

How To Eat For Heart Health

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Objectives

- Determine risk factors for heart disease
- Identify parts of a balanced, heart healthy diet
- Make goals to improve your health



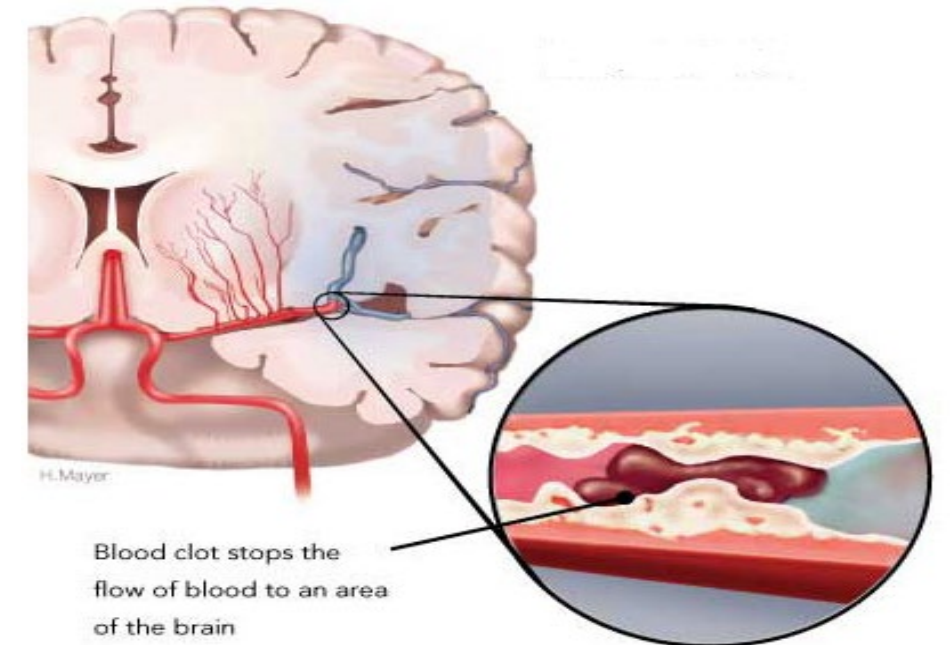
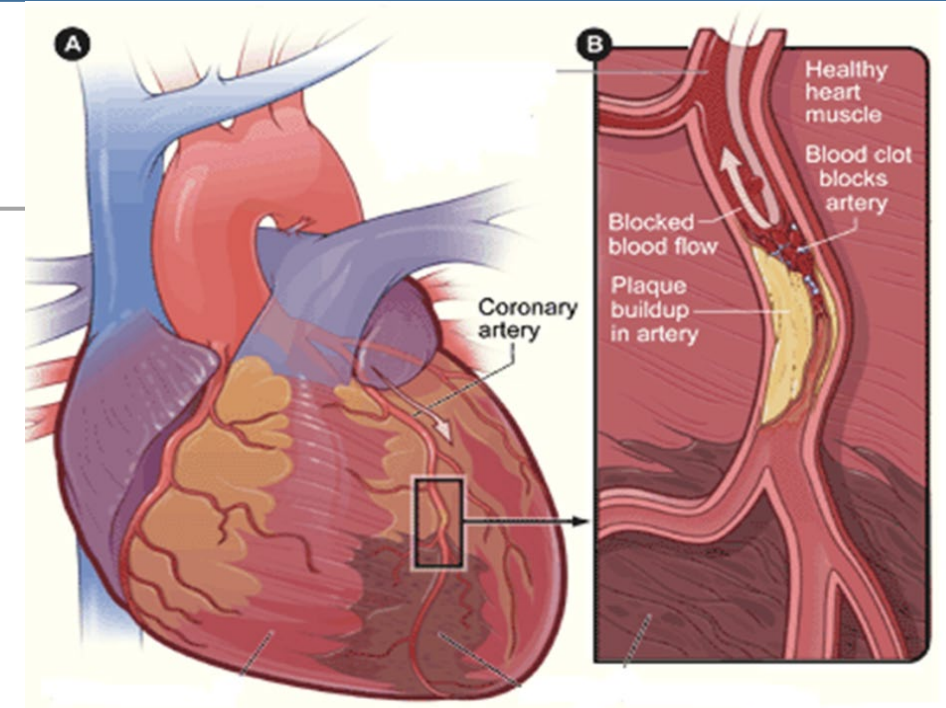
Food for Thought

Did you know...

- The heart does more physical work than any other muscle in the body.
- The average heart pumps 2,000 gallons of blood per day or about 70 gallons per hour.
- In a 70-year lifetime, an average human heart beats more than 2.5 billion times.

Heart Disease

- #1 cause of death in the U.S. for both men and women, and people of most racial and ethnic groups
- Heart attack = decreased blood flow to the heart
- Stroke = decreased blood flow to the brain



Risk Factors

Approximately **80%** or more of all heart disease is preventable!

Non-Modifiable Risk Factors

- Age
- Gender
- Race/Ethnicity
- Family history

Modifiable Risk Factors

- Smoking
- Alcohol intake
- Poor diet
- Weight
- Chronic disease (diabetes, high blood pressure, high cholesterol)

Hypertension

- Hypertension = High blood pressure
- What effects blood pressure?
 - High sodium diet
 - Stress/anxiety
 - Caffeine intake
 - Water intake
- High blood pressure can lead to stroke, heart attack, kidney failure, and congestive heart failure.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or	Higher than 110

High Cholesterol

- Cholesterol can be affected by:
 - Genetics
 - Diet:
 - Saturated fat intake
 - Trans fat intake
 - Carbohydrate intake
- High cholesterol can lead to blockages causing heart attacks and strokes

HDL	LDL	Triglycerides	Total Cholesterol
"Good" cholesterol	"Bad" cholesterol	Impacted by carbohydrate intake > fat storage in the body	Total of all cholesterol in your body
60 or higher = ideal 40-59mg/dL = ok < 40mg/dL = major risk factor for heart disease	< 100 = optimal	< 149 = optimal	< 200 = desirable

Nutrition Facts Label

Saturated Fat

- < 2 grams/serving = low saturated fat

Trans Fat

- Always want this to be 0 grams

Sodium

- No more than 2300 mg sodium/day
- <140 mg sodium per serving = low sodium food

Added Sugars

- Women should consume < 25 grams/day
- Men should consume < 37 grams/day

Nutrition Facts

8 servings per container

Serving size

2/3 cup (55g)

Amount per 2/3 cup

Calories

230

% DV*

12% **Total Fat** 8g

5% **Saturated Fat** 1g

Trans Fat 0g

0% **Cholesterol** 0mg

7% **Sodium** 160mg

12% **Total Carbs** 37g

14% **Dietary Fiber** 4g

Sugars 1g

Added Sugars 0g

Protein 3g

10% **Vitamin D** 2mcg

20% **Calcium** 260mg

45% **Iron** 8mg

5% **Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Saturated Fat & Trans Fat

Saturated Fat

- Found in animal foods
- Solid fat at room temperature
- Examples: butter, coconut oil, palm oil, lard, 80/20 ground beef, skin on chicken breast, bacon, sausage, whole milk, full fat cheeses



Trans Fat

- A chemistry change occurs to create trans fats
- Very detrimental to heart health
- Examples: hydrogenated oils > typically found in baked goods and items with a long shelf life or fried foods



Sodium

- Used in foods for preservation, flavoring, leavening agent
- A diet high in sodium can lead to increased or high blood pressure (hypertension)
- The American Heart Association recommends people consume between 1500-2000 mg total sodium/day
 - Average American consumes ~3400-4000 mg sodium/day
 - 1 tsp of salt (sodium chloride) = 2300 mg sodium



Added Sugars

- Sugar that has been added to food for sweetness
- Can lead to elevated triglycerides
- Read food labels and ingredient labels to identify sources of added sugars
 - Sugar, glucose, high fructose corn syrup, honey, agave nectar, fructose, corn syrup, brown sugar, maltose, dextrose, rice syrup, etc...
- Examples: Yogurts, desserts, sweets, sugar-sweetened beverages (regular sodas, fruit juices, chocolate milk, coffee drinks, tea), crackers, cereals, dried fruits, condiments



What About Cholesterol?

- Some is necessary as it is used in the body to make different substances, part of cell membranes
 - Vitamin D
 - Hormones
 - Bile (needed to digest fats)
- Previously recommended by the DGA to consume <300 mg per day
- New research indicates that dietary cholesterol is not directly associated with CVD risk
- Dietary cholesterol usually coexists with saturated fat
- Instead of eliminating only high cholesterol foods, focus on cutting back on sources of saturated and trans fats



7 Steps to Improve Your Heart Health

1. Read food labels
2. Eat more fruits and vegetables
3. Eat lean proteins
4. Eat high fiber foods
5. Drink enough water
6. Exercise
7. Decrease alcohol intake and stop smoking



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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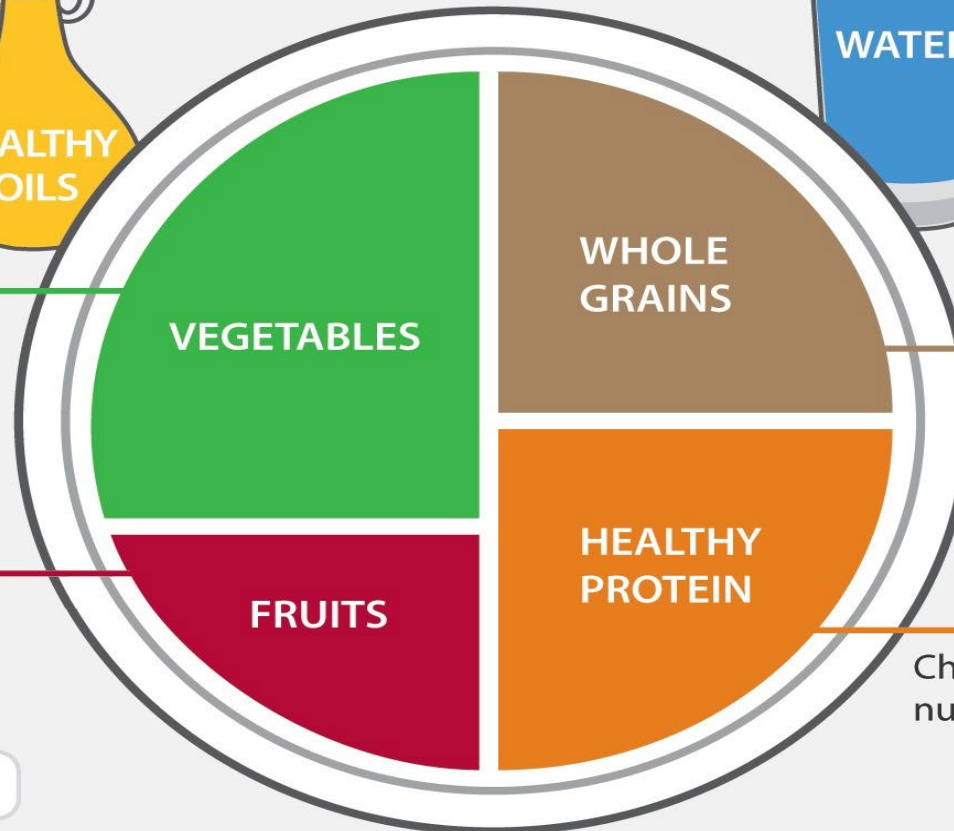
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
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Fiber

- Found only in plant foods: whole grains, fruits, vegetables, beans & legumes
- Helps to lower bad (LDL) cholesterol, improve GI health, promote normal bowel movements, lower blood sugars and keep you feeling fuller longer
- 2 types of fiber:
 - Soluble - gel forming fiber
 - Insoluble - bulk/roughage, indigestible fiber
- Current recommendation is to consume between 25-35 grams/day
- As you increase your fiber intake, increase water intake as well



Unsaturated Fat

- These are the “good” fats
- They help to reduce bad cholesterol levels (LDL) in the body and increase the good cholesterol levels (HDL)
- Polyunsaturated fats:
 - Omega-3 fatty acids, e.g. fatty fish, flaxseeds, walnuts
 - Omega-6 fatty acids, e.g. sunflower seeds, sunflower oil, soybean oil
- Monounsaturated fats: Olive oil, canola oil, peanut oil, avocado, nuts and nut butters, olives



Omega-3 Fats

- These are the “best” fats
- They help to reduce inflammation, blood clotting and blood pressure
- Found in both plant and animal foods
- Three main types of omega-3 fatty acids: EPA, DHA, ALA
- Examples: fatty fish (salmon, albacore tuna, sardines), walnuts, flaxseeds



Physical Activity

- Aim to get 150 minutes of moderate intensity physical activity per week (30 minutes, 5 days per week)
 - Walking, jogging, biking, playing tennis
- Start small; it all counts!
- Space it out throughout the day
- Add walking or standing breaks to limit time sitting
- Limit “screen time” to ≤ 2 hours



Smoking Cessation

- Smoking puts you at a higher risk for heart disease and stroke
- Talk to your doctor about smoking cessation programs
- Northside Smoking Cessation Program
 - Phone: 404-780-7653
 - Email: smokingcessation@northside.com



Cardio-Oncology

- Free Virtual Workshop – Cardio-Oncology
- Friday, February 18th @ 12pm
- Featuring Dr. Lalitha Medepalli
- Register at www.cscatlanta.org/calendar

Education



What You Should Know About Cardio-Oncology

A Free Virtual Workshop Presented by
Cancer Support Community Atlanta

Featuring:

Dr. Lalitha Medepalli

Chair of Cardio-Oncology Task Force at Northside Hospital and Board Certified Cardio-Oncologist



Moderated by:

Dr. Cheryl Jones
Medical Oncologist with Georgia Cancer Specialists



Patients diagnosed with cancer are at a higher risk of developing late-onset cardiovascular complications. Attend this live virtual program to hear Dr. Lalitha Medepalli provide an update on cardio-oncology, discuss the cardiovascular needs of those diagnosed with cancer, and share ways to minimize cardio-toxicity during the course of treatment. Dr. Cheryl Jones will moderate this program where participants have the opportunity to ask questions.

Friday, February 18, 12:00 - 1:00 p.m.

Register in advance for this program on our website at:

www.cscatlanta.org/calendar

After registering, you will receive a confirmation email containing information about joining the program.



phone 404.843.1880 • fax 404.843.1780
1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342
www.cscatlanta.org



Questions?

References/Resources

- Centers for Disease Control and Prevention. Heart Disease Facts; <https://www.cdc.gov/heartdisease/facts.htm>. Accessed February 2021.
- Centers for Disease Control and Prevention. Prevent Heart Disease; <https://www.cdc.gov/heartdisease/prevention.htm>. Accessed February 2021.
- American Heart Association (www.heart.org)
- American Institute for Cancer Research. Recommendations for Cancer Prevention; <https://www.aicr.org/cancer-prevention/>. Accessed January 2021.
- Northside Hospital Smoking Cessation Program <https://www.northside.com/community-wellness/built-to-quit>