



Eating for Heart Health

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Performance Nutrition Specialist**

Today's Agenda

- The Scoop on Fats/Oils
- The Scoop on Fruits/Vegetables
- Quality Carbohydrates
- Recipe Rehab
- Healthy Meal Planning

*Presentation posted on
www.foth.com/benefits*



The Scoop on Fats

Provides the most calories per gram of food

- 9 kcals/gram

Helps our body absorb fat soluble vitamins

- A, D, E and K

Precursor to many important hormones

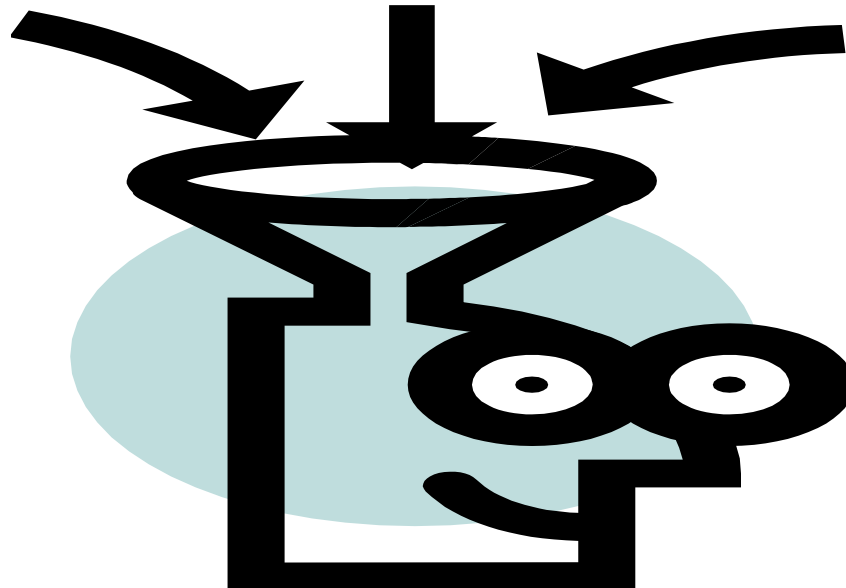
- Testosterone, etc.

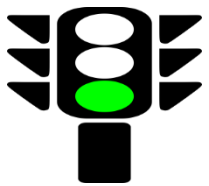
Immune system function



Knowledge Check

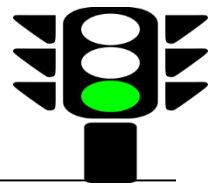
Can you name one source of healthy fat?





Go Fats

(choose more often)



- ✓ Nuts (almonds, walnuts, etc.)
- ✓ Seeds (sunflower, pumpkin, flax, chia, hemp, etc.)
- ✓ Fish or seafood (non-breaded)
- ✓ Farm fresh eggs
- ✓ Avocados
- ✓ Hummus
- ✓ Olive oil, avocado oil or canola oil
- ✓ Butter made with olive oil
- ✓ Peanut butter or almond butter



Saturated Fat

Saturated Fat

Saturated fat is a part of the total fat. This fat raises LDL cholesterol.

Guideline:

- 5-6% daily calories
- ~11-13 grams/day

Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 3.5g **18%**

 Trans Fat 2.5g

Cholesterol 120mg **40%**

Sodium 640mg **27%**

Total Carbohydrate 13g **4%**

 Dietary Fiber 1g **4%**

 Sugars 0g

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 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:

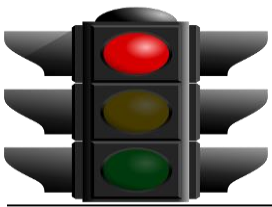
| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|---------|-------|
| Total Fat | Less Than | 65g | 80g | |
| Saturated Fat | Less Than | 20g | 25g | |
| Cholesterol | Less Than | 300mg | 300 mg | |
| Sodium | Less Than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

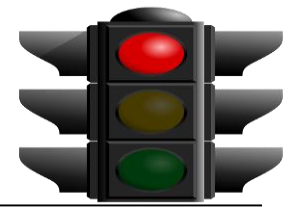


Foods high in saturated fat: **fast food, pizza, fried food, butter, cream, ice cream, fatty and processed meats, cheese, bakery goods, shortening.**



Whoa Fats

(choose less often)



- ✓ Fried foods (French fries, chips, etc.)
- ✓ Fast Food
- ✓ Flavored coffee drinks (cappuccino)
- ✓ Cakes, brownies, cookies, pies, etc.
- ✓ Ice cream, malts, etc.
- ✓ Greasy burgers, brats, hot dogs
- ✓ Bacon, sausage
- ✓ Pizza with pepperoni or sausage
- ✓ Dressing (mayo, Ranch, Alfredo, etc.)



Reducing Saturated Fat

Cut back on high fat red meats (rib meats, bacon, etc.).

- Go lean (loin, tenderloin, round cuts, 90/10 ground meats, etc.)
- **Aim for 2 times per week or less for red meat**



Choose more reduced fat dairy products.

- Milk, yogurt, cheese, etc.



Be mindful of your butter portions.

- 1 tsp. = 1 serving



Limit fried food and fast food weekly.

- Reduce to 1 time per week or less

The Scoop on Oils

Saturated

Monounsaturated

Polyunsaturated

- Butter
- Coconut oil
- Palm kernel oil
- Palm oil

- Nuts
- Olives
- Olive oil
- Peanut butter
- Avocados

- Fish & Seafood
- Sardines
- Flax seeds
- Chia seeds
- Hemp seeds
- Soybeans

Less Often



More Often



Coconut Oil

Pros:

- Handles high heat cooking
- Contains some medium-chain triglycerides
- Appears to raise HDL cholesterol



Cons:

- High in saturated fat
- Raises LDL cholesterol
- Minimal evidence supporting weight loss

Bottom Line: Don't replace all oils with coconut oil.

Choose a variety of fats/oils weekly. (Mostly unsaturated)

Palm & Palm Kernel Oil

Found in many processed foods

- Granola bars, crackers, cookies, cakes, regular peanut butter, cereals

Likely okay to consume in moderation

- Palm oil is more ideal than palm kernel oil

High in saturated fat

- Palm oil = ~50% saturated fat
- Palm kernel oil = ~80% saturated fat

Can add up quickly in our diet



Trans Fat


Trans Fat

Keep this
number as
close to zero as
you can.

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Dietary Fiber 1g **4%**

Sugars 0g

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

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| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Foods high in trans fat:
stick margarine,
deep-fried foods,
baked goods, chips,
cake mixes

Avoiding Trans Fat

Hydrogenated oil = **Trans fat** ☹️



The Scoop on Fruits & Vegetables



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The Green Bay Packers

Photo courtesy of [tcmarkets.com](https://www.tcmarkets.com)

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Typical American Diet

Often deficient in potassium.

Average potassium consumption ~2600 mg/day.

Recommended potassium intake 4700 mg/day.



Fruits & Veggies

Rich in vitamins, minerals, and antioxidants

- Strengthen the immune system
- Anti-inflammatory nutrients



Source of fiber

- Lowers cholesterol

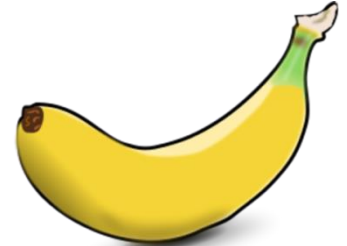
Excellent source of potassium

- Reduces muscle cramping
- Allows muscles to relax



Potassium Powerhouses

- ✓ Banana, medium (425 mg)
- ✓ 1/2 cup broccoli (230 mg)
- ✓ 1/2 avocado (490 mg)
- ✓ 1/2 cup beans (595 mg)
- ✓ 1 cup low-fat milk (390 mg)
- ✓ 1 cup yogurt (300-400 mg)
- ✓ 1 oz. nuts (200 mg)
- ✓ 1 medium potato (900 mg)
- ✓ 1 medium tomato (290 mg)
- ✓ 1 cup leafy greens (300-700 mg)



Planning Fruit & Vegetables

Include a fruit or vegetable at each main meal.



Vary your selections (colors) each week

- Choose **at least 3 different types weekly (different nutrients)**
 - **Example:** apples, bananas, cherries, broccoli, cauliflower, carrots

Aim for **2-3 servings of fruit** and **3 or more servings of non-starchy vegetables daily.**

What Equals a Serving?

- 1 cup of fresh vegetables (broccoli, carrots, etc.)
- 2 cups leafy greens (lettuce, spinach, kale, etc.)
- 1/2 cup cooked vegetables
- ~1 cup of fruit or 1 medium piece of fruit





Non-Starchy Vegetables

Artichoke hearts
Asparagus
Bamboo shoots
Beans, green, wax or string
Bean sprouts
Beets
Brussels sprouts
Broccoli
Cabbage
Bok choy
Carrots
Cauliflower
Celery

Chayote
Coleslaw (no dressing)
Baby corn
Cucumber
Eggplant
Greens, collard, kale, mustard, turnip
Jicama
Kohlrabi
Leeks
Mushrooms
Okra
Onions

Pea pods
Peppers
Radishes
Rutabaga
Salad greens
Sprouts
Sugar snap peas
Swiss chard
Tomato
Turnips
Water chestnuts
Zucchini

Quality Carbohydrates



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Photo courtesy of oneresult.com

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Importance of Whole Grains

Packed with essential vitamins and minerals

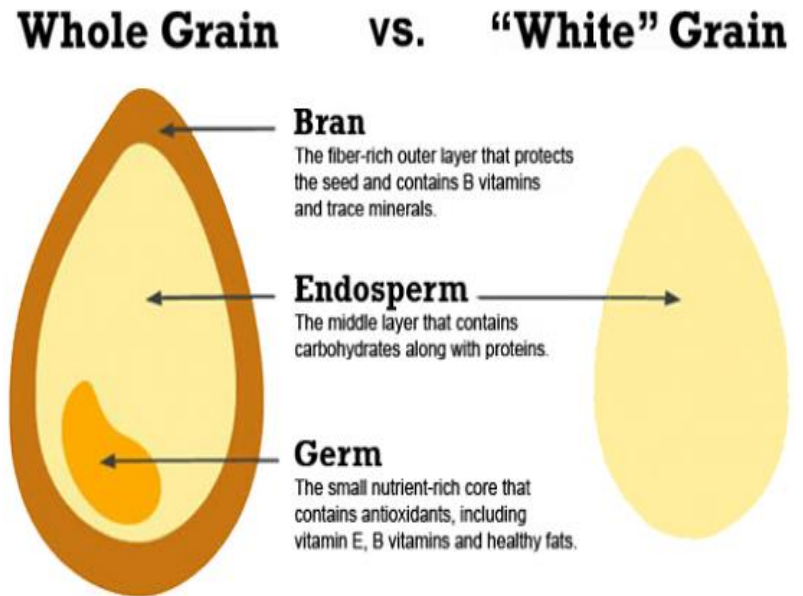
- B vitamins
- Iron, magnesium, selenium

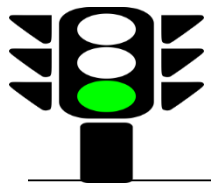
High in fiber

- Promotes regularity
- Reduces cholesterol (LDL)
- Increases fullness

Aim for 3 or more servings daily

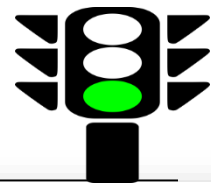
- 1 slice bread, 1/2 cup cooked rice/noodles, 1/2 cup oatmeal





Go Carbs

(choose more often)



- ✓ Non-starchy vegetables
 - ✓ Salads, carrots, broccoli, etc.
- ✓ Whole fruit, fruit cups, frozen fruit
- ✓ Whole wheat or bean pastas
- ✓ Whole grain breads (≥ 3 g fiber)
- ✓ Sprouted grain breads
- ✓ Oatmeal, cream of wheat
- ✓ Beans (black, kidney, etc.)
- ✓ Lentils
- ✓ Sweet or red potatoes
- ✓ Low-fat milk, yogurt or Kefir
- ✓ Quinoa, brown rice, wild rice

Healthy Carbs

Vegetables



Fruits



Whole Grains



Seeds

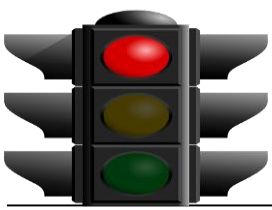


Nuts



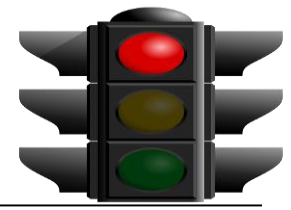
Beans





Whoa Carbs

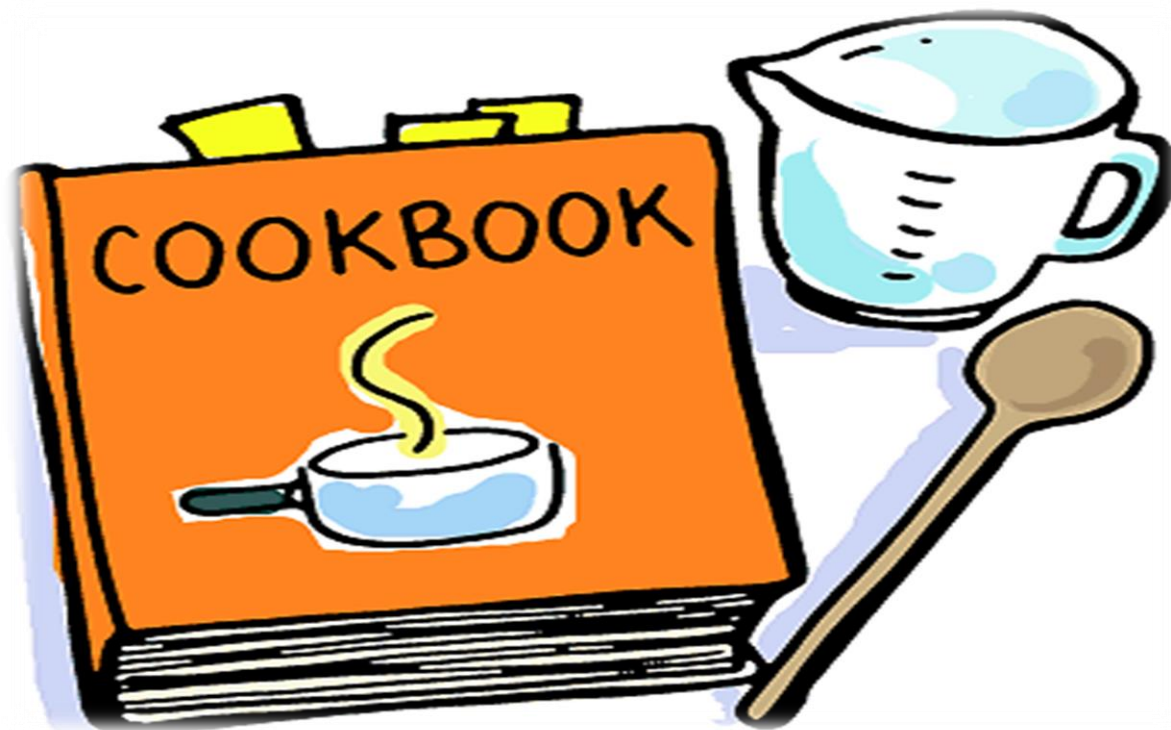
(choose less often)



- ✓ Soda
- ✓ Energy drinks
- ✓ Flavored coffee drinks (cappuccino)
- ✓ Candy
- ✓ Cookies, cinnamon rolls, etc.
- ✓ Cakes, brownies, pies, fry bread, etc.
- ✓ Ice cream or sherbet
- ✓ Jello® or pudding
- ✓ French fries or onion rings
- ✓ Chips



Recipe Rehab



Heart Healthy Cooking



Reduce or eliminate salt in recipes.

- Replace salt with herbs, spices, or salt-free seasoning

Purchase unsalted or low-sodium ingredients.

- Canned tomatoes, broth, beans, etc.

Rinse canned foods before cooking.

- Veggies, beans, etc.



Trim white fat off meats and remove skin on chicken.

Serve a fruit and vegetable for side dishes.

- Fiber and nutrition boost



Herb & Spice Pairing

| Herb/Spice | Food |
|------------|---|
| Rosemary | Chicken, soups, vegetables, bread, pasta |
| Cinnamon | Hot cereals, applesauce, fruit, pork, chili |
| Ginger | Chicken, fruit, squash, Chinese stir-fry |
| Cumin | Chili, tacos, stews, beans, hummus, chicken, beef, rice |
| Dill | Salads, most vegetables, potatoes, fish |
| Oregano | Tomatoes, potatoes, squash, asparagus |
| Paprika | Seafood, vegetables, eggs, chili |
| Cilantro | Meats, salsa, sauces, stews, rice |
| Turmeric | Salads, smoothies, eggs, rice, vegetables, pickles |
| Chives | Cottage cheese, eggs, salads, fish, soups, sauces |

More Cooking Tips

Replace sour cream or condensed soups with Greek yogurt.

- Significantly reduces fat and calories
- 1:1 ratio



Try oatmeal instead of bread crumbs to bind meats.

- Meatballs, meatloaf, hamburgers, etc.



Swap high fat ground meats for lean ground meats.

- 90/10, 95/5, 97/3



Incorporate whole grain rice or noodles in dishes.

- Wild rice, quinoa, brown rice, whole wheat pasta, bean pasta, etc.

Heart Healthy Baking

Reduce sugar in desserts by 1/3 to 1/2.

- Replace 1/2 sugar with a sugar substitute (stevia)

Replace oil with applesauce or pureed fruit.

- 1:1 ratio

Try whole wheat or oat flour.

Use filo dough for crusts.

Instead of candy or chocolate, use nuts & seeds.

- Nuts = heart healthy fats

Use unrefined coconut oil to replace shortening.

- 1 cup shortening = ~3/4 cup coconut oil



More on Baking

Try tub margarines or oils to replace butter on occasion.

- Smartbalance, Promise, canola oil, avocado oil, etc.

Use spices and extracts to add extra flavor.

- Vanilla, cinnamon, allspice, nutmeg, cocoa, etc.



Replace full-fat cream cheese with Neufchatel 1/3 fat.

- Blended cottage cheese can also replace cream cheese

Sub half of your eggs for egg whites.

- 2 egg whites = 1 whole egg



Add pureed black beans or pumpkin to your recipes.

- Black bean brownies, etc.
- Pumpkin puree mixed with a cake mix.



Ingredient Swap

Full-Fat Cream Cheese - 8 oz.

- **Calories = 800**
- **Fat = 71 g**
- **Saturated Fat = 48 g**
- **Protein = 16 g**



Neufchatel Cream Cheese - 8 oz.

- **Calories = 560**
- **Fat = 48 g**
- **Saturated Fat = 32 mg**
- **Protein = 16 g**



Save 240 calories and 23 grams fat!

Ingredient Swap

Full Fat Sour Cream - 8 oz.

- **Calories = 480**
- **Fat = 40 g**
- **Saturated Fat = 28 g**
- **Protein = 8 g**



Non-Fat Greek Yogurt - 8 oz.

- **Calories = 120**
- **Fat = 0 g**
- **Saturated Fat = 0 mg**
- **Protein = 22 g**



Save 360 calories and 40 grams fat!

Ingredient Swap

Cream of Chicken Soup – 10.5 oz.

- **Calories = 325**
- **Fat = 22.5 g**
- **Saturated Fat = 6 g**
- **Sodium = 2175 mg**
- **Protein = 5 g**



Non-Fat Greek Yogurt – 10.5 oz.

- **Calories = 120**
- **Fat = 0 g**
- **Saturated Fat = 0 mg**
- **Sodium 55 mg**
- **Protein = 22 g**



Save 205 calories and 22.5 grams fat!

Ingredient Swap

Garlic Salt – 1 Tbsp.

- **Sodium = 5880 mg**



Garlic Powder – 1 Tbsp.

- **Sodium = 0**



Save 5880 mg of sodium!

Ingredient Swap

Sugar – 1 cup

- **Calories = 775**
- **Sugar = 200 g**



Stevia In The Raw – 1 Cup

- **Calories = 0**
- **Sugar = 0 g**



Save 775 calories and 200 grams sugar!

Ingredient Swap

80/20 ground meat – 4 oz.

- **Calories = 287**
- **Fat = 22 g**
- **Saturated Fat = 8.5 g**
- **Protein = 19 g**



90/10 ground meat – 4 oz.

- **Calories = 198**
- **Fat = 11 g**
- **Saturated Fat = 4 g**
- **Protein = 23 g**



Save 89 calories and 11 grams fat!

Meal Planning Easy as 1, 2, 3



Balancing Meals

Include at Least 3 Food Groups:

Lean Protein

- Chicken, lean beef, fish, eggs, dairy, etc...



Quality Carbohydrates

- Sweet potatoes, whole grain breads, etc...



Fruit & Vegetables

- Apples, greens, broccoli, berries, etc...



Healthy Fats

- Nuts, olive oil, avocados, fish, etc...



Foods to Choose **Less Often**

Fried foods

- Fries, chicken strips, chips, etc.



High fat meats

- Greasy burgers, hot dogs, sausage, ribs, etc.

Dressing/dips

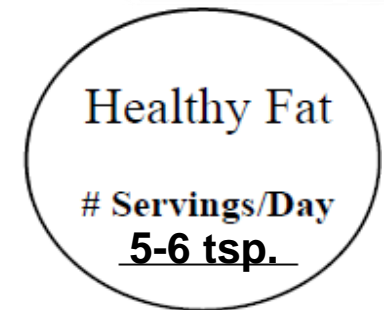
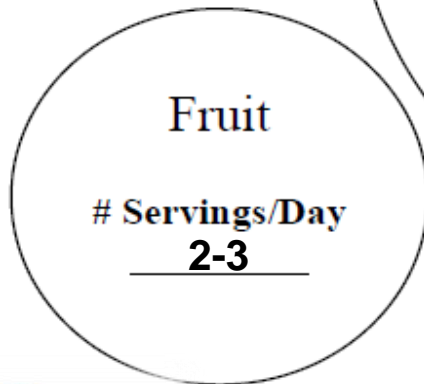
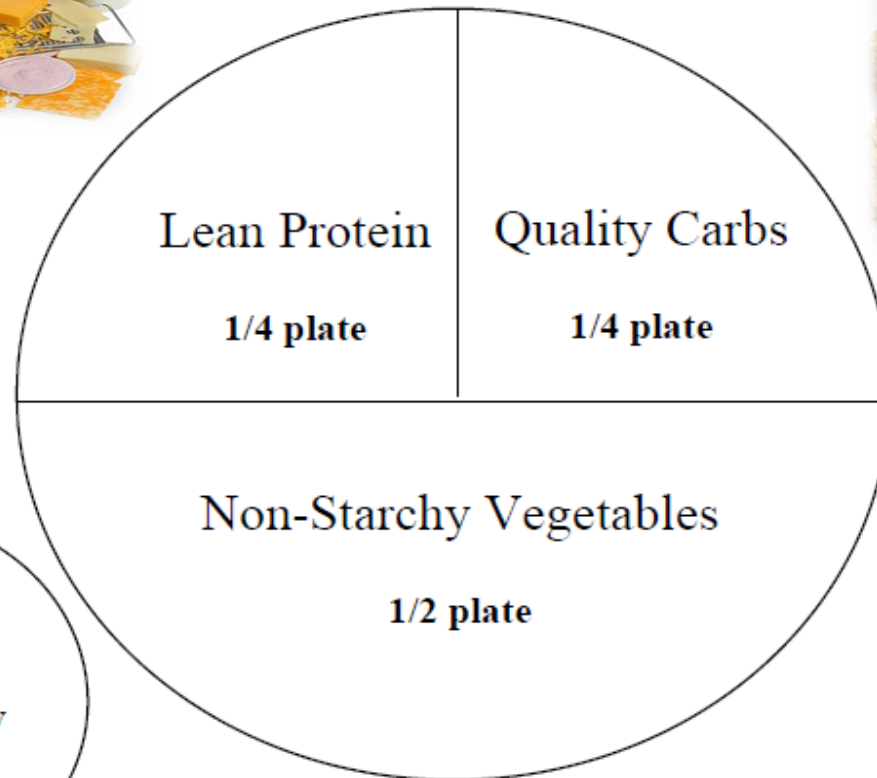
- Ranch, mayonnaise, tartar, Alfredo, etc.



Sweets/desserts

- Ice cream, pie, cakes, cookies, etc.

Include 3 Food Groups Per Meal



Go Lean

Lean red meats (look for “grass finished”)

- Loin, tenderloin, round, eye of round, and flank cuts
- Lean ground meat (90/10, 95/5)
- Pork loin
- Trim excess white fat



Lean white meats



- Chicken or turkey breast (**skinless**)
- Lean ground turkey/chicken (**90/10, 93/7, 95/5**)
- Low-fat/sodium deli meat (turkey, ham, chicken etc.)
 - Nitrate/Nitrite free

Fish & Seafood

Include at least 1-2 times weekly

Choose non-breaded and non-fried types

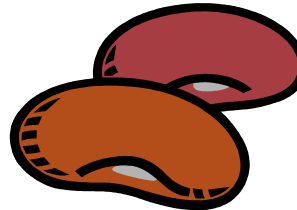
- Tuna, salmon, cod, haddock, etc.
- Shrimp
- Oysters
- Crab
- Lobster



Meat Alternatives

Quick protein staples for meals or snacks

- Greek yogurt
- Soy yogurt
- Cottage cheese
- String cheese
- Kefir
- Low-fat milk
- Nut butters or nuts
- Edamame
- Tofu
- Beans (black, kidney, lentils, etc.)
- Eggs or liquid egg whites
- Salmon or tuna pouches
- Low-fat jerky (<3 g fat/serving)



Dairy/Dairy Alternatives

Aim for ~2-3 servings per day

One serving equivalents:

- 1 cup milk or milk alternative (soy, rice, etc.)
- 1 cup yogurt (plain or Greek)
- 1.5 oz. cheese (cheese stick)
- 1/3 cup shredded cheese
- 1 cup soy milk or almond milk



***Source of lean protein, quality carbs and calcium**

Building Quality Meals

Breakfast:

- Egg white omelet with peppers (protein/vegetable)
- 1 cup berries (fruit)
- 1 cup cooked oatmeal (steel cut) (quality carb)
- ¼ cup walnuts (healthy fat/protein)



Lunch: (Turkey, cheese and veggie wrap)

- 3 oz. low-fat sliced turkey or chicken (protein)
- Sprouted grain wrap (quality carb)
- Salad greens, tomatoes, peppers (vegetable)
- 2 tangerines (fruit)
- 1 slice reduced-fat cheese (protein)



Dinner:

- ~4 oz. chicken breast or lean roast (protein)
- 1-2 cups stir-fry vegetables (vegetable)
- 1.5 cup bean pasta with olive oil (quality carb/healthy fat)
- 1 cup low-fat milk or Kefir (protein)



Heart Healthy Snacking

Sources of Quality Carbs

- Vegetables (carrots, peppers, etc.)
- Fruit (apples, banana orange, etc.)
- Sprouted grain breads or wraps
- Whole grain English muffins
- Dry cereals (**<7-9 g sugar**)
- Granola bars (**<10 g sugar**)
- Dried fruit (**non-sugared**)
- Whole grain crackers
- Popcorn
- Fig bars
- Sweet potatoes



Sources of Lean Protein & Healthy Fat

- Peanut butter
- Nuts & seeds
- Greek yogurt
- Hard boiled eggs
- Yogurt
- Milk or Kefir
- Cottage cheese, low-fat
- String cheese
- Lean jerky (**<3 g fat/serving**)
- Meal bars (Kind®, etc.)
- Hummus or guacamole
- Edamame



Sample Snacks

Snack 1:

- 1 small sweet potato
- 1-2 Tbsp. peanut butter or almond butter – sweet potato topping



Snack 2:

- 3/4 cup cottage cheese
- 1 cup sliced peaches or diced pineapple



Snack 3:

- 1 string cheese wrapped in lean turkey or chicken
- 1 cup grapes
- 20-30 pistachios



Snack 4:

- 1 medium apple, diced
- 1 cup Kefir yogurt – Pour kefir over the diced apples.
- 1/4 cup low-fat granola – Sprinkle granola over Kefir and diced apples.



Recipe Websites

Allrecipes.com/recipes/healthy-recipes/

Diabetes.org

heart.org

Eatright.org/resources/food/planning-and-prep/recipes

Cookinglight.com

fitmencook.com



CookingLight





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Photo courtesy of fluentstream.com

Nutrition Appointment

If interested in scheduling
a one-on-one appointment
with a registered dietitian,
contact Nurse K.P. at
Kirkpatrick.Sedlacek@Bellin.org

This presentation is posted on
www.foth.com/benefits

References

- ChooseMyPlate.gov

