



Kincardine

Family Health Team

**Cardiac Rehab and Nutrition
Session 1**



Overview of Nutrition at Cardiac Rehab

- Nutrition education sessions (4)
 - bring grocery shopper/cook
- Individual appointment
 - 45 minute assessment
 - bring completed 3 day food records
- Possible follow-up



Ways to reduce risk

- Behaviour change in:
 - daily eating habits plus
 - physical activity, tobacco use, managing stress.....
 - → reach target levels for blood fats, body fat, blood pressure and blood sugar



5 F's to Heart Healthy Eating

- FAT
- FIBER
- FISH
- FRUIT
- FRESH



Today's Session

- Types of cholesterol in blood
- Types and amounts of fat in foods
- Healthy body composition

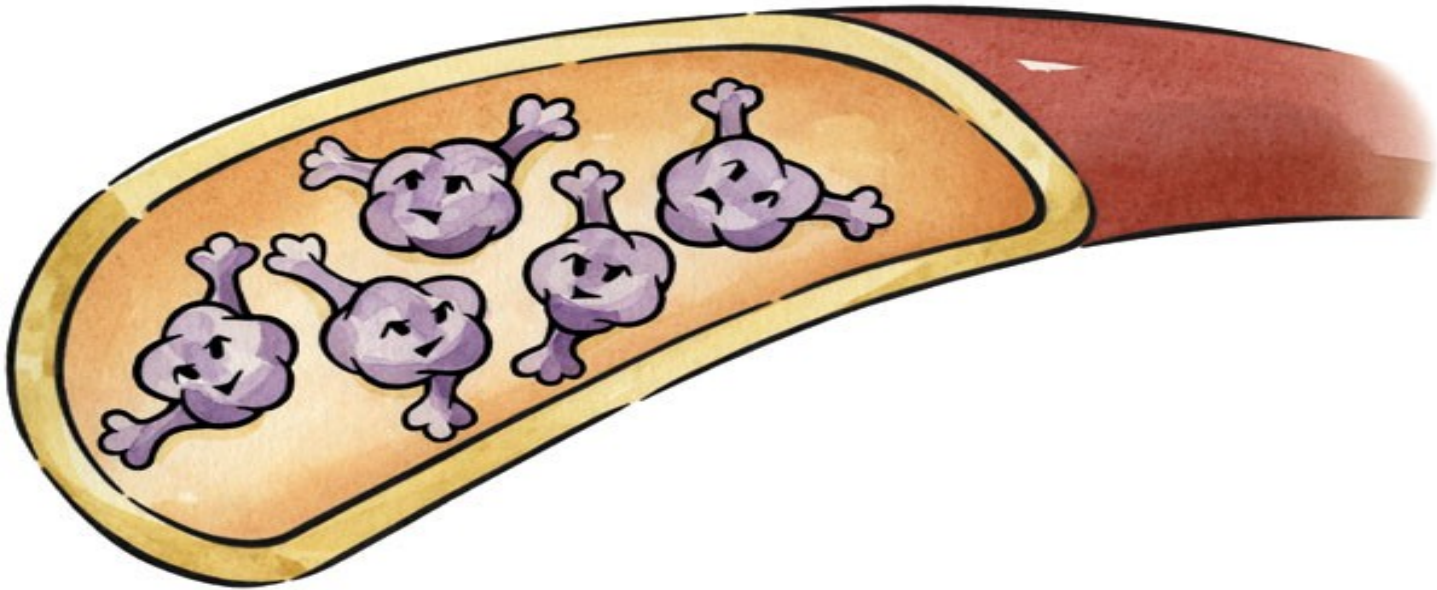


What are the different types of fats in blood?

- Low density lipoprotein (LDL)
- High density lipoprotein (HDL)
- Triglycerides

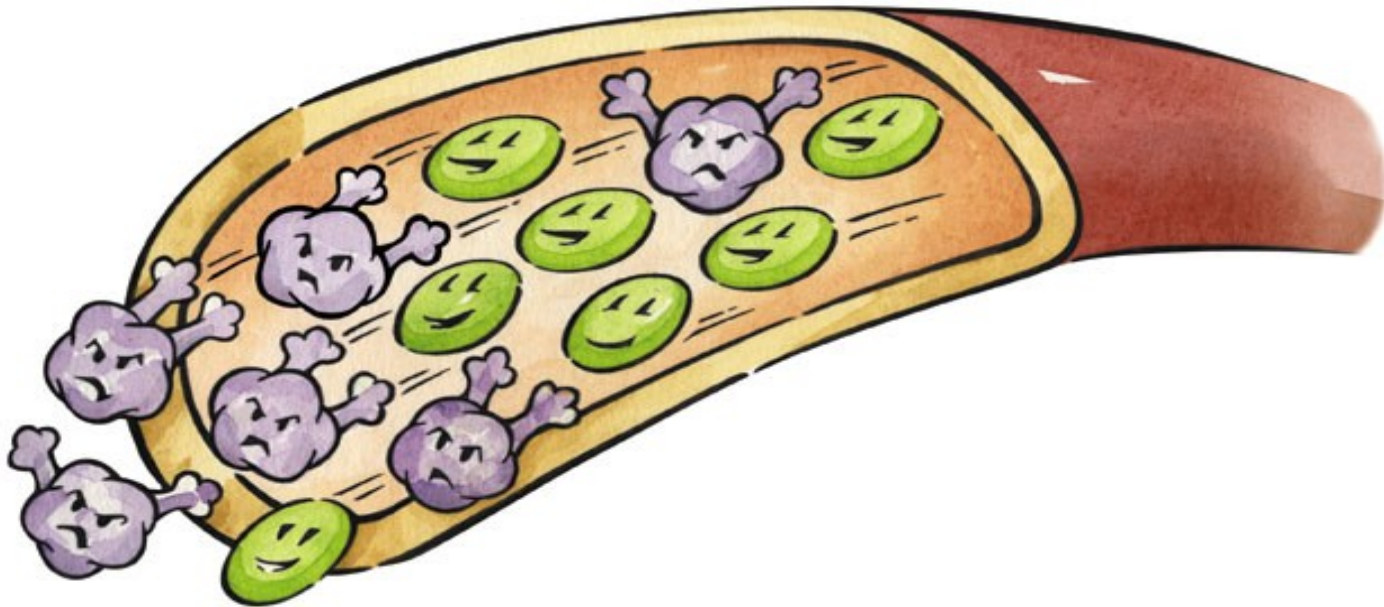
(**Found in blood, not in foods)

What is Low-Density Lipoprotein (LDL)?



Contributes to blockages in the arteries

What is High Density Lipoprotein (HDL)?



Helps prevent blockages in the arteries



What are Triglycerides?

- fat that looks like cream
- floats in the blood
- makes blood thick and sludge-like

Desirable Blood Fat Profile

- LDL less than **2.0**
- HDL more than **1.0 (M) & 1.3 (F)**
- Triglycerides less than **1.7**
- Cholesterol/HDL ratio less than **4.0**



Types of fats in foods

- Monounsat^{urated} fat
- Polyunsat^{urated} fat
- Saturated fat
- Trans fat

Monounsaturated Fats

- Helps to lower LDL and keep HDL from decreasing
 - Best sources:
 - olive and canola oil
 - non-hydrogenated olive/canola oil margarines
 - avocado
- Nuts: almonds, filberts, cashews, pecans, peanuts, peanut/almond butters



Polyunsaturated Fats

- Helps to lower LDL; no effect on HDL
- Sources include:
 - Sunflower, corn, soybean, sesame seed, grapeseed oils
 - Nuts: walnuts, pine nuts, brazil nuts, sesame and sunflower seeds



Saturated Fat

- Raise LDL cholesterol
- Mostly hidden in foods
 - meats, dairy, processed foods



Trans Fats – Processed Fats



- Raises LDL and **lowers HDL**
- Avoid:
 - hard margarines
 - hydrogenated fats
 - vegetable oil shortening
 - fried fast foods
 - fried snack foods
(donuts, chips), cookies,
pastries, cakes

How much fat should you eat?

- Limit total fat to 60 g per day

- 5 g = 1 tsp

- 15 g = 1 tbsp

- 60 g = 4 tbsp

Added Fat vs. Hidden Fat

- Keep *added* fats to 30 g or 2 Tbsp/day
- Other half (30 g or 2 Tbsp) is *hidden* fat

How to limit added fat

- Less spreading!
- Less pouring!
- Measure!



How to limit hidden fat

- #1 way is to limit portion sizes
- Choose fish, chicken and turkey breast, lean pork/red meat and more plant protein
 - skinless poultry
 - butterfly pork chops or pork tenderloin
 - lean red meat
 - game meat (bison, deer, elk)
 - low fat soy foods
 - legumes



Choose lower fat dairy products



- Skim or 1% milk
- Yogurt less than 0.5% M.F.
- Cottage Cheese less than 1% M.F
- Lower fat cheeses
 - Less than 20% M.F. if 1-2 times/week
 - 4-7% M.F. if use more often

So how much saturated fat?

- Limit the saturated fat to **10-15** grams maximum per day by choosing lower fat foods.



Remember 1 teaspoon has 5 grams fat.



Summary:

How can we lower LDL?

- Limit **total** fat
- Limit **saturated** and **trans** fat
- Use **soy** products
- **Portion** control

Summary:

How do we increase HDL?

- Aerobic exercise
- Healthy fats e.g **canola and olive oils, almonds**
- **Alcohol** (more in sessions 2 & 4)
- **Lose** abdominal fat



Aim for a healthy body composition

- Analyses:

percent body fat, lean muscle, body water and weight

- Waist circumference:

Men – less than 40”

Women – less than 35”



Where do you carry excess body fat?

...are you an apple or a pear?



Energy in – energy out





Homework

1. Cut your meat portions in half;
2. Aim for at least one plant protein main meal/week;
3. Plate method re balance and portions.



Next Session

- Omega 3 Fat
- Label-reading
- Mediterranean diet

Thank you

This presentation has been developed by the Cardiac Rehabilitation staff at the Regional Cardiac Care Centre of St. Mary's General Hospital, Kitchener, Ontario.

