

HEART HEALTHY EATING IN A NUT SHELL



This patient education packet was designed to accompany Ellenville Regional Hospital's 20-minute video on Heart Healthy eating, which you can view by typing the following URL into your Internet browser: <https://erhny.org/services/cardiac-rehab/>

Start out by “showing what you know” (the answers are on the last page!):

Heart Healthy Eating – Show What You Know!

1. Saturated fats are solid at room temperature, raise LDL (“bad”) cholesterol and can clog blood vessels.
 - a. True
 - b. False

2. Which of the following foods has the most saturated fat?
 - a. Sausage
 - b. Roast beef
 - c. Salmon
 - d. Peanut butter

3. Which of the following foods contains heart healthy fats or oils?
 - a. Walnuts
 - b. Avocadoes
 - c. Olive oil
 - d. All of the above

4. The most important thing to do to cut down on sodium is eat less processed and prepared foods.
 - a. True
 - b. False

5. Besides decreasing salt intake, what other dietary changes can improve heart health?
 - a. Eating more fruits and vegetables
 - b. Eating or drinking low fat dairy products (like 1% milk and low fat yogurt)
 - c. Eating nuts and legumes (beans, peas and lentils)
 - d. All of the above

HEART HEALTHY EATING IN A NUT SHELL

FOODS to INCREASE

- **Vegetables**
- **Fruits**
- **Whole grains** – oats, whole wheat bread, brown rice, quinoa
- **Legumes** – beans, peas, lentils

Aim for 5 cups of fruits & vegetables a day



- **Low-fat dairy products**
- **Poultry**
- **Fish** – herring, sardines, salmon, mackerel, trout, halibut, tuna, other fatty fish (at least 2 fish meals per week)
- **Oils** (except coconut & palm oil)
 - olive, peanut, safflower, sunflower and soybean oils
- **Nuts & seeds**



FOODS to DECREASE

- Red meats, especially processed (e.g., bacon, sausage, bologna, hot dogs, pepperoni)
- Whole milk & foods made from whole milk (e.g., whole milk yogurt & cheese), cream, butter
- Foods that contain “hydrogenated oil” (e.g., stick margarine)
- Egg yolks, shrimp, lobster, crab



- Processed foods (canned, frozen, snack, packaged, instant)
- Sweets and sugar-sweetened beverages (e.g., soda, sweetened iced tea)

WHY INCREASE?

- Fruits, vegetables, whole grains and legumes are high in
 - fiber, which lowers the LDL (“bad”) cholesterol
 - magnesium and potassium, which lower blood pressure
- Low-fat dairy products are high in calcium and potassium, minerals that lower blood pressure
- Poultry and fish have less saturated fat (which is heart unhealthy) than red meat. Fish is a good source of heart healthy omega-3 fats.
- Oils that are liquid at room temperature are heart healthy because they lower LDL cholesterol
- Nuts and seeds (unsalted, of course!) are excellent sources of polyunsaturated and monounsaturated fats, which are heart healthy.



WHY DECREASE?

- The fat found in meat and whole milk is high in **saturated** fat. Stick margarine and “hydrogenated oil” are high in **trans** fat. Saturated & trans fats raise LDL cholesterol, clog arteries and increase the risk for a heart attack or stroke.
 - Aim for no more than 11 to 13 grams of **saturated** fat per day, and reduce **trans** fat intake to as close to 0 grams as possible
- Egg yolks and shell fish are high in cholesterol
 - *Dietary cholesterol somewhat raises blood cholesterol, including the LDL cholesterol*
 - Blood cholesterol response to dietary intake of cholesterol varies
 - Eating 1 egg/day is NOT associated with higher rates of heart disease or stroke
 - Aim for less than 200 mg cholesterol a day

The amount of **saturated fats** and **trans fats** (not cholesterol) in your diet are **the most important determinants** of blood cholesterol levels

- Many processed foods are high in sodium, which increases blood pressure. Aim for no more than 2400 mg of sodium per day. (The average American eats 3600 mg per day.)
- Sugar decreases HDL (“good”) cholesterol, and increases both triglycerides and LDL (“bad”) cholesterol. Aim for no more than 6 tsp of added sugar per day for women and 9 tsp/day for men

HEART HEALTHY EATING

Focus on: **SATURATED FAT**

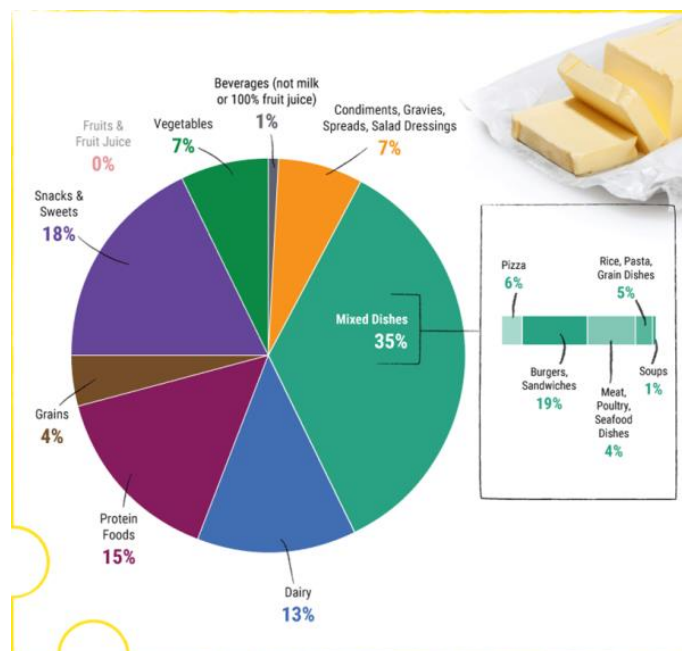
Question:

Which of the following foods has the most saturated fat?

- Sausage link, 2 oz (7.4 g)
- Poached eggs, 2 large (3.1 g)
- Roast beef, 3 oz (2.6 g)
- Mayonnaise, 1 Tbsp (1.5 g)

Where do we get saturated fat in our diet?

| | |
|------------------------|---|
| Meat | Fatty cuts of beef, lamb, pork (e.g., T-bone steak) |
| Processed meats | Examples: Sausage, frankfurters, pepperoni |
| Poultry | Poultry with skin |
| Dairy | Cream, half & half cream, butter, cheese, ice cream and other dairy products made from whole or 2% milk |
| Fats | Beef fat (tallow), pork fat (lard) |
| Oils | "Tropical oils" (palm oil, coconut oil) |



What are some better choices?

| | | |
|--|---|--|
| Lean cuts of meat | Round (top round, bottom round), loin (tender loin, sirloin), 90-95% lean (5-10% fat) ground beef (hamburger meat) | |
| Avoid processed meats (sausage, frankfurters) | Choose low-fat or reduced fat versions | |
| Poultry without skin | OK to bake or broil it with skin, just remove skin before eating! | |
| Don't forget about fish! | Salmon, herring, albacore tuna, sardines, mackerel, trout, halibut. American Heart Association recommends at least 2 fish meals each week | Avoid or limit fish high in mercury: <ul style="list-style-type: none"> • shark • swordfish • king mackerel • tilefish |
| Instead of whole or 2% milk | use 1% (low-fat) or skim milk | |
| Instead of regular cheese | use low-fat or reduced fat cheese | |
| Instead of regular ice cream | use low-fat or reduced versions | |
| Instead of cream | use 1 ounce whole milk | |
| Instead of whole or 2% milk | use 1% (low-fat) or skim milk | |
| Instead of "tropical" oils (coconut oil, palm oil) | use any oil that is liquid at room temperature (e.g., olive oil, sunflower oil, peanut oil) | |
| Instead of butter, beef fat (tallow) or lard | use OIL – or – acceptable margarine – OR – <i>trans</i> fat free veg. shortening – OR – Better Butter (recipe next page) | See Butter / Margarine chart pg 5 |

Saturated Fat Content of Some Common Foods

- Saturated fat can raise your “bad” (LDL) cholesterol and put you at higher risk for heart disease.
- Saturated fat is found in animal foods such as beef, lamb, pork, poultry with skin, butter, cream, cheese and other dairy products made from whole or 2% milk. A few plant foods, such as coconut, coconut oil and palm oil, also contain saturated fat include.
- The American Heart Association recommends eating no **more than 11 to 13 grams of saturated fat a day**. Use the list below, as well as Nutrition Facts on food labels, to help you reach that goal.

| Food Group | Saturated fat (grams) |
|---|------------------------------|
| Milk and Milk Products | |
| Milk, 1 cup (8 ounces) | |
| Whole | 5 |
| 2% | 3 |
| 1% | 1.5 |
| Skim (fat free) | 0 |
| Half-and-half cream, 2 Tablespoons (1 ounce) | 2 |
| Heavy cream, 2 Tablespoons (1 ounce) | 7 |
| | |
| Cheese, 1 ounce | |
| American | 5 |
| American, reduced fat, reduced sodium | 3 |
| Cheddar | 5 |
| Swiss | 5 |
| Mozzarella cheese, part-skim | 3.5 |
| Cream cheese | 6 |
| Cottage Cheese, ½ cup | |
| 4% fat | 3.5 |
| 1% fat | 1 |
| | |
| Ice cream, ½ cup | |
| Regular (e.g., Breyers) | 4.5 |
| High fat (e.g., Häagen-Dazs) | 10 |
| | |
| Meat, fish, poultry, eggs | |
| Roast beef, lean, visible fat trimmed, 6 ounces | 4 |
| T-bone steak, 6 oz | 13 |
| Hamburger, McDonald's | 3 |
| Big Mac, McDonald's | 10 |
| Ground beef, 80% lean, 3 oz | 7 |
| Ground beef, 95% lean, 3 oz | 2.5 |

| Food Group | Saturated fat (grams) |
|--|------------------------------|
| Processed Meat | |
| Sausage link, 2 ounces | 7 |
| Bacon, well-cooked, 2 slices (½ oz) | 2.5 |
| Hot dog, beef (1.75 oz) | 5 |
| Pepperoni, 6 slices (~½ oz) | 2 |
| Liverwurst, 3 oz | 8 |
| Bologna, 3 oz | 6 |
| Chicken, white meat, 6 ounces | |
| with skin | 4 |
| without skin | 1 |
| Poached eggs, 2 large | 3 |
| Fats & oils – 1 Tbsp | |
| Pork fat (lard) | 5 |
| Coconut oil | 11 |
| Olive oil | 2 |
| Soybean oil | 2 |
| Safflower oil | 1 |
| Butter | 7 |
| Margarine, tub | 2 |
| Miscellaneous | |
| Pizza, small slice (~4.5 oz) | 4.5 |
| Danish pastry (~4 oz) | 9 |
| Apple pie (~5 oz) | 8 |

Butter and Margarine Chart

| 1 Tbsp | Calories | Fat (grams) | Saturated Fat (grams) | Trans Fat (grams) | Cholesterol (milligrams) | Sodium (milligrams) | Notes |
|---|----------|-------------|-----------------------|-------------------|--------------------------|---------------------|--|
| Butter | 100 | 12 | 7 | 0.5 | 31 | 2 | High in saturated fat; recommended daily limit is ~13 grams |
| Light butter | 50 | 6 | 3.5 | 0 | 15 | 100 | Half the calories & saturated fat of butter |
| Light butter & oil blends | 50 | 5 | 2 | 0 | 5-10 | 90 | A blend of butter & oil; examples are Land O Lakes & Smart Balance |
| Yogurt butter | 45 | 5 | 1.5 | 0 | 0 | 90 | A blend of nonfat yogurt and vegetable oils, such as Brummel & Brown |
| Stick margarine | 80-100 | 9-11 | 2 | 1.5-2.5 | 0 | 105-110 | Trans fat raises LDL (bad) cholesterol & lowers HDL (good) cholesterol |
| Light margarine | 40-45 | 4.5-5 | 1-1.5 | 0 | 0 | 85-90 | Examples: Parkay, Blue Bonnet light tubs |
| Margarine with sterols or stanols | 70 | 8 | 1 | 0 | 0 | 85-110 | Examples: Benecol & Promise Activ original tub |
| Light margarine with sterols or stanols | 45 – 50 | 5 | 0.5 | 0 | 0 | 85 - 110 | Examples: Smart Balance Heart Right Light & Promise Activ Light |
| Vegan olive-oil spread | 80 | 8-9 | 1.5-2.5 | 0 | 0 | 70-95 | Examples: Olivio & Earth Balance with oil tub |

Bottom line: Choose a margarine with no more than 2 grams of saturated fat and zero trans fat. *Always check ingredients on the Nutrition Facts label. Even margarines advertised as “0 trans fat” may contain up to 0.5 grams per serving.* If you can’t give up butter, make sure you aren’t getting more than 11 to 13 grams of saturated fat per day.

Reference: <https://health.clevelandclinic.org/2014/01/margarine-or-butter-the-heart-healthiest-spreads-infographic/>

HEART HEALTHY EATING

Focus on: SODIUM

Question: The most important thing to do to cut down on sodium is to stop salting your food. Answer: False

Where does our sodium come from?

- 5% added while cooking
- 6% added while eating
- 12% from natural sources
- 77% from processed and prepared foods

Question: Besides decreasing salt intake, what other dietary changes lower blood pressure? Answer: All of the above

- a. Eating more fruits and vegetables every day
- b. Eating or drinking 2 to 3 servings of dairy (low-fat milk, yogurt, cheese) every day
- c. Eating 4 to 5 servings of nuts, seeds and/or legumes (beans) every week
- d. All of the above



So, what's so bad about salt? Why does everyone say that we should eat less salt?

1. Eating too much salt raises blood pressure and reducing salt intake lowers it
2. Within arteries, excess sodium blocks the production of nitric oxide (nitric oxide dilates arteries and reduces blood pressure) (NO is a breakdown product of Nitroglycerin)
3. Excess sodium is also associated with harming the inner lining of arteries.

But don't we need *some* salt in our diets?

Yes, we need about 500 mg of sodium per day. We can get that by eating a turkey sandwich! (2 slices bread [~300 mg], 3 oz turkey [~100 mg], 1 Tbsp mayonnaise [~100 mg]).

How much salt does the average American eat? 3600 mg/day

How much sodium is it recommended that we eat?

Guidelines vary from 1500 mg to 2400 mg of sodium per day. Many people use 2000 mg/day as their goal. Reducing intake to 1500 mg/day will probably lower BP even more.

If limiting sodium to no more than 2000 mg/day is not possible, aim for reducing sodium intake by at least 1,000 mg/day.

How much salt is in 1 teaspoon of salt? About 2000 mg

What about sea salt? Sea salt has the same amount of sodium as regular table salt – 1900 to 2200 mg per tsp.

Why is it important to eat more potassium?

Within arteries, excess sodium blocks the production of nitric oxide while potassium activates nitric oxide (nitric oxide dilates arteries and reduces blood pressure). The best diet is one that is high in potassium and low in sodium (2:1 ratio). Processed foods have much higher sodium, and natural potassium declines significantly with processing.

Where's the Sodium?

| Food Groups | Sodium (mg) |
|--|--------------------|
| Breads/grains/cereals | |
| Rice, pasta, oatmeal (unsalted), ½ cup | 0 – 5 |
| Ready-to-eat cereal, 1 cup | 0 – 360 |
| Shredded Wheat – 0 mg | |
| Corn Flakes – 200 mg | |
| Bread, 1 slice | 100 – 200 |
| Arnold 100% whole wheat – 150 mg | |
| Dave's Killer Bread Thin Sliced – 100 mg | |
| Pancakes, Aunt Jemima, frozen, home style, two – 300 | |
| Vegetables | |
| Fresh or frozen, cooked without salt, ½ cup | 1 – 70 |
| Canned or frozen with sauce, ½ cup | 140 – 460 |
| Creamed corn, canned, ½ cup – 360 mg | |
| Tomato juice, canned, ½ cup | 330 |
| Fruit | |
| Fresh, frozen, canned, ½ cup | 0 – 5 |
| Milk and milk products | |
| Milk, 1 cup | 100 – 125 |
| Yogurt, 1 cup | 175 |
| Natural cheese (e.g., cheddar, Swiss), 1½ oz | 110 – 450 |
| Swiss cheese, 1½ oz – 90 mg | |
| Cheddar cheese, 1½ oz – 270 mg | |
| Processed cheese (e.g., American), 1½ oz | 530 |
| Parmesan cheese, 1 Tbsp | 130 |
| Nuts and seeds | |
| Peanuts, salted, ½ cup | 310 |
| Peanuts, unsalted, ½ cup | 5 |
| Peanut butter, 2 Tbsp | 120 |
| Meats, fish, poultry | |
| Fresh meat, fish, poultry (chicken, turkey), 3 oz | 30 – 90 |
| Tuna, canned, no salt added, 3 oz | 35 – 45 |
| Tuna, canned, 3 oz | 230 – 350 |
| Ham, lean, roasted, 3 oz | 1,025 |
| Ham, reduced sodium, 3 oz | 390 |
| Hot dog (frankfurter), about 2 oz | 500 |
| Sausage, 2 oz | 530 |
| Bacon, 2 slices, about ½ oz | 190 |
| Liverwurst, 3 oz | 600 |
| Bologna, 3 oz | 790 |
| Beef jerky, 2 oz | 1,460 |
| Miscellaneous | |
| Pizza, 1 slice (about 6 oz) | 760 |
| Pepperoni pizza, 1 slice (about 6 oz) | 1,120 |
| Chicken noodle soup, 1 cup | 790 |
| Pickle, 1 whole (about 4 oz) | 1,320 |
| Pickle, 2 slices (about ½ oz) | 115 |
| Potato chips, 1 oz | 160 |
| Ketchup, 1 Tbsp | 190 |
| Mustard, 1 teaspoon | 120 |
| Hot sauce (Tabasco), 1 teaspoon | 35 |



General guideline:
No more than 2,000 milligrams (mg) of sodium per day.

Tips to Reduce Salt When Eating Out

- Ask that your food be prepared without added salt or MSG
- Know the terms that mean high salt:
 - Cured (e.g., bacon and ham)
 - Brined (e.g., pickles, olives, sauerkraut)
 - Smoked (e.g., smoked salmon)
- Limit use of condiments (e.g., prepared mustard, horseradish, ketchup, barbecue sauce, soy sauce)

HEART HEALTHY EATING

Focus on: **SUGAR**

Consuming too many foods or beverages with added sugar and/or other added sweeteners (including high-fructose corn syrup) can lead to

- low HDL (“good”) cholesterol
- high LDL (“bad”) cholesterol
- high triglycerides (fats in the blood)
- weight gain (especially in the belly)
- fatty liver
- insulin resistance
- high blood pressure

The recommendation is for **women** to eat no more than about **6 teaspoons a day** and for **men** to eat no more than about **9 teaspoons a day**. One teaspoon of sugar = 4 grams.

The new Nutrition Facts food label lists the amount of added sugars.

Note that 1 teaspoon of sugar is 4 grams, so if the Nutrition Facts label lists 8 grams as the amount of added sugars, the food has 2 teaspoons of added sugars.

| | | |
|--|--|---|
| Servings: larger, bolder type | 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% 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 40% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6% | Serving sizes updated Calories: larger type Updated daily values Actual amounts declared New footnote |
| New: added sugars Change in nutrients required | <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> | |

Ellenville Regional Hospital Minestrone Soup

Minestrone Soup

YIELD: 10 servings

Serving size: 6 ounces

INGREDIENTS:

Reduced sodium, fat-free chicken broth - 32 ounces

Dehydrated onion - 1 teaspoon

Minced garlic - 1 teaspoon

Low sodium V-8 juice - 1 can (5.5 ounces)

Italian style diced tomatoes - 1 can (14.5 ounces)

Frozen mixed vegetables - 2 cups

White beans, canned, drained - 1 can (15 ounces)

Italian Mrs Dash - 1 Tablespoon

Elbow macaroni, dry - 1 cup

DIRECTIONS:

1. Pour reduced sodium, fat-free chicken broth into a large soup pot. Add dehydrated onion, garlic, low sodium V-8 juice, Italian style diced tomatoes, mixed vegetables, white beans and Mrs Dash, Stir all ingredients together.
2. Bring to a boil, reduce heat to low, and cover pot. Simmer for 45 minutes.
3. Bring soup back to a full boil and stir in elbow macaroni. Reduce heat to low and simmer until pasta is tender, 10 to 15 more minutes.

Nutrition Facts

servings per container

Serving size 6 ounces (205g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 2mg 10%

Potassium 342mg 8%

*The % Daily Value 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.

Label Language

| | |
|---------------------------|--|
| Sodium free or salt free | Less than 5 mg per serving |
| Very low sodium | 35 mg or less of sodium per serving |
| Low sodium | 140 mg or less of sodium per serving |
| Reduced or less sodium | At least 25% less sodium than the regular version |
| Light in sodium | 50% less sodium than the regular version |
| Unsalted or no salt added | No salt added to the product during processing (this does not necessarily mean that the food is low in sodium) |

TIPS:

- When choosing frozen meals, choose those with **600 mg of sodium per serving** or less. In general, Weight Watcher's Smart Ones, Healthy Choice, Lean Cuisine and Amy's Low in Sodium line offer many good choices.
- When grocery shopping, look for the **American Heart Association's Heart-Check logo**. The Heart-Check Program has 6 different categories of certification, and each category has a different set of nutrition requirements. The requirements do not necessarily correspond to the definitions of "low sodium" listed above. For example, the Heart-Check logo can be found on soups that have no more than **480 mg** of sodium (and are otherwise "heart healthy"). Canned soups are generally much higher in sodium (e.g., Campbell's Chunky soups average nearly double that – or about 820 mg of sodium – in each cup).



Campbell's Chicken Noodle Soup

| Nutrition Facts | | Amount/serving | %DV* | Amount/serving | %DV* |
|---|------|----------------|-------------|----------------|------|
| Serv. Size 1 cup (240mL) | | | | | |
| Servings about 2 | | | | | |
| Calories 70 | | | | | |
| Fat Cal. 20 | | | | | |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. | | | | | |
| Total Fat | 2g | 3% | Sodium | 870mg | 36% |
| Sat. Fat | 0.5g | 3% | Potassium | 50mg | 1% |
| Trans Fat | 0g | | Total Carb. | 10g | 3% |
| Polyunsat. Fat | 0.5g | | Fiber | 1g | 4% |
| Monounsant. Fat | 1g | | Sugars | 0g | |
| Cholest. | 15mg | 5% | Protein | 3g | |
| Vitamin A 8% • Vitamin C 0% • Calcium 0% • Iron 2% | | | | | |

Campbell's Chunky Healthy Request Chicken Noodle Soup

| Amount/serving | %DV* | Amount/serving | %DV* |
|---|-----------|------------------------|------------|
| Total Fat 1g | 2% | Sodium 410mg | 17% |
| Sat. Fat 0.5g | 3% | Potassium 550mg | 16% |
| Trans Fat 0g | | Total Carb. 12g | 4% |
| Polyunsat. Fat 0g | | Fiber 1g | 4% |
| Monounsant. Fat 0g | | Sugars 3g | |
| Cholest. 5mg | 2% | Protein 1g | |
| Vitamin A 10% • Vitamin C 0% • Calcium 4% • Iron 0% | | | |

Use tart flavors, hot flavors and herbs and spices to season your food

- Squeeze lemon juice onto your vegetables (try it on broccoli – you’ll never miss the salt!)
- Vinegar also brings out the flavor in foods (*think* collard greens cooked with vinegar; green beans and red onion marinated in oil and vinegar)
- Many people use “hot sauce” to spice up their food. Hot sauce does have added salt but, because you only need a drop or two, it doesn’t add too much sodium to the meal.
- Use herbs and spices like onions and onion powder (not onion salt!), garlic and garlic powder (not garlic salt!), and salt-free seasonings like Mrs. Dash.
- ***Fill your salt shaker with this herb & spice mixture:***
 - 2 Tbsp black pepper
 - 1 Tbsp cayenne pepper
 - 1 Tbsp paprika
 - 1 Tbsp onion powder
 - 1 Tbsp garlic powder
 - 1 bay leaf, ground

How to Spice Up Your Cooking

Giving up salt does not mean giving up flavor. Season your food with herbs and spices.

Be creative and experiment for a new and exciting flavor. Try the following spices with the foods listed.

Allspice: Use with beef, fish, beets, cabbage, carrots, peas, fruit.

Basil: Use with beef, pork, most vegetables.

Bay Leaf: Use with beef, pork, most vegetables.

Caraway: Use with beef, pork, green beans, cauliflower, cabbage, beets, asparagus, and in dips and marinades.

Cardamom: Use with fruit and in baked goods.

Curry: Use with beef, chicken, pork, fish, green beans, carrots and in marinades.

Dill: Use with beef, chicken, green beans, cabbage, carrots, peas and in dips.

Ginger: Use with beef, chicken, pork, green beans, cauliflower and eggplant.

Marjoram: Use with beef, chicken, pork, green beans, cauliflower and eggplant.

Rosemary: Use with chicken, pork, cauliflower, peas and in marinades.

Thyme: Use with beef, chicken, pork, fish, green beans, beets and carrots.

Sage: Use with chicken, pork, eggplant and in dressing.

Tarragon: Use with fish, chicken, asparagus, beets, cabbage, cauliflower and in marinades.

Tips for cooking with herbs and spices

- Purchase spices and herbs in small amounts. When they sit on the shelf for years they lose their flavor.
- Use no more than ¼ teaspoon of dried spice (¾ of fresh) per pound of meat.
- Add ground spices to food about 15 minutes before the end of the cooking period.
- Add whole spices to food at least one hour before the end of the cooking period.
- Combine herbs with oil, set for 30 minutes to bring out their flavor, then brush on foods while they cook, or brush meat with oil and sprinkle herbs one hour before cooking.
- Crush dried herbs before adding to foods.

[Reference: <https://www.kidney.org/atoz/content/sodiumckd>]

DASH Eating Plan
DASH = Dietary Approaches to Stop Hypertension

| Food Group | Daily Servings for calorie level | | Serving Size |
|--------------------------------------|---|-------------|--|
| | 1600 | 2000 | |
| Grains* | 6 | 8 | 1 slice bread 1 oz dry cereal* ½ cup cooked rice, pasta or cereal |
| Vegetables | 3-4 | 4-5 | 1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice |
| Fruits | 4 | 4-5 | 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit ½ cup fruit juice |
| Milk & milk products | 2-3 | 2-3 | 1 cup milk or yogurt (fat-free or low fat) 1½ oz cheese (preferably low fat) |
| Lean meats, fish, and poultry | 3 oz | 6 oz | 1 oz cooked meat, fish or poultry 1 egg or 2 egg whites** = 1 oz |
| Nuts, seeds and legumes | 3/week | 4-5/week | 1/3 cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas such as kidney beans, navy beans, black beans, pinto beans, lentils) |
| Fats & oils*** | 2 | 2-3 | 1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing |
| Sweets and added Sugars | 0 | 5/week | 1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade |

*Serving sizes vary between ½ cup and 1¼ cups; check cereal's Nutrition Facts label.

**Since eggs are high in cholesterol, some people have been advised by their doctor to limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

*** Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of a low-fat dressing equals ½ serving; 1 Tbsp of a fat-free dressing equals 0 servings.

US Dept of Health and Human Services, National Institutes of Health, NIH Publication No. 06-4082

https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf

Sample Menu – 1600 calories, Low Sodium, High Potassium, Low Saturated Fat

| | | | | | | | |
|---|---------|--------------------|---------------------|----------------|---------|--------|-------|
| Breakfast ½ cup instant oatmeal 1 mini whole wheat bagel 2 tsp peanut butter 1 small banana 1 cup low fat (1%) milk | 1 milk | 1 grain 2 grain | | 1/3 nut/seed | 1 fruit | | |
| Lunch Chicken breast sandwich: 3 oz chicken breast, skinless 2 slices thinly sliced (“light”) whole wheat bread 1 slice (¾ oz) natural cheddar cheese, reduced fat 1 large leaf romaine lettuce 2 slices tomato 1 Tbsp mayonnaise, low-fat 1 cup cantaloupe chunks | 1 milk | 1 grain | ½ veg | | 1 fruit | 3 meat | ½ fat |
| Dinner 1 cup spaghetti: ¾ cup vegetarian spaghetti sauce* 1 Tbsp Parmesan cheese Spinach salad: 1 cup fresh spinach leaves 1/4 cup fresh carrots, grated 1/4 cup fresh mushrooms, sliced 2 Tbsp vinaigrette dressing† ½ cup canned pears, juice pack | | 2 grain | 1½ veg 2 veg | | 1 fruit | | ½ fat |
| Snacks 1/3 cup almonds, unsalted 1/4 cup dried apricots ¾ cup (6 oz) fruit yogurt, fat-free, no sugar added | ¾ milk | | | 1 nut/seed | 1 fruit | | |
| TOTALS | 2¾ milk | 6 grain | 4 veg | 1 1/3 nut/seed | 4 fruit | 3 meat | 1 fat |

Note: Calorie count for this sample 1-day menu is 1765 calories, which is somewhat higher than the goal of 1600 calories, due to the inclusion of almonds on this particular menu. Since nuts & seeds are only eaten 3 times per week, the calorie level on the 4 days that nuts are not included would be about 1500, and average calorie intake would be about 1600 calories/day.

*see recipe next page

†see recipe next page

US Dept of Health and Human Services, National Institutes of Health, NIH Publication No. 06-4082
https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf

Vegetarian Spaghetti Sauce

2 Tbsp olive oil
2 small onions, chopped
3 cloves garlic, chopped
1¼ cups zucchini, sliced
1 Tbsp oregano, dried
1 Tbsp basil, dried
1 8 oz can tomato sauce
1 6 oz can tomato paste*
2 medium tomatoes, chopped
1 cup water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat
2. Add remaining ingredients and simmer covered for 45 minutes.
4. Serve over spaghetti.

Makes 6 servings Serving Size: ¾ cup

Per Serving:

| | | | |
|---------------|--------|--------------|--------|
| Calories | 105 | Carbohydrate | 15 g |
| Total Fat | 5 g | Calcium | 49 mg |
| Saturated Fat | 1 g | Magnesium | 35 mg |
| Cholesterol | 0mg | Potassium | 686 mg |
| Sodium | 479 mg | Fiber | 4 g |
| Protein | 3 g | | |

**To reduce sodium further, use a 6-oz can of low-sodium tomato paste. This brings the sodium content down to 253 mg per serving.*

Vinaigrette Salad Dressing

1 bulb garlic, separated and peeled
½ cup water
1 Tbsp red wine vinegar
1/4 tsp honey
1 Tbsp virgin olive oil
¼ tsp black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Makes 4 servings Serving Size: 2 Tbsp

Per Serving:

| | | | |
|---------------|------|--------------|------|
| Calories | 33 | Carbohydrate | 1 g |
| Total Fat | 3 g | Calcium | 3 mg |
| Saturated Fat | 1 g | Magnesium | 1 mg |
| Cholesterol | 0 mg | Potassium | 6 mg |
| Sodium | 1 mg | | |
| Protein | 0 g | | |

Chicken Salad

| | | |
|-------------------------------|------|---|
| 3 ¹ / ₄ | cups | chicken breast, cooked, cubed, and skinless |
| ¹ / ₄ | cup | celery, chopped |
| 1 | Tbsp | lemon juice |
| ¹ / ₂ | tsp | onion powder |
| ¹ / ₈ | tsp | salt* |
| 3 | Tbsp | mayonnaise, low-fat |

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings

Serving Size: ³/₄ cup

Per Serving:

| | | | |
|---------------|--------|--------------|--------|
| Calories | 176 | Carbohydrate | 2 g |
| Total Fat | 6 g | Calcium | 16 mg |
| Saturated Fat | 2 g | Magnesium | 25 mg |
| Cholesterol | 77 mg | Potassium | 236 mg |
| Sodium | 179 mg | Fiber | 0 g |
| Protein | 27 g | | |

* To reduce sodium, omit the ¹/₈ tsp of added salt.

New sodium content for each serving is 120 mg.

Spicy Baked Fish

| | | |
|---|-------|-------------------------------|
| 1 | pound | salmon (or other fish) fillet |
| 1 | Tbsp | olive oil |
| 1 | tsp | spicy seasoning, salt-free |

1. Preheat oven to 350 °F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Makes 4 servings

Serving Size: 1 piece (3 oz)

Per Serving:

| | | | |
|---------------|-------|--------------|--------|
| Calories | 192 | Carbohydrate | <1 g |
| Total Fat | 11 g | Calcium | 18 mg |
| Saturated Fat | 2 g | Magnesium | 34 mg |
| Cholesterol | 63 mg | Potassium | 560 mg |
| Sodium | 50 mg | Fiber | 0 g |
| Protein | 23 g | | |

The Plate Method

The Plate Method: Fill half of a 9-inch plate with one cup of non-starchy vegetables; a quarter of the plate with high-protein foods; and a quarter of the plate with carbohydrate foods. Add a small serving of fruit and a serving of dairy.



Where to go for more information

1. Your Guide to Lowering Your Blood Pressure with DASH
https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf
2. Mayo Clinic – Sample menus for the DASH diet
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20047110>
3. American Diabetes Association – Create Your Plate
<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>
4. The American Diabetes Association also offers a monthly **Living with Diabetes: Ask the Experts Q&A Series**. These “town halls” are live, take place over the phone, and are free of charge. You may register online at www.diabetes.org/experts or call 1-855-565-0595. Topics include Nutrition Basics, Caring for your Feet, Know Your Numbers, Medication Management and Managing Stress. All town halls are archived on the website, so if you missed something you are interested in, you can listen to the audio recording whenever it is convenient.
5. American Heart Association – Eat Smart
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>
6. Mediterranean Diet <https://dietamediterranea.com/en/nutrition>

ANSWER KEY

Heart Healthy Eating – Show What You Know!

5. Saturated fats are solid at room temperature, raise LDL (“bad” cholesterol) and can clog blood vessels
- True Per the video, saturated fats are the fats/oils that are solid at room temperature, and they are the ones that you make us sick (i.e., heart disease)! They include butter, shortening (even vegetable shortening like Crisco), the fat around and marbled through fatty cuts of meat, bacon fat, coconut oil – any fat that is solid at room temperature.
 - False
6. Which of the following foods has the most saturated fat?
- Sausage This question was included to help illustrate the fact that “processed” meats tend to be quite high in saturated fat (and sodium)
 - Roast beef (roast beef is usually from a lean cut of meat; lean cuts are anything with “round” [top round, bottom round’ or “loin” [sirloin, tenderloin, pork loin] in the name)
 - Salmon (any/every kind of fish is low in saturated fat – even shell fish!)
 - Peanut butter (all nuts/seeds, except coconut [coconut oil is solid at room temperature, indicating it is high in saturated fat], are heart healthy)
7. Which of the following foods contains heart healthy fats or oils?
- Walnuts
 - Avocadoes
 - Olive oil
 - All of the above
6. The most important thing to do to cut down on sodium is stop salting your food.
- True
 - False (~77% of the sodium we eat is from processed foods, e.g., canned soups, salad dressings, boxed foods. Patients tell me all the time that they think they follow a low salt diet because they don’t salt their food . . . of course, that’s GREAT, but there is still a lot of sodium in the ham, bacon, canned soup, bottled salad dressing, hamburger helper, etc. that they eat!)
7. Besides decreasing salt intake, what other dietary changes can improve heart health?
- Eating more fruits and vegetables
 - Eating or drinking low fat dairy products (like 1% milk and low fat yogurt)
 - Eating nuts and legumes (beans, peas and lentils)
 - All of the above