The DASH diet (Dietary Approaches to Stop Hypertension) has been shown to help lower blood pressure and prevent heart disease, stroke, diabetes and even some forms of cancer. It focuses on eating more fresh fruits and vegetables.

This is a guide to how much of each food group you should eat every day, based on eating 2,000 calories per day.

FOODS TO INCLUDE MORE OF

Fiber

Omega-3

Plant protein

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TYPES OF FIBER

Insoluble

Soluble

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SOLUBLE FIBER

Can lower lousy cholesterol by 10%

Aim for at least 10-15g per day (half of total fiber goal)

Best sources

- Psyllium- found in Metamucil, pure psyllium seed husk, Bran Buds
- Chia seeds, ground flax, hemp seeds
- Oatmeal
- Legumes
- Fruits/veg, avocados
- Barley

PLANT-BASED PROTEIN

- Sources:
  - Soy products- such as tofu, tempeh, soy milk etc
  - Nuts and nut butters
  - Lentils, chickpeas, kidney/black beans etc
  - Grains such as quinoa, oatmeal
  - Hemp hearts
  - Processed foods such as TVP, plant based protein powders, veggie burgers
- Start with just 1-2 meatless or combination meals per week
- Doesn’t have to be all of nothing!

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YOU CAN ADD PLANT PROTEINS TO MEALS YOU ALREADY ENJOY

Add black beans with or without ground meat for tacos, pasta, wraps, quesadillas etc

Mix hummus with tomato sauce or use as a dip

Add lentils to a soup or salad recipe you already enjoy

Try replacing rice or potato with quinoa

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TIPS TO EAT MORE FRUIT & VEGETABLES

- Aim to include a fruit or veg with most meals
- Work towards having ½ plate fruit/veggies at at least 1 meal
- Be adventurous- try something new each week or with each season
- Try to choose in-season produce to save on cost
- Frozen fruit or veggies are just as nutritious!
- Keep fruit and vegetables washed, visible and within reach
- Keep on the counter or pre-washed in a visible container in the fridge instead of the crisper

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FATS - NO NEED TO AVOID THEM! FOCUS ON UNSATURATED

Unsaturated: MUFAs and PUFAs

Omega 3 FA

Saturated

Trans Fats

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OMEGA 3 FAT

- **3 Types**
  - **EPA**- Eicosapentaenoic acid
  - **DHA**- Docosahexaenoic acid
  - **ALA**-Alpha-linolenic acid
- **Fatty Fish**
  - salmon, rainbow trout, herring, sardines, anchovies
- **Plant foods**
  - oils, nuts like walnuts, ground flax seeds, hemp seeds, soybeans/tofu
- **Functional foods**
  - omega 3 eggs

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PROCESSED FOODS

- Choose less often
  - Typically higher in trans fat, saturated fat and sodium

- Limit “ultra-processed foods”
  - frozen, packaged foods such as chicken nuggets
  - Deli meats, hot dogs
  - Packaged snacks
  - Commerical baked goods
  - Sugar sweetened drinks
  - Most fast foods

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SODIUM

- Majority of our sodium intake comes from processed foods, not the salt shaker
- Need: 1500-2000mg per day; avg Canadian >2500mg
- Top 6 foods:
  - bakery products,
  - processed meats,
  - cheese,
  - soups, frozen entrees/appetizers, condiments/sauces
- Try seasoning food with dried/fresh herbs and spices. Ms. Dash
- Try balancing meals with 1 higher salt item with lower sodium foods (ie grilled cheese with fruit)

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SUGAR

- Aim to consume no more than 5-10% of total calories on added sugar
  - Max 6-10 tsp per day
  - One can of pop has ~10 tsp
- 1 tsp sugar = 4 grams
- Avg Canadian consumes 26 tsp per day!

- Check labels for everyday foods such as yogurts, granola bars, cereals etc.
  - Save the sugar for foods you really enjoy and eat in moderation!

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FLUIDS

- Individual needs vary, but most people need 8-12 cups per day
- Be mindful of caffeine-containing drinks
  - Coffee, tea, energy drinks, flavoured iced coffees, espresso etc.
- Alcohol
  - Avoid or <2 drinks per week
  - Don’t drink, don’t start!
- Choose water most often!

Try infuser jug/bottle; flavour w/ fruit, cucumber, or mint

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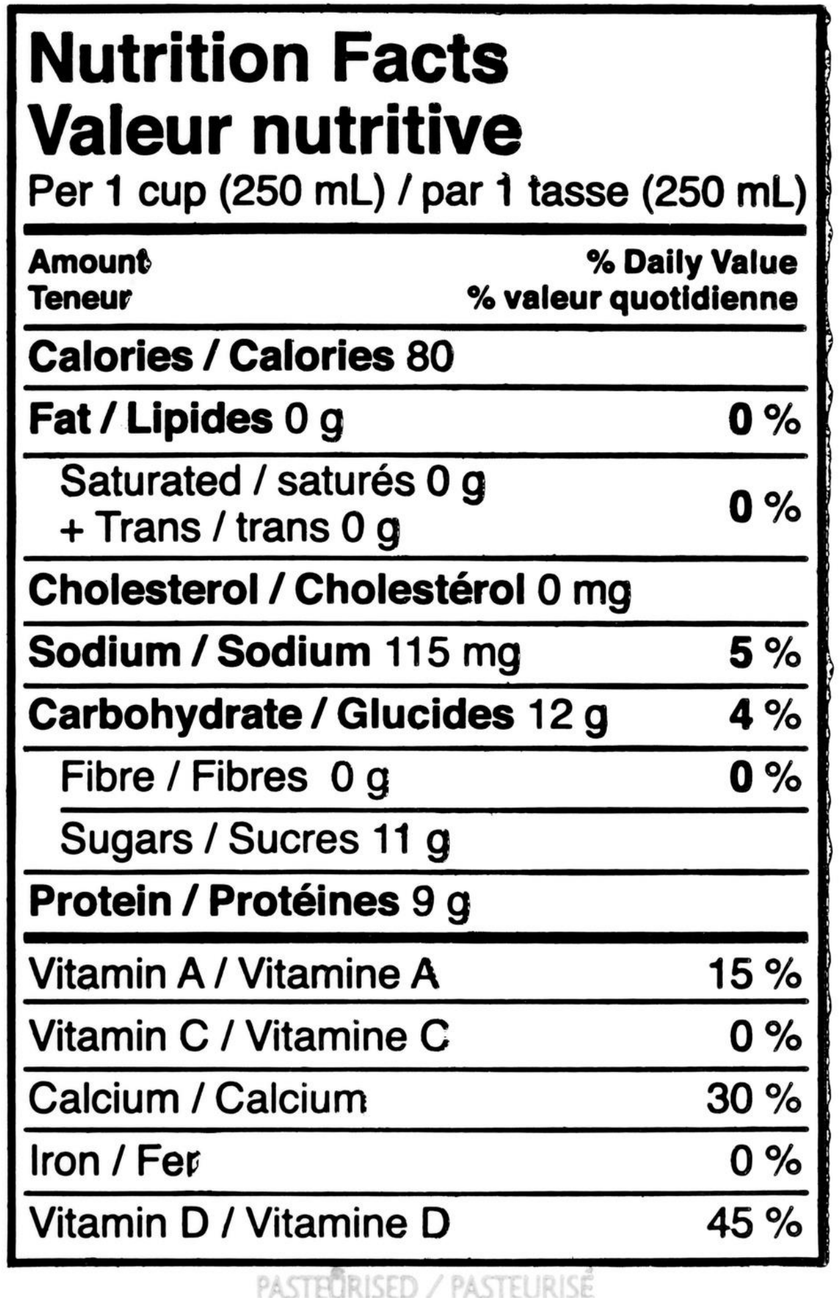
LABEL READING



Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL) / par 1 tasse (250 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	**0** %
Saturated / saturés 0 g + Trans / trans 0 g	**0** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 115 mg	**5** %
Carbohydrate / Glucides 12 g	**4** %
Fibre / Fibres 0 g	**0** %
Sugars / Sucres 11 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

PASTEURISED / PASTEURISÉ

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PUTTING IT ALL TOGETHER

Plate Concept

- Eat lots of fruits and vegetables
  - Fresh, frozen, canned
- Eat a variety of proteins
- Choose high fiber grains

Also remember to:

- Enjoy your food!
- Eat a variety of foods
- Eat at a table with others when possible
- Cook meals at home
- Be mindful of your eating habits

FOCUS ON WELL-BEING

Focus on maintainable and realistic health behaviours, as these make a bigger impact on health and more importantly- your quality of life!

- Enjoying and feeling good about what you eat
- Eating mindfully
- Enjoying movement
- Adequate sleep
- Stress management

NO food is “good” vs “bad”

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GOAL SETTING

HOW TO GET STARTED

- Pick something you want to do!
- Pick something you're confident you can achieve
- Plan ahead for any roadblocks or barriers
- Stay motivated! Celebrate your successes

FOCUS ON ONLY 1-2 REALISTIC, ACHIEVABLE GOALS AT A TIME

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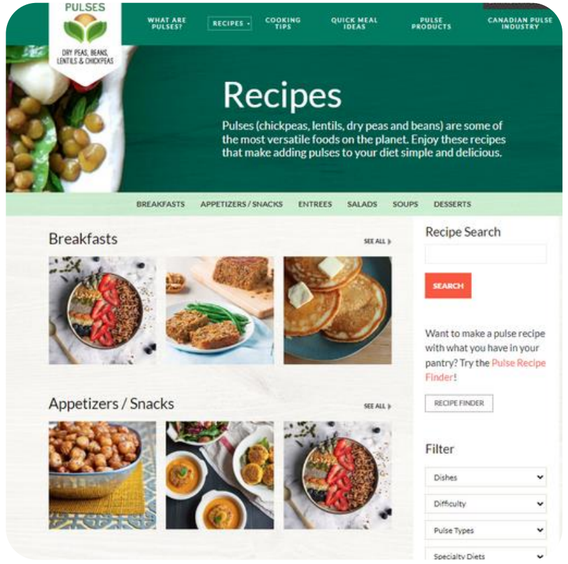
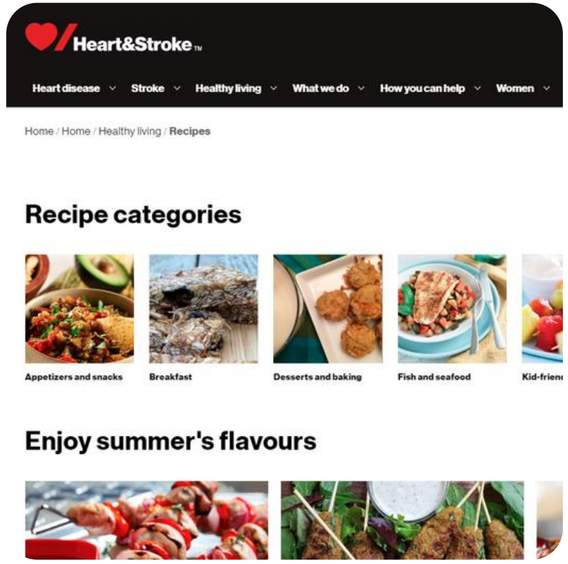
RECIPE RESOURCES:

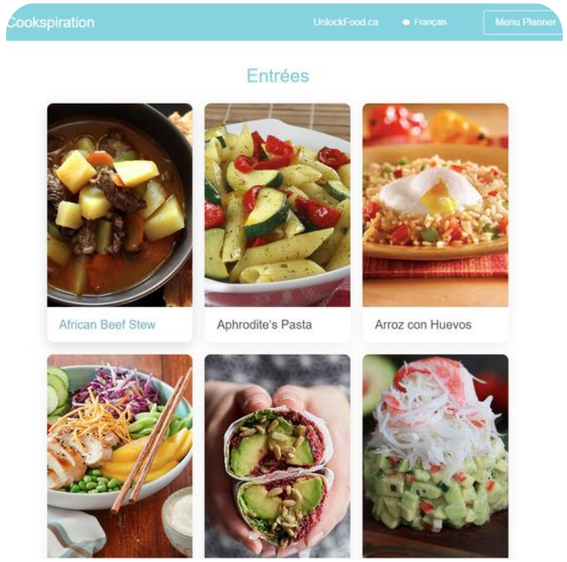
Pulses.org



Heart and Stroke Foundation



Cookspiration.com



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Please take our feedback poll!

And don’t forget to follow us on social media to know what courses are coming up!

Take our full patient survey!
https://uppergrandfht.org/survey/

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