

EATING FOR HEART HEALTH

CLASS OUTLINE

- Dietary fats
- Sugar
- Fibre
- Sodium (salt)
- Processed foods
- Label reading
- Putting it all together

FALSE

I must avoid my favourite foods to keep my cholesterol in range.

LOWERING CHOLESTEROL: TYPES OF FATS

DIETARY FATS

- Provide energy to the body
- Help absorb nutrients from food
- Give flavour to food
- Make you feel full (increase satiety)

Type versus amount of fat is important

Dietary Fats

Unsaturated Fats

Polyunsaturated &
Monounsaturated



Increase HDL (good cholesterol)
& Decrease LDL (bad cholesterol)

Saturated Fats



Increase HDL (good cholesterol)
& Increase LDL (bad cholesterol)

HEALTHY FATS: UNSATURATED

(Polyunsaturated & Monounsaturated)



SOURCES OF UNSATURATED FATS

- Plant & vegetable oils
 - Olive, canola, sunflower, soybean, peanut oils
- Non-hydrogenated margarine
- Avocado (fruit or oil)
- Nuts & seeds
- Flaxseed
- Fatty fish
 - Salmon, mackerel, trout, sardines

OMEGA-3 FATS

- A specific type of unsaturated fat
- Helps prevent blood from sticking & clotting
- Lowers triglycerides
- Fatty fish (salmon, mackerel, trout, sardines)
- Small amount in walnuts and ground flaxseed
- **Supplements may not reduce heart disease risk**
 - **Focus on food sources of omega-3**

WAYS TO INCLUDE OMEGA-3 FATS



LIMIT: SATURATED FATS



SOURCES OF SATURATED FATS

- Meats
 - Visible fat, chicken skin, marbling in steak
- Processed meat
 - Deli meat, sausage, bacon, pepperoni, hot dogs
- Dairy
 - Cheese, butter, cream, ice cream
- Coconut and palm oils
 - Coconut milk, chocolate, store-bought baked goods & pastries

SOURCES OF SATURATED FATS

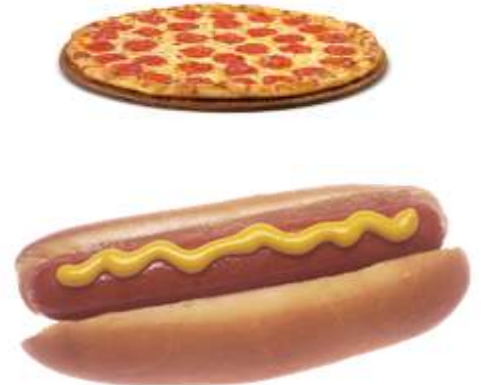
Where does most of the saturated fat come from in the typical Canadian diet?

- a. Meat
- b. Butter and dairy fat
- c. Pre-prepared and processed foods**

SOURCES OF SATURATED FATS

c. Pre-prepared and processed foods

- Store-bought baked goods, pastries, cookies, cake
- Ice cream
- Pizza
- Processed meats (deli meat, sausage, hot dogs)
- Fast food & most other restaurant foods



HIGHLY PROCESSED FOODS



- Major sources of saturated fat, sodium & sugar
- Eating a lot of highly processed foods increases your risk of heart disease and stroke
- Refer to handout: *How to Balance a Meal*

SUBSTITUTE TYPES OF FAT

“Low fat” or “Fat free” processed foods:
Not necessarily healthy



Replace saturated fats with unsaturated fats
to improve cholesterol levels and
lower heart disease risk

SUBSTITUTE TYPES OF FAT

- When cooking & baking, use olive, canola or peanut oils instead of butter
- Snack on roasted, unsalted nuts instead of crackers & cheese
- Instead of butter on toast, add peanut butter or avocado
- Snack on air-popped instead of microwave popcorn
- Skip the baked goods at coffee break and enjoy fruit instead

WHAT ABOUT TRANS FATS?

- Food manufacturers are no longer allowed to add trans fats to foods in Canada
- Small amounts of trans fats occur naturally in some foods
- We don't know how naturally occurring trans fats affect our health

FALSE

Butter is healthier than margarine
because it's more natural

**LOWERING TRIGLYCERIDES:
LIMIT ALCOHOL & SUGAR**

ALCOHOL: MAXIMUM RECOMMENDED

- Men: 2-3 drinks per day (total 15 per week)
- Women: 1-2 drinks per day (total 10 per week)
- When moderation may be too much
 - Avoid alcohol most of the time if you have fatty liver or high triglycerides



LIMIT: SUGARS

- High sugar foods raise triglycerides and increase risk of heart disease & stroke
- Consider how often you enjoy desserts, ice cream, muffins/pastries, candy, chocolate, or sugary cereal



LIMIT: SUGARS

- Drink water or milk instead of pop, iced tea & juice
 - Eat your fruit, rather than drink it
- Also consider foods with high levels of natural sugars
 - Honey, maple syrup, raw sugar = the same as white sugar



**LOWERING CHOLESTEROL
& TRIGLYCERIDES:
INCREASE FIBRE**

DIETARY FIBRE



- Found in plant foods only
- The part of plants that we don't digest
- Lowers LDL (bad cholesterol)
- Lowers blood sugar
- Improves bowel health
- Helps you feel full (satiety)

DIETARY FIBRE

- Two types: soluble fibre & insoluble fibre
 - Both are healthy
- Daily recommended intake:
 - 25-38 grams/day of total fibre (soluble + insoluble)

WAYS TO INCREASE FIBRE

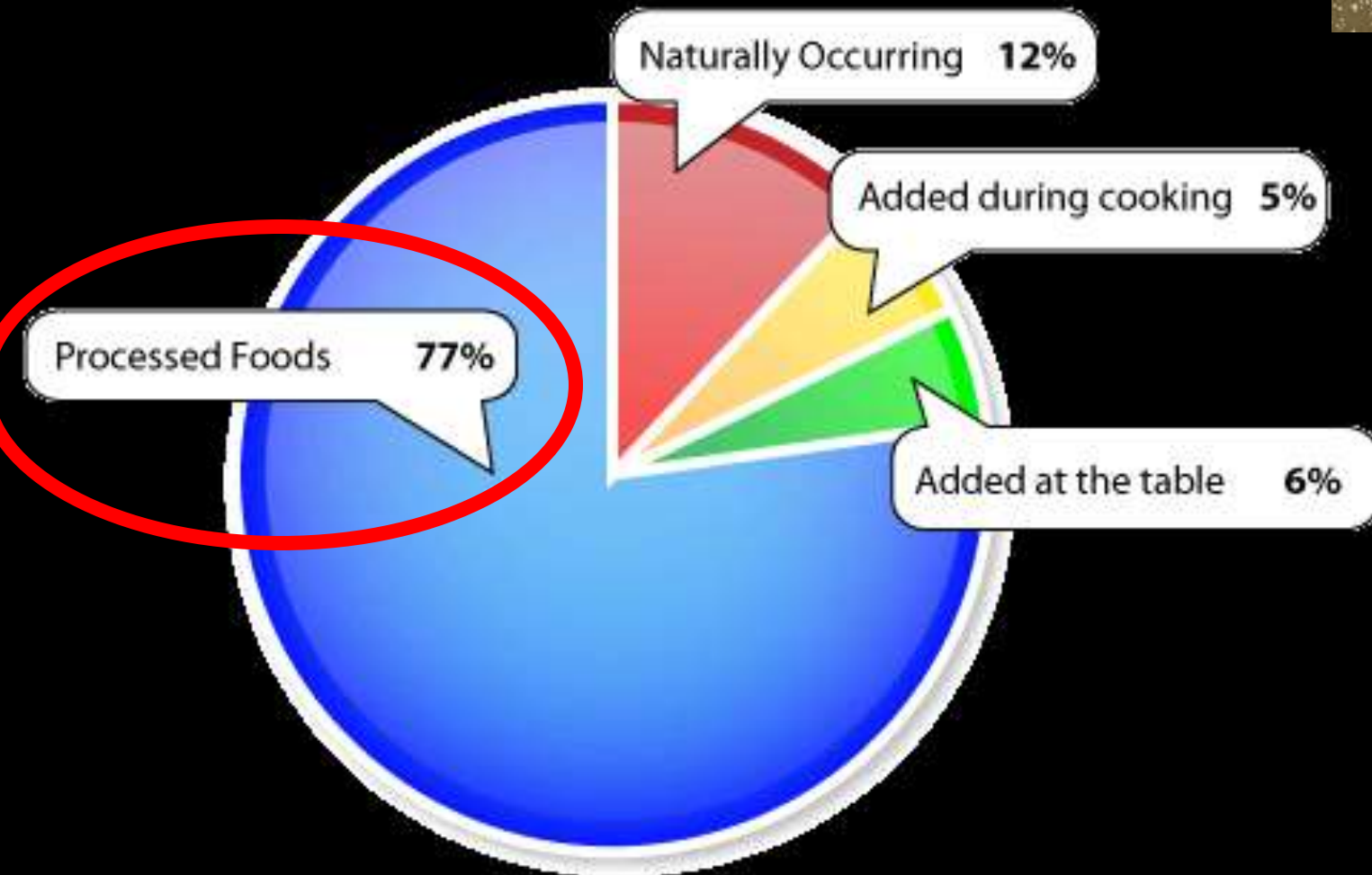


**LOWERING BLOOD PRESSURE:
LIMIT SALT (SODIUM)**

SODIUM (SALT)

- A mineral that is essential for health
- High salt intake can raise blood pressure
- Most Canadians eat way too much salt
- Sea salt, rock salt, Himalayan pink salt:
Not healthier than table salt

SODIUM – WHERE IS IT?



HIGHLY PROCESSED FOODS



HOW TO ADD FLAVOUR WITHOUT SALT



Talk to your doctor before using salt substitutes (e.g. Half Salt, No Salt)



WAYS TO REDUCE SODIUM INTAKE



Limit sodium intake to max 2300 mg per day

LABEL READING



Nutrition Facts Valeur nutritive

Per 6 cm piece (100 g)

2 ½" piece (1/10th of sausage ring)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

LABEL READING

Nutrition Facts Valeur nutritive

Per 6 cm piece (100 g)

2 ½" piece (1/10th of sausage ring)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
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+ Trans / trans 0.0	
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

1) Look at the serving size

Compare to your actual intake

LABEL READING

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Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

1) Look at the serving size
Compare to your actual intake

2) Look at the % daily value (% DV)
Focus on:

- **Sodium** (limit)
- **Saturated fat** (limit)
- **Fibre** (eat more)

LABEL READING



LABEL READING

Nutrition Facts Valeur nutritive

Per 6 cm piece (100 g)
2 ½" piece (1/10th of sausage ring)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g + Trans / trans 0.0	38 %
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
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Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

a) Sodium

- Aim for 15% DV or less (the lower, the better)
- Remember the serving size
- If you eat a 5-inch piece of sausage = 2 servings

42% DV of sodium per serving
x 2 servings

84% daily value of sodium
(actual intake)

LABEL READING

Nutrition Facts	
Valeur nutritive	
Per 6 cm piece (100 g)	
2 ½" piece (1/10 th of sausage ring)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholesterol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

b) Saturated Fat

- Total fat content is not very important
- **Total fat** = unsaturated + **saturated** + + trans fats)
- **Saturated fat** is a better indicator of the food's overall nutrition quality
- Aim for saturated fat of 15% DV or less (the lower, the better)

LABEL READING

Nutrition Facts	
Valeur nutritive	
Per 6 cm piece (100 g)	
2 ½" piece (1/10 th of sausage ring)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

c) Dietary Cholesterol

- Cholesterol in food has very little effect on blood cholesterol levels
- Saturated fat is a better indicator of the food's overall nutrition quality

LABEL READING

Nutrition Facts Valeur nutritive

Per 6 cm piece (100 g)

2 1/2" piece (1/10th of sausage ring)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 20.0 g	31 %
Saturated / saturés 8.0 g	38 %
+ Trans / trans 0.0	
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 1000 mg	42 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

d) Fibre

- Aim for 15% DV or more (the higher, the better)


COMPARING FOODS



COMPARING FOODS



COMPARING FOODS



Serving Size grams (per 1/4 pizza (208 g))	
Amount Per Serving	% DV
Calories 480 Cal	
Total Fat 18 g	24 %
Saturated Fat 7 g	27 %
Trans. Fat 0.4 g	
Cholesterol 40 Mg	
Sodium 1210 Mg	53 %
Total Carbohydrate 57 g	13 %
Dietary Fiber 3 g	11 %
Sugars 8 g	8 g
Protein 22 g	
Potassium 250 Mg	5 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	20 %
Iron	20 %



Nutrition Facts Valeur nutritive	
Per 1/4 pizza (96 g) pour 1/4 de pizza (96 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 200	
Fat / Lipides 6 g	9 %
Saturated / saturés 2.5 g	13 %
Trans / trans 0.1 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 420 mg	18 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	10 %
Iron / Fer	10 %

- 1) Serving size
- 2) Saturated fat
- 3) Sodium
- 4) Fibre

**TAKE HOME POINT:
THE OVERALL PATTERN IS WHAT MATTERS MOST!**



BALANCED MEALS: HEALTHY PLATE METHOD

Benefits to using
the Plate Method:

- Healthy,
balanced meals
- Portion control
- Increase fullness
& satiety











90 low-carb meals
to mix & match

STARCH OR GRAIN

PROTEIN

NONSTARCHY VEGGIES

A Better Homes and Gardens Book

FOR MORE INFORMATION

- Heart & Stroke Foundation
 - Delicious recipes & nutrition information
www.heartandstroke.ca
- Unlock Food
 - Dietitian-approved meal plans & nutrition information
www.unlockfood.ca
- Other health education classes, including
Physical Activity Essentials & Preparing for Success
www.wrha.mb.ca/groups

FOR GENERAL NUTRITION QUESTIONS

Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

NEED MORE SUPPORT?

Meet with a Registered Dietitian (optional)

Do you have private health insurance?

Find a private practice dietitian here:

[www.CollegeOfDietitiansMB.ca/find-a-dietitian/
private-practice](http://www.CollegeOfDietitiansMB.ca/find-a-dietitian/private-practice)

If you don't have insurance, you may still be able to see a dietitian. Visit www.wrha.mb.ca/nutrition and select *Find A Dietitian*

Any questions?

Use the chat function or
un-mute your microphone

Please complete an evaluation