

Heart 'smarts' Eating Well for your heart!

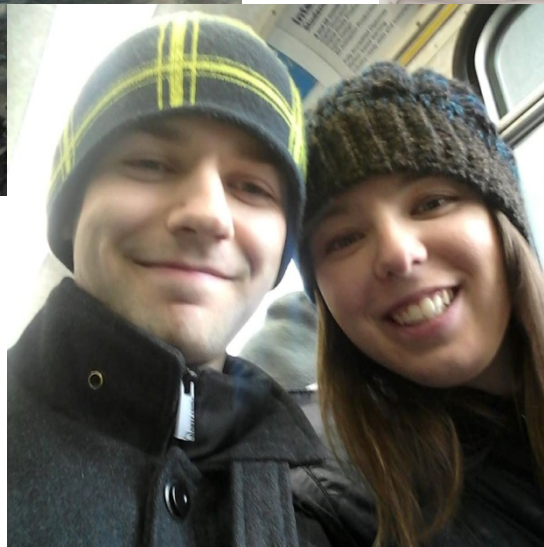
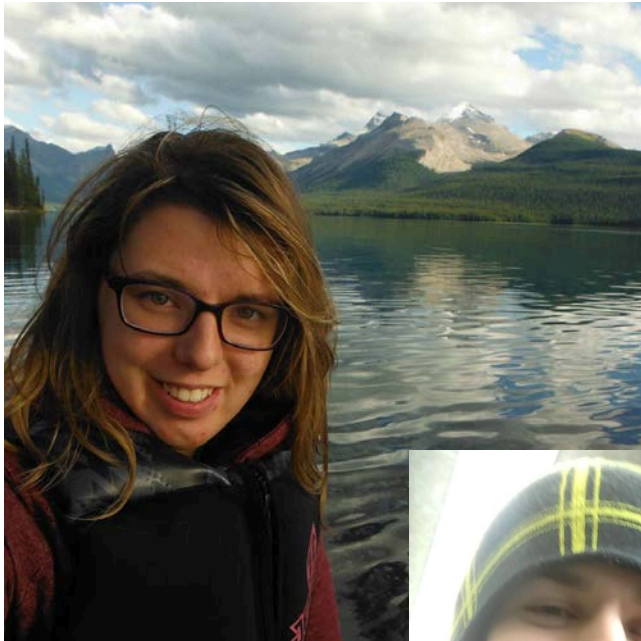
A Journey to Heart Health

By Kaybrie Middleton

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About me...



Living well for heart health is a journey not a destination



Overview

- **What is heart disease?**
- **Eating well for heart health:**
 - Limit processed foods
 - Eat whole foods
 - Eat more foods with fibre
 - Cook at home
- **Living well for heart health:**
 - Stop smoking
 - Drink less alcohol
 - Have a healthy body weight
 - Get Active
- **How do I get started?**

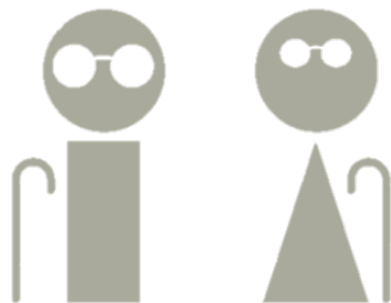
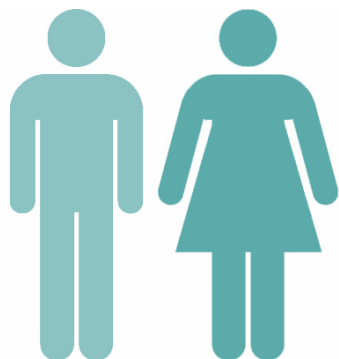


What is heart disease?

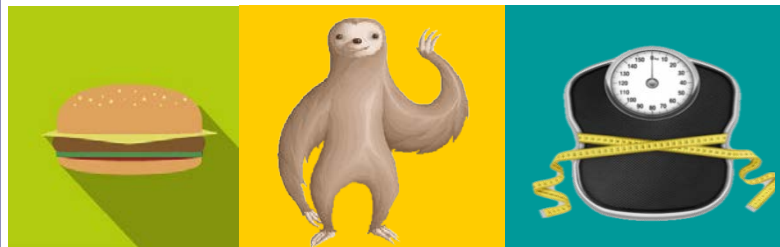


Chance of having heart disease is higher when:

Things you can't change:



Things you can change:



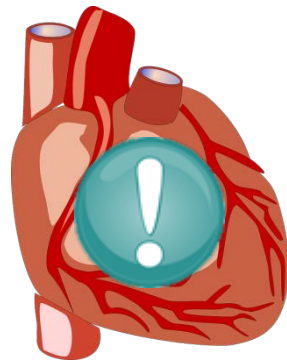
Other conditions increase your chance of having heart disease:



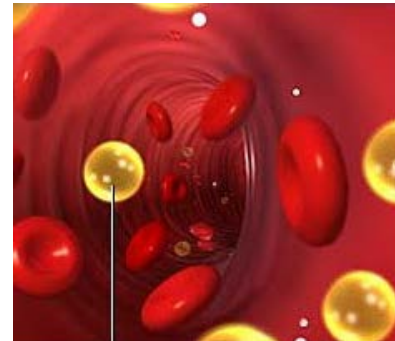
Diabetes



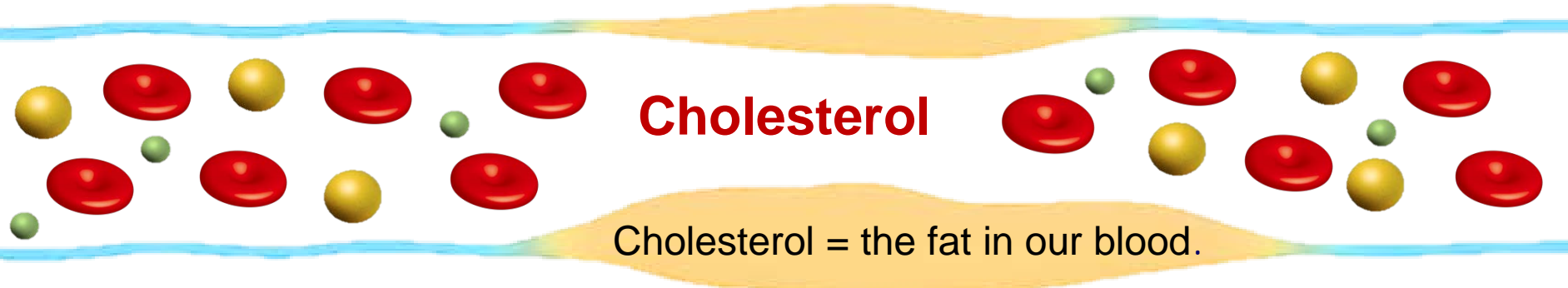
Hypertension



Atrial
Fibrillation



High
Cholesterol



Cholesterol

Cholesterol = the fat in our blood.



● Low Density Lipoprotein (LDL) cholesterol is our “lousy” cholesterol
We want our LDL cholesterol to be **LOW**

● High Density Lipoprotein (HDL) is our “helper” cholesterol.
We want HDL levels to be **HIGH**



Eating well for heart health



Processed foods are high in **salt, sugar and saturated fats**



Limit processed foods

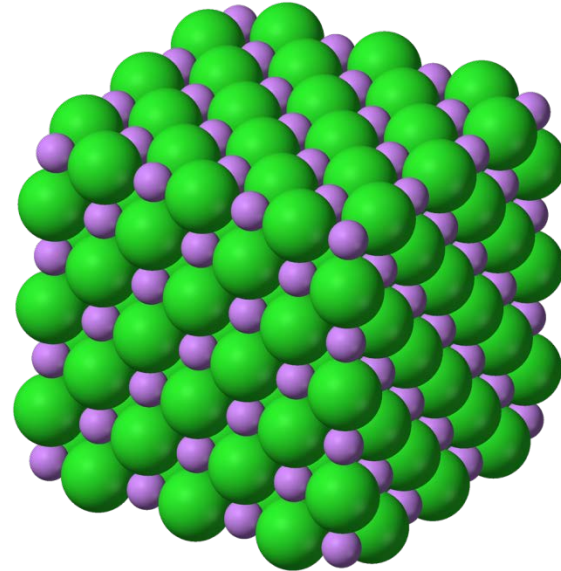
Processed foods are high in salt



Processed foods are high in salt

Salt or sodium

- Salt and sodium are often used interchangeably but **they are different**
- Sodium is an element found in nature
- Salt is made up of sodium and chloride

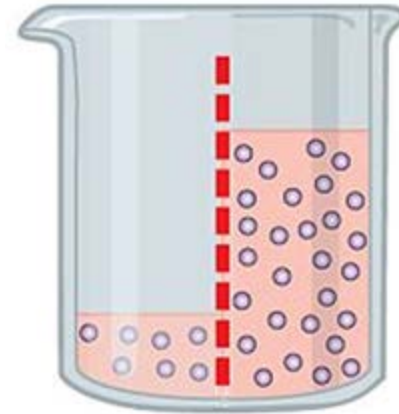


salt is salt

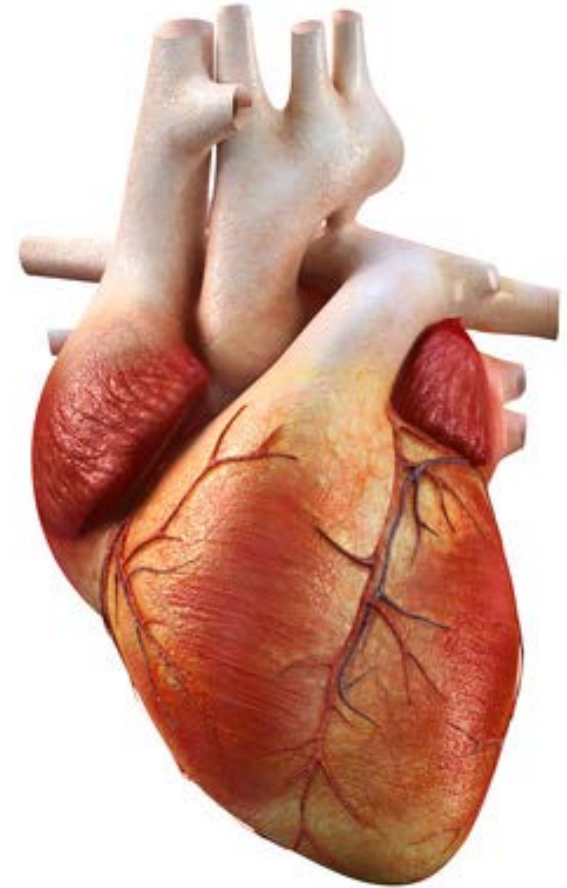
Processed foods are high in salt

How does sodium hurt your heart?

- Too much salt in your blood can **increase your blood pressure**
- **High blood pressure** can increase your chance of having **heart disease, diabetes, kidney disease, heart attacks or stroke.**



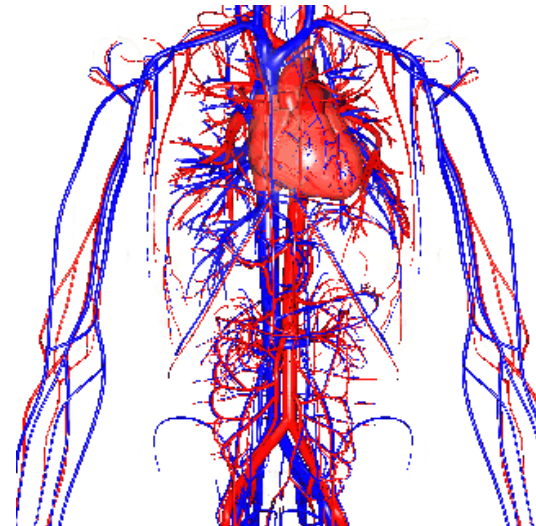
Diabetes and your heart



Processed foods are high in sugar

Too much sugar!

- Sugary blood is **thick** and **hard on your heart**
- **Thick blood damages** small blood vessels such as the **eyes, kidneys, fingers and toes.**
- Too much sugar can lead to **excess weight gain**





Processed foods are high in harmful fats

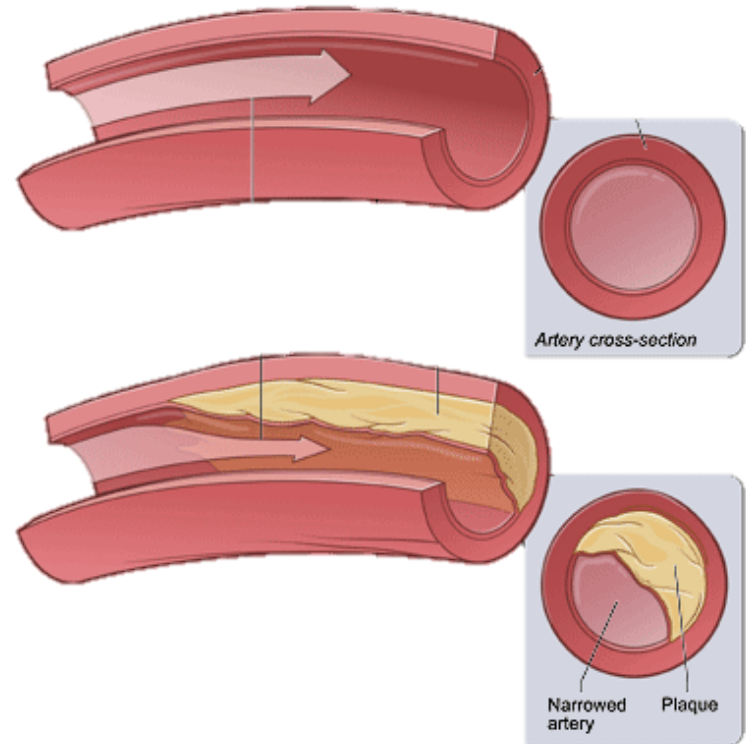
Harmful and Healthy fats:



Processed foods are high in harmful fats

Trans fats and Saturated fats

- Saturated and trans fats are **solid** at room temperature and **solid in your body**
- Solid fats  your LDL “lousy” cholesterol 
- LDL cholesterol builds up in your blood vessels causing blocks



Canada bans trans fats!

Canadian Ban on Trans Fats Comes into Force Today

From: [Health Canada](#)

News release

Ban on partially hydrogenated oils will reduce the risk of heart disease

September 17, 2018 - Ottawa, Ontario - Health Canada

Reducing Canadians' intake of trans fats is key to reducing the risk of heart disease, a leading cause of death in Canada.



What's in your food?

Instant Noodles



Amount	% Daily Value
Quantité	% valeur quotidienne
Calories / Calories 450	
Fat / Lipides 17 g	25 %
Saturated / saturés 8 g	41 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 1930 mg	81 %
Carbohydrate / Glucides 67 g	22 %
Fibre / Fibres 5 g	20 %
Sugars / Sucres 0 g	
Protein / Protéines 10 g	
Vitamine A	
Vitamine C	

Fat



Sodium



What's in your food?

Fried chicken meal



Fat	A 6x5 grid of 30 spoons, each containing a small amount of yellow fat, representing the fat content of the meal.
Sodium	A 2x6 grid of 12 salt packets, representing the sodium content of the meal.

What's in your food?

Can of pop



Sugar



Read labels to limit foods high in **sodium, trans fats, saturated fats, and sugar**



Nutrition Facts
Servings Per Container: 24

Amount Per Serving	
Calories 220	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	26%
<i>Trans Fat</i> 0.5g	
Cholesterol 35mg	12%
Sodium 160mg	7%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	6%
Sugars 17g	
Protein 3g	



Eat whole foods

- Whole foods are foods that are found in nature.
- Whole foods are rich in nutrition
- Whole foods are **low in sodium, sugar and saturated fats**



Eat more foods with Fibre











































- ↓ LDL “lousy” cholesterol
- ↑ HDL “healthy cholesterol”



FIBRE IN FOOD



25g of fibre each day
can help protect your
heart

High Fibre Foods						
Baked Potato with skin (1 medium)  4.0g	Peas (1/2 cup)  5.0g	Corn (1/2 cup)  2.5g	Broccoli (1/2 Cup)  2.0g	Green Beans (1/2 cup)  2.0g	Squash (1/2 cup)  1.5g	Carrots (1/2 cup)  1.5g
Pear (1 medium)  5.5g	Wild Raspberries (1/2 cup)  5.0g	Saskatoon berries (1/2 cup)  4.5g	Apple (1 medium)  4.0g	Banana (1 medium)  2.0g	Rhubarb (1/2 cup)  1.5g	Canned Fruit (1/2 cup)  1.5g
Bran Cereal (30g)  4.5g	Oatmeal (3/4 cup)  4.0g	Shreddies (30g)  3.0g	Oat Loops (30g)  3.0g	Whole Wheat Dinner Roll (1 medium)  3.0g	Whole wheat bannock (1 medium piece)  2.0g	Whole wheat bread (1 slice)  2.0g
Homemade bran muffin (1 medium)  2.0g	Popcorn (2 cups)  2.0g	Whole wheat pasta (1/2 cup)  2.0g	Whole wheat wrap (1/2 wrap)  2.0g	Whole Wheat Crackers (6 crackers)  2.0g	Cooked Barley (1/2 cup)  2.0g	Brown rice (1/2 cup)  1.5g
Baked beans (3/4 cup)  10.5g	Beans (3/4 cup)  8.5g	Chickpeas (3/4 cup)  6.0g	Split peas (3/4 cup)  4.5g	Pumpkin seeds (3/4 cup)  3.7g	Peanuts (1/4 cup)  3.0g	Peanut butter (1 Tbsp)  1.5g
Low fibre foods:						
White bread (1 slice)  1.0g	White Bannock 1 piece  1.0g	Spaghetti (1/2 cup)  1.0g	White rice (1/2 cup)  0.5g	Macaroni and Cheese (1/2 cup)  0.5g	Juice (1/2 cup)  0g	Corn Flakes 30g  0g

Cook at home!

- You decide what goes into the body
- Cooking and eating with your family is great for your mental wellness



Eat whole foods from the land!



Living well for heart health is a journey not a destination

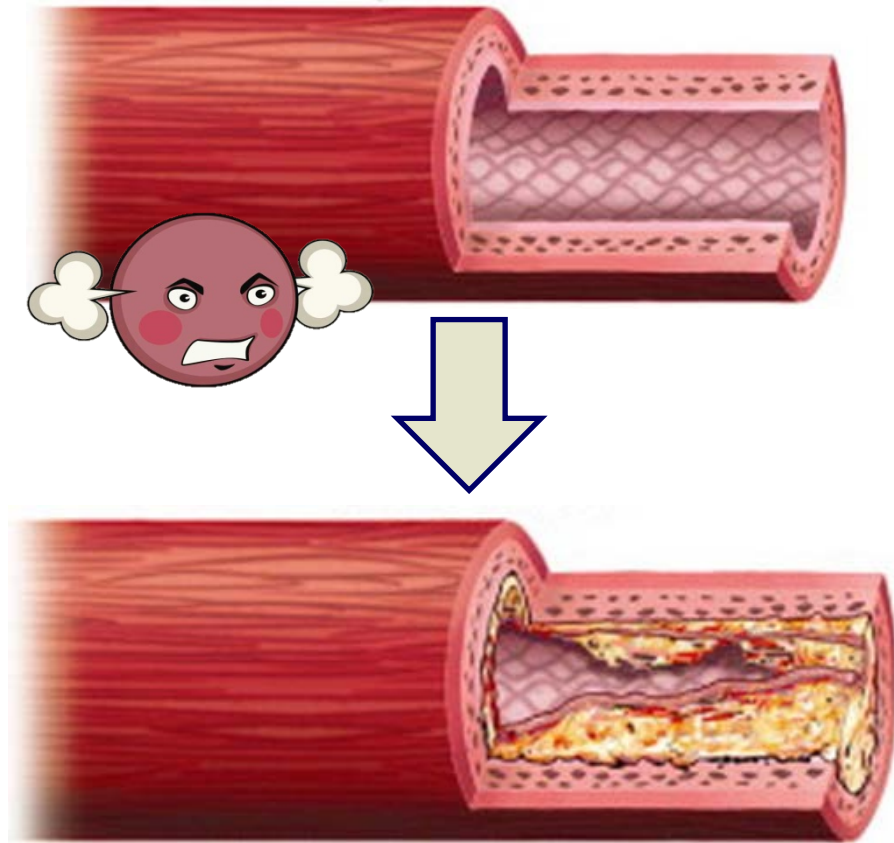


Live well for your heart!



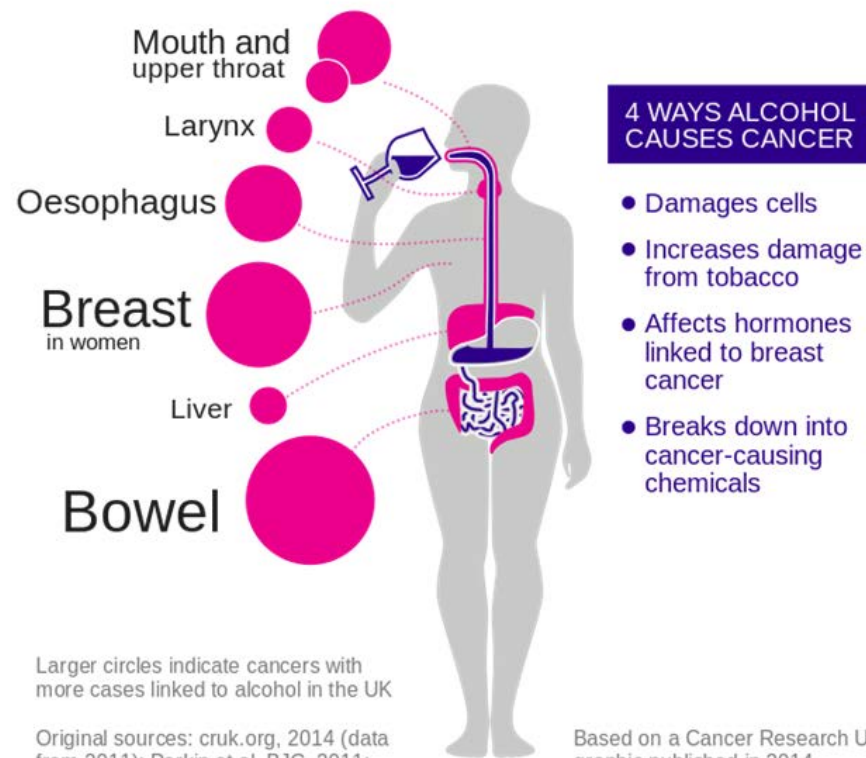
Stop Smoking

- Causes blood vessels to become swollen and inflamed
- Chemicals in cigarettes cause blood to thicken



Drink less alcohol

- Raises blood pressure
- Causes irregular heart beats
- Increases fatty molecules in your blood
- Causes weight gain
- Increases the chance of getting certain cancers



Have a healthy body weight

- If you are over weight, **any weight loss can help reduce the risk of heart disease.**
- Weight loss of 1-2 lbs (0.5-1 kg)/week is safe



Get Active

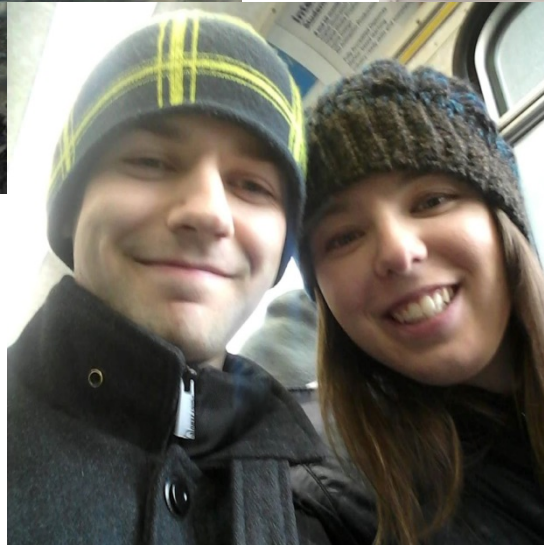
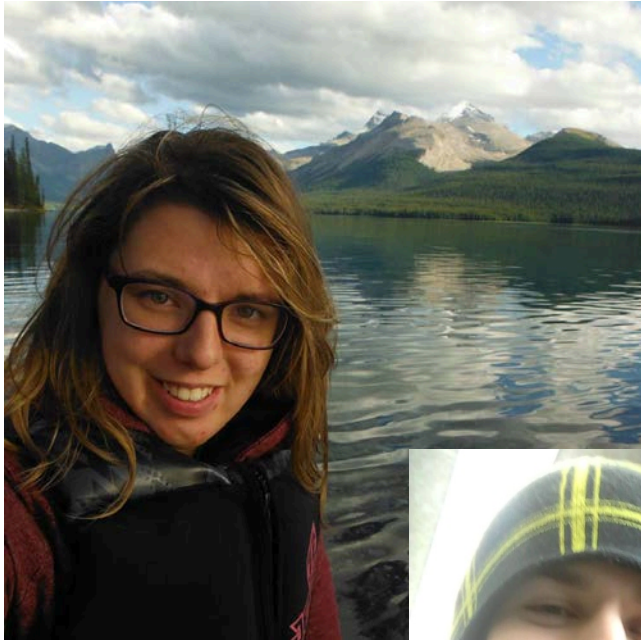
- Weight loss
- Decrease LDL 'lousy' cholesterol
- Increase HDL 'healthy' cholesterol
- Decreases blood pressure
- Decreases stress
- Sleep better



Where do I start?



What motivates you?



I want to live well for my heart because...

One change I could make is...

My first step will be to...



Resources

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-heart-healthy-eating.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hold-the-salt.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-without-salt.pdf>

Heart Healthy Eating

Following the healthy eating tips in this handout can help you lower your risk of heart disease.

Healthy weight

If you're at a healthy weight, try to stay there.

If you have extra weight, losing even 5–10% of your weight may help to lower your risk for heart disease and other diseases.

- For example, a 200 lb (91 kg) person would aim to lose 10–20 lbs (4.5–9 kg).
- A healthy weight loss is 1–2 lbs (0.5–1 kg) each week.

Eat lots of vegetables and fruit

Choose many kinds of vegetables and fruit everyday. Include dark green and orange vegetables like spinach and carrots.



Choose whole grains and high fibre foods

Limit your intake of saturated fats

- Read labels to choose foods with less than 2 grams saturated fat in a serving.
- Choose lower fat dairy products (skim or 1% milk), leaner meats, dried peas, beans, and lentils, and tofu.

Avoid trans fats, if possible

Look for foods with 0 grams trans fat in the Nutrition Facts table on the food label.

Reduce your intake of foods and drinks with added sugar

- Limit sugar and sweets like honey, molasses, brown and white sugar, syrups, candies, chocolates, sweet desserts like pastries, and high-calorie baked goods.
- Reduce your intake of drinks with added sugar like regular soft drinks, sweetened teas and coffees, juices, and fruit flavoured drinks.

Hold the Salt

Salt contains sodium. Your body needs small amounts of sodium to work properly. Most people in Canada eat more than two times as much sodium as they need.

Sodium is found naturally in all foods. However, most of the sodium and salt we eat is from packaged, processed, and restaurant foods. We get even more sodium when we add salt during cooking or at the table.

Eating less sodium can lower your blood pressure. Lower blood pressure is important to lower your risk of a heart attack, heart failure, stroke, and to keep your kidneys healthy.

What about sea salt and rock salts? All types of salt (sea salt, Himalayan salt, fleur de sel) have the same amount of sodium as table salt. It is best not to add any salt to food.

Salt substitutes: Some salt substitutes have potassium in them. This is a problem in some medical conditions. Ask your doctor, pharmacist, or dietitian before using a salt substitute.

Read food labels

Reading food labels can help you cut down on the sodium in your diet.

Cooking Without Salt

Flavour meals without salt

Your meals can be tasty without using salt. By using herbs, spices and marinades instead, you can enjoy the flavours of food with less salt. This could help you reduce your salt intake. Over time, your taste buds will get used to new flavours.

In the kitchen

Try these tips to decrease salt in cooking:



- Add dry or fresh herbs and spices in place of

- For cold dishes, like salads or dressings, add herbs and ground spices at the start. Let the food stand in the fridge for a few hours. This lets flavours from the herbs and spices grow stronger.
- Prepare your own combination of herbs and spices in a shaker to add flavour to any dish.

Flavour with homemade marinade

Marinades add flavours to meats, fish and vegetables. Store bought marinades can be high in salt. Try these suggestions for marinating:

Resources

<https://www.heartandstroke.ca/heart>

<https://www.ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/how-smoking-and-nicotine-damage-your-body>

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes.html>

Heart disease

What is heart disease? Emergency signs Conditions A-Z Tests A-Z Treatments Risk & prevention

What is heart disease?

Heart disease is a general term that means the heart is not working properly. Some forms of heart disease are present at birth (congenital heart disease), while others develop as we age. Many forms of heart disease can be prevented by living an active, healthy lifestyle. [Read more](#)

Signs of a heart attack

Signs can vary and may be different for men and women. If you experience any of these signs, call 9-1-1 or your local emergency number immediately.

- Chest discomfort:** Pressure, squeezing, fullness or pain, burning or heaviness.
- Sweating**
- Upper body discomfort:** Neck, jaw, shoulder, arms, back.

For these guidelines, "a drink" means:

- Beer:** 361 ml (12 oz) 5% alcohol content
- Cider/Cooler:** 361 ml (12 oz) 5% alcohol content
- Wine:** 142 ml (5 oz) 12% alcohol content
- Distilled Alcohol:** 42 ml (1.5 oz) 40% alcohol content

YOUR LIMITS

Reduce your long-term health risks by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.

SPECIAL OCCASIONS

Reduce your risk of injury and harm by drinking no more than 3 drinks for women or 4 drinks for men on any single occasion. Plan to drink in a safe environment. Stay within the weekly limits outlined above in **Your limits**.

WHEN ZERO'S THE LIMIT

Do not drink when you are:

- driving a vehicle or using machinery and tools
- Taking medicines or other drugs that interact with alcohol
- Doing any kind of dangerous physical activity
- Living with mental or physical health problems
- Living with alcohol dependence
- Pregnant or planning to be pregnant
- Responsible for the safety of others
- Making important decisions

PREGNANT? ZERO IS SAFEST

If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.

DELAY YOUR DRINKING

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should plan ahead, follow local alcohol laws and consider the **Safer drinking tips** listed in this brochure.

Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in **Your limits**.

Low-risk drinking helps to promote a culture of moderation.

Lower-risk drinking supports healthy lifestyles.

Recipes

Check out these healthy and delicious recipes.

- [Breakfast](#)
- [Lunch/Dinner](#)
- [Snacks](#)

Breakfast

- Overnight Oats:** A fantastic grab-and-go breakfast that is easy and incredibly versatile.
- Egg and veggie scramble:** Loaded with veggies, this egg scramble comes together quickly and easily to make a tasty meal.
- Apple Pie Oatmeal:** Enjoy the sweet aroma of apple pie at breakfast with this creamy, whole grain oatmeal.
- Savoury Broccoli and Cheese Muffins:** This must-try recipe is perfect for breakfast on the run. A soon-to-be favourite, these muffins can do double duty as lunch, as a nice
- Good Morning Egg Roll-Up:** Feel the need for speed in the morning? This super, quick breakfast cooks up in a flash. Prep your veggies the night before to cut down on prep time. Or make the
- Strawberry Pancakes:** Strawberries are a sweet addition to these easy pancakes. Whip up a batch on the weekend to enjoy through the week for quick breakfasts. Mixing whole

Questions?



Thank You

