

Heart Healthy Diet Packet



Questions about your heart healthy diet? Within Sherman Hospital call extension 83.8038; outside the hospital call 224.783.8038 to speak with a dietitian.

Herbal Supplements

Herbal supplements (Ginkgo, Echinacia, St. John's Wort, etc.) are considered a food product by the Food and Drug Administration (FDA). As a result, these products are not required to undergo the intensive scientific analysis for safety and effectiveness. Because the products are considered a food, they are largely unregulated. Many of them claim to have medicinal properties (ie. treatment of depression, arthritis pain relief, antibiotic properties, etc.). However, there is no scientific evidence to support these claims. The danger associated with these products is that we don't know what they actually do in the human body. They could be beneficial, but they could

also be dangerous. They have the potential to interact negatively with prescription medications. Herbal products have been used for thousands of years, especially in Eastern medicine. Millions of people have used these remedies. It is unclear if these products actually work. Because of lack of scientific evidence and the potential dangers associated with these products, the Pharmacy at Sherman Hospital does not support the use of these agents. If you have any questions or concerns regarding supplements or your prescription medications, please feel free to ask a pharmacist during your hospital stay.

Diet Recommendations

The Lyon Heart Study shows that following a **traditional Mediterranean diet** can reduce recurrent events related to heart disease by **50-70%** compared to those on the traditional low-fat diet. The Mediterranean diet focuses more on the type of fat in the diet vs. the amount of fat. People in the Mediterranean region (Southern Europe bordering the Mediterranean Sea) tend to have very low rates of heart disease and stroke compared to the rest of Europe and North America. The exact mechanism by which this diet provides benefit is not fully understood. The diet may decrease the tendency for both inflammation and clotting in the body.

The primary diet recommendations for heart disease (which are explained further in the following pages) include:

1. Daily consumption of healthy monounsaturated fats (olive oil, canola oil, nuts), as well as omega-3 fatty acids (fish, vegetables, nuts)
2. A shift toward a plant-based diet, which includes daily consumption of a variety of fresh fruits and vegetables and whole grain breads and cereals
3. Choosing fish and plant products (bean/legumes, nuts, soy) for protein sources
4. When meat products are eaten, choose very lean (1% turkey, skinless chicken breast, 98% lean ground beef, etc.)
5. Limiting or eliminating saturated fat (found in fatty meats and whole milk dairy products), hydrogenated oils, processed "junk" food and concentrated sugars

Some additional important notes about the Mediterranean diet:

- It is an anti-cancer diet as well; there was a 58% reduction in the expected number of cancers in the Lyon Heart Study after four years
- It is an appropriate diet for all people, as the carbohydrate content is moderate and should not promote elevated blood sugar or triglycerides

Although it has not been tested in trials, a traditional Asian diet may provide many of the same health benefits as the Mediterranean diet since the diets overlap considerably. Both focus on consumption of fruits and vegetables, include large amounts of fish, and avoid red meats and other sources of animal fats. The main difference between the diets is the consumption of soy products and absence of olive oil in the Asian diet. However, all evidence points to soy products as a healthy addition to any diet.

The only diet that has been shown to provide an actual decrease in coronary artery plaque is the strict vegetarian and very low-fat diet developed by Dean Ornish. This diet may not be well suited for diabetics or patients with high triglyceride levels. For some patients, this diet may be a good option. Dr. Ornish has written a number of books which are readily available.

Mediterranean Style Diet

	Eat These Foods OFTEN* or DAILY** (Often = more than once/week)	Limit These Foods to Only ONCE A WEEK	Limit These Foods to Only 1 X MONTH	Tips
Breads, Cereals, Rice, Pasta & Baked Goods (6-11 servings daily) 1 serving = 1 slice bread 1/2 cup cooked pasta, rice or cereal 1 oz ready-to-eat cereal 3-4 crackers 1/2 bagel or English muffin	**Whole grain breads, rolls & buns, English muffins, bagels, pitas **Whole wheat pasta, brown rice, bulgur, couscous, quinoa **Whole grain low-sugar breakfast cereals (such as Bran flakes, Cheerios, Total, Grape Nuts, Fiber One, Shredded Wheat, Wheaties, Kashi, oatmeal) *Corn tortillas (without hydrogenated oil) *Whole grain, low-fat crackers (such as crisp bread and rice cakes) *Popcorn (hot air-popped)	Non-whole grain breads, English muffins, rolls, bagels (such as white, oatmeal, rye, pumpernickel) Pancakes, waffles, biscuits, muffins Breakfast cereals—non-whole grain (such as corn flakes, Rice Krispies) White rice, packaged rice mixes Instant hot cereal Crackers (non-whole grain) Baked snack chips Popcorn, microwave ('light')	Croissants, butter rolls, sweet rolls, pastries, donuts Fried taco shells Pasta with cream, butter or cheese sauces Cheese breads or cheese bagels High fat granola cereals, regular seasoned croutons Snack chips, most snack crackers Popcorn, buttered	Choose a tomato-based sauce instead of cream sauce for pasta
Vegetables (3-5 servings daily) 1 serving = 1/2 cup chopped raw or cooked vegetables 1 cup leafy greens 1 cup vegetable juice 1 medium potato	**Fresh or frozen vegetables [root vegetables (yams, all potatoes, carrots and turnips) encouraged] *Canned vegetables, no-salt added *Vegetable juice, no-salt or light	Vegetable juice, regular Sauerkraut, pickles, pickled vegetables	Vegetables in butter or cream sauce French fries, fried potatoes, onion rings Vegetable salads (such as potato salad or cole slaw—made with mayonnaise)	Cook vegetables in broth or sprinkle with herbs and spices to add flavor
Fruits (2-4 servings daily) 1 serving = 1 medium whole fruit 1/2 cup chopped or canned fruit 3/4 cup fruit juice 1/4 cup dried fruit	**Fresh fruit *100% fruit juice (4 oz or less per day) *Fruit that is frozen or canned in light or natural juice *Olives *Avocado	Fruit canned in syrup Cranberry sauce, canned Fruit that is dried	Fruit 'drinks'	Snack on fresh fruit instead of chips or cookies

Mediterranean Style Diet

	Eat These Foods OFTEN* or DAILY** (Often = more than once/week)	Limit These Foods to Only ONCE A WEEK	Limit These Foods to Only 1 X MONTH	Tips
Low Fat or Fat Free Dairy Products (2 servings daily) 1 serving = 1 cup milk or yogurt 1.5 oz natural cheese 2 oz processed cheese	*Milk: skim or soy *Cottage cheese, fat-free or 1% milkfat *Yogurt, non-fat or low-fat *Evaporated skim milk *Feta or parmesan cheese (used in very small amounts to accent meals) *Fat free spreads or cheeses are acceptable	Milk: buttermilk, 1%, 2% if <1 cup Cheese, low-fat (<5g fat/oz) Light cream cheese, sour cream or whipped cream Ice milk or low fat ice cream (small amount) Frozen yogurt	Milk: Whole milk or chocolate milk, 2% Cream, half and half Whipped cream, sour cream Many non-dairy creamers Cream cheese Yogurt made from whole milk Cheeses: all regular fat cheeses	In recipes, substitute skim or evaporated skim milk (or low-fat yogurt) for whole milk and cream
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts (2-3 servings daily) 1 serving = 2-3 oz cooked meat (about the size of a deck of cards), poultry or fish, 3/4 can tuna, 1/2 cup cooked dry beans, 1 egg 2 tablespoons of peanut butter 1 oz of nuts (25 almonds, 13 cashews, 9 walnuts)	*Fish or shellfish *Tuna or salmon (canned in water) **Turkey or chicken (light meat without skin) *Egg whites, low-fat egg substitute (limit egg yolks to 3 per week or less) **Beans, peas, lentils (all legumes) **Tofu, low-fat or regular **Walnuts/Almonds (unsalted) *Other nuts (unsalted): peanuts, pecans, cashews, etc. *Hummus	Fish canned in oil Turkey, dark meat without skin Chicken, dark meat without skin Beef: top round, eye of round, bottom round, tip round, round, top loin (Limit beef to 16 oz/month) Lamb: foreshank, shank Venison Ostrich Ham, 98% lean or fat free Pork tenderloin or pork chops (fat trimmed) Salted nuts Low fat turkey hot dogs	'Prime' grade, fried, heavily marbled or fatty meats Ground beef, pork or lamb Ribs, spareribs Blade roast or blade loin Organ meats: liver, kidney Bologna, salami, pepperoni, liverwurst Bacon, sausage, hot dogs, bratwurst Kosher meats Chicken or turkey with skin Fish sticks Duck, goose	Broil, roast, grill, or boil meats, poultry, and fish instead of frying Trim all fat before cooking Select or prepare meats in their own juice instead of with sauces and gravy
Fats, Oils & Sweets (<5-6 teaspoons oil daily)	**Olive or canola oil *Flaxseed oil *Light margarine without hydrogenated oils (canola or olive oil based margarine are best) *Frozen fruit pops, sorbet, fat free frozen yogurt (all in small amounts) *Fat-free or small amounts of low-fat salad dressings or mayonnaise acceptable *Gravy made from broth acceptable	Tub margarine (small amount) Reduced-fat cakes and cookies (angel food cake, fig bars, graham crackers and ginger snaps) Gelatin, hard candy, jelly beans (sugar-free if weight loss needed)	Tropical oils (coconut, palm, palm kernel) Butter and stick margarine Cream cheese Gravy made with saturated fat Regular salad dressings or mayonnaise Ice cream and milkshakes Most candies and chocolate Most store-bought cakes, cookies and pies	Snack on fresh fruit instead of chips or cookies

Tips When Eating Out

Remember these tips when ordering “take out” or going to a restaurant:

- Limit or avoid fried or breaded foods. These foods are high in fat and salt.
- Limit or avoid cream soups, foods with high-fat cheese, chips, mayonnaise, high-fat meats, cream sauces and milk shakes.
- Limit or avoid items that are described with the following menu words: butter sauce, buttery, sautéed, fried, au gratin, hollandaise, béarnaise, basted, scalloped, crisp.
- Order fish in abundance and order **baked, broiled, steamed, poached or grilled** foods without breading, butter or sauces.
- Request olive oil and vinegar for your salad, and if you choose to use any sauces, request them **on the side**. That way you can limit the amount that you use. A rule of thumb is to use no more than 2 tsp of sauce or salad dressing.
- Some bread will have butter or salt on them. Ask for **whole grain breads without butter**. Limit croissants, muffins, danish or sweet rolls as they are high in fat and salt.
- If you order a baked potato, ask for **toppings on the side**.
- If a salad has bacon, egg or cheddar cheese on it, ask for a plain salad or see what **other toppings** are offered.
- Use skim milk or fat free half and half in your coffee or tea. Ask the waiter for it.
- Servings in restaurants are often large. Split a main course with someone or take home a **doggie bag**.
- Many meats have fat on them. **Request that fat be trimmed off**.
- If you choose alcohol, have a glass of wine (preferably red).
- Save high-fat or very rich desserts **for special times only**. The fat can really add up here. Share your dessert with others at the table. Your best bet is to order fresh fruits for dessert.

Adapted from It's Healthy Fare by Timothy S. Harlan, M.D.

Controlling Fat and Cholesterol

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, the arteries become narrowed and blood flow to the heart may be slowed down or blocked.

The higher your cholesterol levels, the greater your risk for having Coronary Artery Disease or heart attack. Even if your total cholesterol level is within the desirable range, your risk is increased if your “bad cholesterol” (LDL) is elevated or your “good cholesterol” (HDL) is low. The “lousy” LDL delivers cholesterol to your cells and tissues and is associated with “clogging” your arteries. The “helpful” HDL transports cholesterol away from your cells and tissues and back to the liver where it can be processed and eliminated. Desirable HDL levels are associated with a decreased risk of heart disease.

Saturated fat is the main culprit for elevated total and LDL cholesterol levels, but cholesterol in foods can also play a part. Reducing your intake of saturated fat and cholesterol will help to decrease your cholesterol levels.

According to the National Institutes of Health, desirable cholesterol levels, measured in milligrams per deciliter, are:

Total: Less than 200; possibly even lower

LDL: Less than 100 is optimal;
100-129 is near/above optimal

HDL: Above 40; ideally greater than 60

Triglycerides can also increase heart disease risk. Desirable levels are less than 150.

To decrease triglycerides:

- Limit alcohol (1 drink per day for women and 2 drinks per day for men)
- Limit concentrated sugars and white (processed) starches; avoid juice
- Avoid saturated fats and fried foods, and use a light margarine
- Exercise 30 minutes a day

To decrease LDL:

- Quit smoking
- Achieve a desirable weight
- Exercise
- Eat a diet low in saturated fat

To increase HDL:

- Quit smoking
- Achieve a desirable weight
- Exercise
- Increase monounsaturated fat intake

Types of Fat and Your Blood Cholesterol

In order to eat a heart-healthy diet, it is important to know what is in the foods you are eating. Reading labels is an essential component to successfully meeting your nutrition goals. The kind of fat you eat is very important when it comes to heart health.

Monounsaturated fats are generally liquid at room temperature and found primarily in plant products. Monounsaturated fats may lower blood cholesterol when substituted for saturated fat in the diet. There is more and more evidence that these oils are best for heart health. **Choose these fats often.** The following foods are highest in monounsaturated fats: olive, canola, and peanut oils, most nuts and avocados.

Polyunsaturated fats are generally liquid at room temperature and found primarily in plant products. Omega-3 fatty acids or “fish oils” are an exception to this. Polyunsaturated fats may lower blood cholesterol when substituted for saturated fat in the diet. The following foods are highest in polyunsaturated fats: safflower, sunflower, corn, soybean, cottonseed, oils and fish oils (**fish is the best option**).

Saturated fats are generally solid at room temperature and are found in meats and dairy products. Exceptions to this are coconut and palm kernel oils. Saturated fats increase total and LDL-cholesterol levels. **These fats are associated with increased risk of heart disease and should be avoided or limited as much as possible.** Saturated fats raise blood cholesterol levels more than anything else you consume. The fat content of the following foods comes primarily from saturated fat: butter, lard, cream, sour cream, ice cream, cheese, whole-milk dairy products, most meats (especially red meat), cocoa butter and coconut and palm oils; also some desserts and fried foods.

Hydrogenated oils (trans fats)

Hydrogenation is the process that transforms a liquid oil into a more solid fat. Trans fats are the accidental, unnatural molecules formed during the process of hydrogenation. Look for trans fats on the Nutrition Facts label or hydrogenated/partially hydrogenated oils in the ingredient list. These fats are harmful and should be avoided.

Weight Control and Exercise

The concept of weight control is fairly straightforward. If you take in more calories than you burn, you will gain weight. If you burn more than you take in, you will lose weight. The best strategy to maintain or lose weight is to combine consistent exercise with a healthy, lower calorie diet and continue both for a lifetime.

There are about 3500 calories in one pound of body fat. Therefore, a reduction of 500 calories per day (from your usual intake) would allow for one pound of weight loss per week.

Following the Mediterranean-style diet will ensure that your diet is well balanced. However, if your goal is also weight loss or maintenance, portion control is very important. It may be

necessary to cut portions of high calorie foods (such as meats and dairy products) in order to lose weight. Use fats and alcohol in moderation since they have more calories per gram than protein and carbohydrates.

Regular exercise should be included as part of a healthy lifestyle, but if weight loss is your primary goal, then 30-50 minutes of daily exercise is recommended. Aerobic exercise that involves large muscle groups, such as walking, biking, jogging, cycling, swimming and aerobic dance, is most effective for losing body fat. Always check with your physician before starting an exercise program.

The following are approximate caloric expenditures for various physical activities. Calorie amounts are per hour and listed in relation to body weight.

Body weight:	120 lb	140 lb	180 lb	200 lb
Activity				
Basketball	360	420	540	600
Bicycling (10 mph)	306	354	456	510
Dance (aerobic)	438	510	654	726
Golf (carry clubs)	198	228	294	324
Golf (power cart)	138	162	210	234
Running (12 min/mile)	438	510	654	732
Swimming, breaststroke (20 yards/min)	228	270	342	384
Walking (15 min/mile)	306	354	456	510

Sodium and Your Heart

Excess sodium can raise blood pressure, which is a major factor for heart disease. When blood pressure is too high and remains that way, arterial walls become weakened and more prone to atherosclerosis (a build-up of fatty substances on the inner walls of the arteries). This creates extra work for the heart as it tries to pump blood through the clogged arteries.

Too much sodium also can make body tissues swell from water retention, which affects circulation in general and makes it harder for the heart to work. **Avoid adding extra salt to food or using high sodium foods, especially if you have high blood pressure or congestive heart failure.**

A reasonable goal for most people is less than 2400 milligrams of sodium per day. However, your doctor may recommend a 2 gram (2000 milligram) to 4 gram (4000 milligram) sodium limit. It's important to read nutrition labels for sodium content (always listed in milligrams). A rule of thumb is to stay below 300 mg of sodium per meal as there is some naturally in food that you will be unable to account for.

Tips for Reducing Sodium Intake

Try not salting foods at the table or when cooking. Try using lemon juice, garlic, pepper, Mrs. Dash, basil, oregano, onion and other low-sodium seasonings to add flavor to foods rather than salting. Seasonings high in sodium include soy sauce, onion or garlic salt, MSG, barbecue sauce and ketchup. Make sure to double check nutrition labels for the amount of sodium in seasonings and sauces.

Limit your intake of high-sodium foods such as:

- Convenience foods: regular canned soups and vegetables, sauerkraut, broth made from bouillon cubes, many bottled pasta sauces, many frozen meals, boxed mixes including pasta, rice or potatoes
- Processed, cured, smoked or pickled meats: lunch meats, bacon, corned beef, sausage, frankfurters, smoked meats and fish
- Salty snack foods: regular salted pretzels, chips, crackers, nuts and popcorn
- Most cheeses: American, processed Swiss (but regular Swiss is lower), blue and feta
- Most fast foods: Nutrition information can be obtained at most large chains
- Condiments: Pickles, relish, soy sauce, Worcestershire sauce, mustard, ketchup

Instead choose fresh, frozen or low-sodium canned vegetables; choose fresh fish, poultry and meat; choose reduced-sodium varieties of products whenever possible.

Fiber and Your Heart

Eating a healthy amount of fiber may help reduce the risk of heart disease by lowering blood cholesterol levels (both total and LDL-cholesterol). In addition, increasing fiber in your diet may provide a number of other health benefits, such as weight control, blood sugar control, and reduced risk of constipation, diverticulosis and colorectal cancer.

Fiber can be categorized as either soluble or insoluble. Soluble fibers are able to hold water and form gels, and may reduce blood cholesterol. Soluble fiber can be found in apples, oranges,

strawberries, carrots, oat bran, barley and legumes. Insoluble fiber provides structure to plants, and seems to “normalize” intestinal transit time, helping to promote regularity. Insoluble fiber can be found in bran, whole grains, whole-wheat flour, vegetables and fruits with edible seeds.

The recommended intake of fiber is 20 to 35 grams per day. Abrupt increases of fiber in the diet can produce cramping and bloating, so increase your fiber intake gradually to prevent intestinal upset and drink plenty of fluids.



Good Sources of Fiber (>3 grams/serving)

Food	Serving Size	Dietary Fiber (g/serving)		
		Insoluble	Soluble	Total
Bread, Cereal, Rice, and Pasta				
Cereal, All Bran	1/3 cup	7.8	0.6	8.4
Cereal, 40% Bran Flakes	1 cup	6.8	0.8	7.6
Cereal, Frosted Miniwheats	1 cup	4.1	0.4	4.5
Cereal, Oat Bran, uncooked	1/3 cup	3.1	1.8	4.8
Cereal, oatmeal, cooked	1 cup	2.7	1.7	4.4
Cereal, Wheaties	1 cup	2.7	0.5	3.2
Beans and Nuts				
Almonds with skin	15 nuts	5.0	0.6	8.4
Kidney beans, canned	1 cup	10.2	2.9	13.1
Pork and Beans, canned	1 cup	7.7	3.4	11.1
Walnuts, English chopped	1 cup	4.5	0.1	4.6
Vegetables				
Asparagus, whole canned	1 cup	3.0	0.9	3.9
Avocado	1/2 avocado	3.1	1.6	4.7
Broccoli, fresh cooked	1 cup	4.8	0.6	5.4
Corn, whole kernel, frozen	1 cup	3.3	0.1	3.4
Peas, green, canned	1 cup	5.0	0.6	5.6
Potato, baked, with skin	1 cup	3.7	1.2	4.9
Sweet Potato, cut, canned	1 cup	2.6	0.7	3.3
Fruits				
Apple, unpeeled large	1 cup	3.3	0.3	3.6
Apricots, canned in syrup	1 cup	3.4	1.3	4.7
Blueberries	1 cup	3.6	0.4	4.0
Orange, large	1 cup	2.7	1.1	3.8
Pear, Bartlett, fresh	1 cup	4.2	0.8	4.3

Go Fish

Over the years, there has been information swimming about in the media about fish and mercury contamination. So is the Mediterranean diet safe with recommending fish?

Let's explore the recommendations and risk of mercury...

Examples of fish with low levels of mercury:

- Shrimp
- Salmon
- Pollock
- Canned light tuna (limit albacore and tuna steaks to no more than 6 ounces per week)

Fish with high levels of mercury:

- Swordfish
- Shark
- King mackerel
- Tilefish

The FDA and EPA consumer guidelines on the risk of mercury pertain to pregnant women, lactating women, and young children. Mercury may harm an unborn baby and young child's developing nervous system. The risks depend on the amount consumed and level of mercury in the fish or shellfish.

The guidelines for these populations are:

1. Avoid eating shark, swordfish, king mackerel or tilefish, as they contain high levels of mercury.
2. Less than 12 ounces per week (~3 servings) of other fish or seafood is considered safe.

So the answer is YES!

Go ahead, go fish and vary your intake!



Recommended Products

Breads, Cereals, Pastas, etc.:

- Natural Ovens Breads
- Pepperidge Farm Natural, 100% stone ground, whole wheat bread
- Fiber One or All Bran cereal
- Bella Terra, organic, 100% whole wheat pasta
- Barilla Plus whole grain pasta with flaxseed

Soy products:

- Morningstar Farms veggie products (read labels for sodium)
- Lightlife Smart Ground Meatless Fat Free Crumbles
- Premier Harvest Soy Baking Mix

Fruits/Juices:

- Polaners All fruit spread
- Northland 100% fruit juice
- Dole frozen fruit bars

Protein foods (meats, legumes, eggs, nuts, peanut butter):

- Turkey Store ground turkey (98% fat free or greater)
- Smuckers Natural peanut butter
- Egg Beaters or other generic brand substitute egg product

Cheese:

- Alpine Lace low fat Swiss Cheese
- Breakstones Fat Free Cottage Cheese

Fats/Spreads:

- Smart Balance Light or Regular
- Brummel and Brown
- I Can't Believe It's Not Butter (Light or Fat Free)
- Consorzio Dipping Oil, herb flavored olive oil and balsamic vinegar (use on breads instead of margarine or butter)
- Bertolli Extra Virgin Olive oil

Suggested Books and Websites

- *Don't Eat Your Heart Out Cookbook* by Joseph Piscatella
- *Low-Fat, Low-Cholesterol Cookbook*, 4th ed. by the American Heart Association
- *Fast Food Facts*, 5th edition, by M. Franz 1998
- *Reversing Heart Disease* by Dean Ornish, MD
- *Eat More, Weigh Less* by Dean Ornish, MD
- *The Mediterranean Diet* by Marissa Coulter, RD
- *The Mediterranean Diet: A Healthful Approach to Eating* by Cynthia Thompson, PhD, RD
- *The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health* (2008 edition) by Nancy Harmon Jenkins
- *Vegan Planet: 400 Irresistible Recipes with Fantastic Flavors from Home and Around the World* by Robin Robertson
- *The Complete Vegan Cookbook* by Susan Geiskopf-Hadler and Mindy Toomay
- www.oldwayspt.org
- www.foodfit.com
- http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Welcome-to-Delicious-Decisions_UCM_301068_SubHomePage.jsp
- www.vegetariannutrition.net
- www.vegetariantimes.com/recipes

If you have any questions about the material in this booklet, please call the Clinical Nutrition Services Department at Sherman Hospital:

**Registered Dietitian
224.783.8038**