



# Eating for a Heart-Healthy Lifestyle

Understanding Basic Nutrition:

The American Heart Association's Diet  
and Lifestyle Recommendations



# Why eat a well-balanced diet?

Heart disease and stroke are American's **No. 1 and No. 4** killers, eating an overall healthy diet reduces a majority of the controllable risk factors for these diseases

There are some factors that can increase your risk for heart disease even though you cannot control. These include:

***Age***

***Heredity***

***Race***

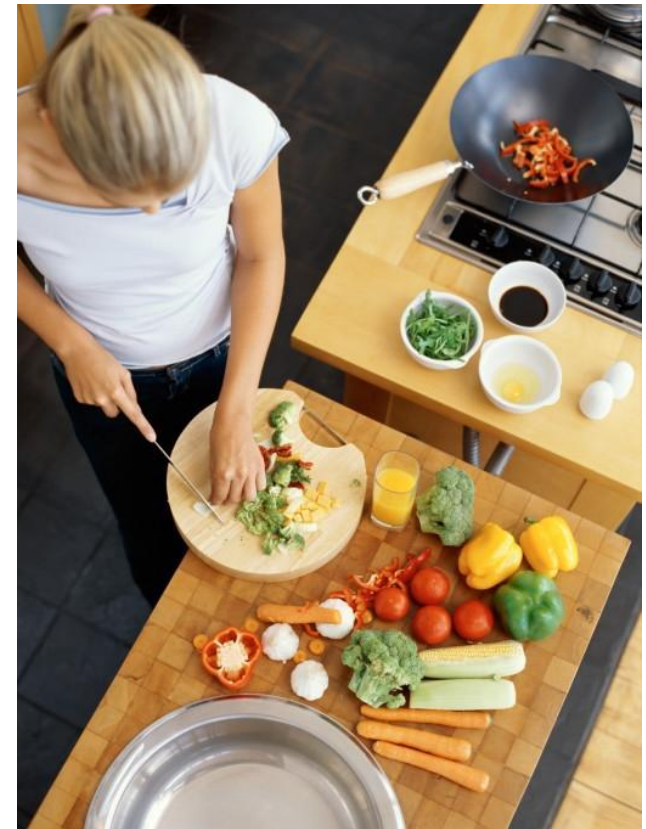
***Gender***



# Focus on what you can change: reducing controllable risk factors

Adopting better dietary **habits** and choosing a **varied** combination of healthy foods is your first step.

**Consuming the right amounts of the proper foods** may be the single most important thing you can do to lower your risk.





# Recommendations to reduce your risk

Fruits &  
Veggies

Whole-grain,  
high fiber

Oily fish

Lean meats

Fat-free, skim,  
low fat, 1%  
dairy

Limit added  
sugars

Limit  
saturated and  
trans fats

Little or no  
salt

If alcohol,  
moderation



# Recommendations to reduce your risk

**1/** Limit your intake of added sugars to no more than  $\frac{1}{2}$  of your daily discretionary calories.

**2** Limit saturated fat to less than 7 % and trans fat to less than 1 % of daily calorie intake **<7%**

**<300 mg** Limit cholesterol intake to less than 300 mg per day.

Limit sodium intake to 1,500 mg per day (this is about  $\frac{2}{3}$  teaspoon of salt).  **$\frac{2}{3}$  tsp**



# Make simple changes when choosing foods

## Choose:

- fresh, frozen and canned vegetables and fruits in light sauce/syrup, sugar-free, or low-sodium varieties
- whole-grain products, beans, fruits and vegetables to increase fiber
- liquid vegetable oils in place of solid fats
- Lean cuts of meat
- Grill, bake or broil fish, meat and poultry
- Choose whole fruits and vegetables in place of juices



## American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

[heartcheckmark.org](http://heartcheckmark.org)

## Avoid

- Limit beverages and foods high in added sugars
- Cut back on pastries and high-calorie bakery products
- Remove skin from poultry before eating



# Limit portion sizes

**por·tion** [pawr-shuhn, pohr-]

Noun: the amount of a single food item served in a single eating occasion, such as a meal or a snack.

\*\*Many people confuse portion size with serving size, which is a standardized unit of measuring foods—for example, a cup or ounce.

1 portion



= 2 servings



# Watch your portion sizes

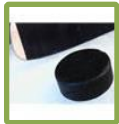
Many portions served in restaurants and at home are more than one serving.



1 cup of vegetables or fruit



3 oz portion of meat, fish or poultry



1 single serving bagel



1 oz of cheese



1 baked potato





# Read Labels

## Nutrition Facts

**Serving Size** 1 slice (47g)  
**Servings Per Container** 6

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**Amount Per Serving**

**Calories** 160      **Calories from Fat** 90

	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
<hr/>	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Start here** →

**Check the total calories per serving** →

**Limit these nutrients** →

**Get enough of these nutrients** →

**Quick Guide to % Daily Value:**  
**5% or less is low**  
**20% or more is high**



# Spice it up!

- Limit your use of salt when preparing foods and at the table
- When using commercially prepared foods alone or in recipes, check the label for sodium content.
- Try a variety of herbs and spices to enhance food's natural flavors without adding salt (sodium).





# 5 Tips for success

1. Make eating an activity in itself.
2. Be a list-maker.
3. Focus on what you *can* do.
4. Stay positive!
5. Take baby steps.





# Losing weight and maintaining weight loss

- Talk to your physician, nurse or healthcare provider for assistance. **Make a plan together.**
- Be informed and know your **body mass index (BMI)**.
- To achieve steady weight loss, **eat 200-300 calories less** each day.
- **60 minutes of physical activity** most days of the week is recommended for adults attempting to loose or maintain weight

**\*\* All other adults should accumulate at least 30 minutes of physical activity most days of the week, for a total of 150 minutes of moderate to vigorous intensity physical activity**

The result will be a healthier you and improved quality of life!



**At the heart of health is good nutrition.**

Get information on diet goals, heart-smart shopping, healthy cooking, dining out, recipes and more in the Nutrition Center at [www.heart.org/Nutrition](http://www.heart.org/Nutrition).



# Questions?