



Kincardine

Family Health Team

**Cardiac Rehab and Nutrition
Session 2**



5 F's to Heart Healthy Eating

- FAT*
- FIBER
- FISH*
- FRUIT
- FRESH*

What are the different types of fats (cholesterol) in blood?

- LDL
- HDL
- TRIGLYCERIDES





What are the types of fats in food?

- Monounsaturated fat
- Polyunsaturated fat
- Saturated fat
- Trans fat

What's so great about a healthy body weight?



- Raises HDL
- Lowers LDL
- Lowers triglycerides
- Improves blood pressure
- Improves mobility
- Improves blood sugar

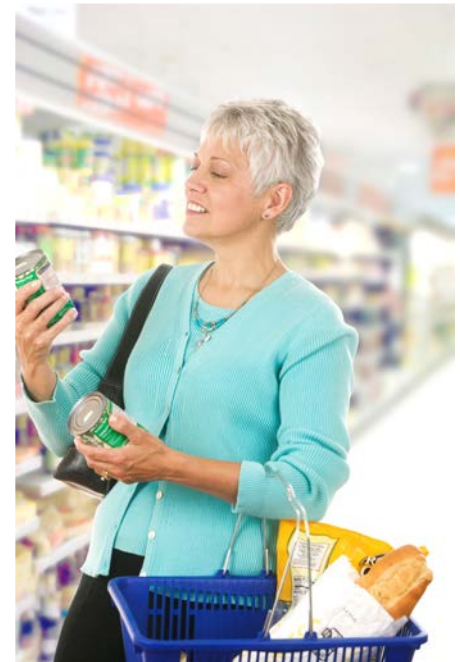


Today's Session

- Label-reading
- Omega 3 Fat
- Mediterranean diet

Healthy Eating Lifestyle – **Label Reading**

As of December 12, 2005,
Health Canada required all
prepackaged food to have a
Nutrition Facts label.



Nutrition Facts Label

3 possible formats exist for labels



Nutrition Facts	
Per 125 mL (87 mL)	
Amount	Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

The % Daily Value gives a context to the amount of the nutrient in the specified amount of food. The Daily Values are based on recommendations for healthy eating.

Nutrition Facts		Valeur nutritive	
Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 13 g	26 %	Carbohydrate / Glucides 23 g	8 %
Saturated / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %
Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g	
Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g	
Vitamin A / Vitamine A 2 %		Vitamin C / Vitamine C 0 %	
Calcium / Calcium 6 %		Iron / Fer 4 %	

* DV = Daily Value
VQ = valeur quotidienne

Nutrition Facts per 1 cup (254 g): Calories 200
 Fat 13 g (26 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg,
 Sodium 690 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g,
 Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %) % = % Daily Value

If a product is too small the company must provide a toll free phone number to call to access nutrition label information

Nutrition Facts Label

- required to list **at least 13** Core Nutrients:

-**fat, saturated fat, trans fat, cholesterol, sodium**

-carbohydrate, **fibre**, sugars

-protein

-Vitamin A, Vitamin C, calcium and iron

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	440
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g	21 %
+ Trans / Trans 0.2 g	
Cholesterol / Cholestérol	35 mg
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines	15 g
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Label Reading – Serving Size

Nutrition Facts	
Per 3/4 cup (100 g)	
Amount	% Daily Value
Calories 80	
Fat 1 g	1 %
Saturated Fat 0 g + Trans Fat 0 g	0 %
Cholesterol 0 mg	
Sodium 2 mg	0 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 7 g	
Protein 3 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 1 %	Iron 3 %

- the specific amount of food listed under the “Nutrition Facts” title
- all nutrient information is based on this amount of food
- listed in common measures you use at home

How much do you eat?

Nutrition Facts

bran cereal with raisins

1 cup (59 g)



Amount you eat

bran cereal with raisins

1 1/2 cups



Label Reading

Fats

▪Remember:

Total fat per day = **60** grams

Total saturated fat per day = **10-15** grams

Total trans fat per day = **2** grams or less

Total cholesterol per day = **200-300** mg



Nutrition Facts			
Per 3 pieces (105 g)			
Amount	% Daily Value		
Calories 220			
Fat 10 g			15 %
Saturated Fat 1.5 g + Trans Fat 1 g			13 %
Cholesterol 15 mg			
Sodium 490 mg			20 %
Carbohydrate 20 g			7 %
Fibre 3 g			12 %
Sugars 6 g			
Protein 12 g			
Vitamin A	8 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %

% Daily Value

- Quick tool to determine if a product contains a lot or a little of a nutrient
- Greater than 15% = a lot
- Less than 5% = a little

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 440	
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g + Trans / Trans 0.2 g	21 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

3 types of Omega-3 Fats

- EPA
- DHA
- ALA





Omega 3 fats – EPA and DHA

- EPA & DHA fats help to:
 - reduce risk of sudden cardiac death
 - decrease risk of blood clots
 - decrease triglyceride levels
 - reduce risk of irregular heart beats
 - reduce inflammation



Goal for Omega-3 Fats

Heart and Stroke Foundation
and AHA recommend:

1000mg of **EPA + DHA** per day

Sources of EPA and DHA



Sources:

- Salmon
- Trout
- Sardines
- Herring
- Mackerel
- Albacore/Bluefin Tuna
- Halibut

- Break-free Omega 3 eggs

Sources of Omega 3 - ALA

■ Sources:

- Ground flaxseeds
- Canola oil
- Soybean oil
- Walnuts
- Omega 3 eggs
- Fortified Soy Milk





How to buy/prepare ground flax

- Preferably buy whole flaxseed (brown or yellow)
- Grind using coffee grinder or blender
- Store in an airtight opaque container in the fridge for up to 30 days
- Add 2 Tbsp. to your diet everyday

- Flax Council of Canada, 2011



What do I do with my 2 Tbsp. of Ground Flax?

- Sprinkle on oatmeal or cereal in the morning
- Enjoy with yogurt
- Sprinkle on a peanut butter sandwich
- Toss on a salad
- Mix into soups, stews or chilis

Omega-3 - ALA

- Weak conversion to EPA and DHA
- Our body only converts approximately
10% of ALA → **EPA and DHA**
- Example:

2 Tbsp of Ground Flax Seed = 2000mg ALA
2000mg ALA → 200mg EPA/DHA

Omega 3 fats how to reach 1000mg per day...

- Eat fish, especially fattier fish, 2-3 times a week.



- Enjoy 2 tbsp. ground flaxseed every day

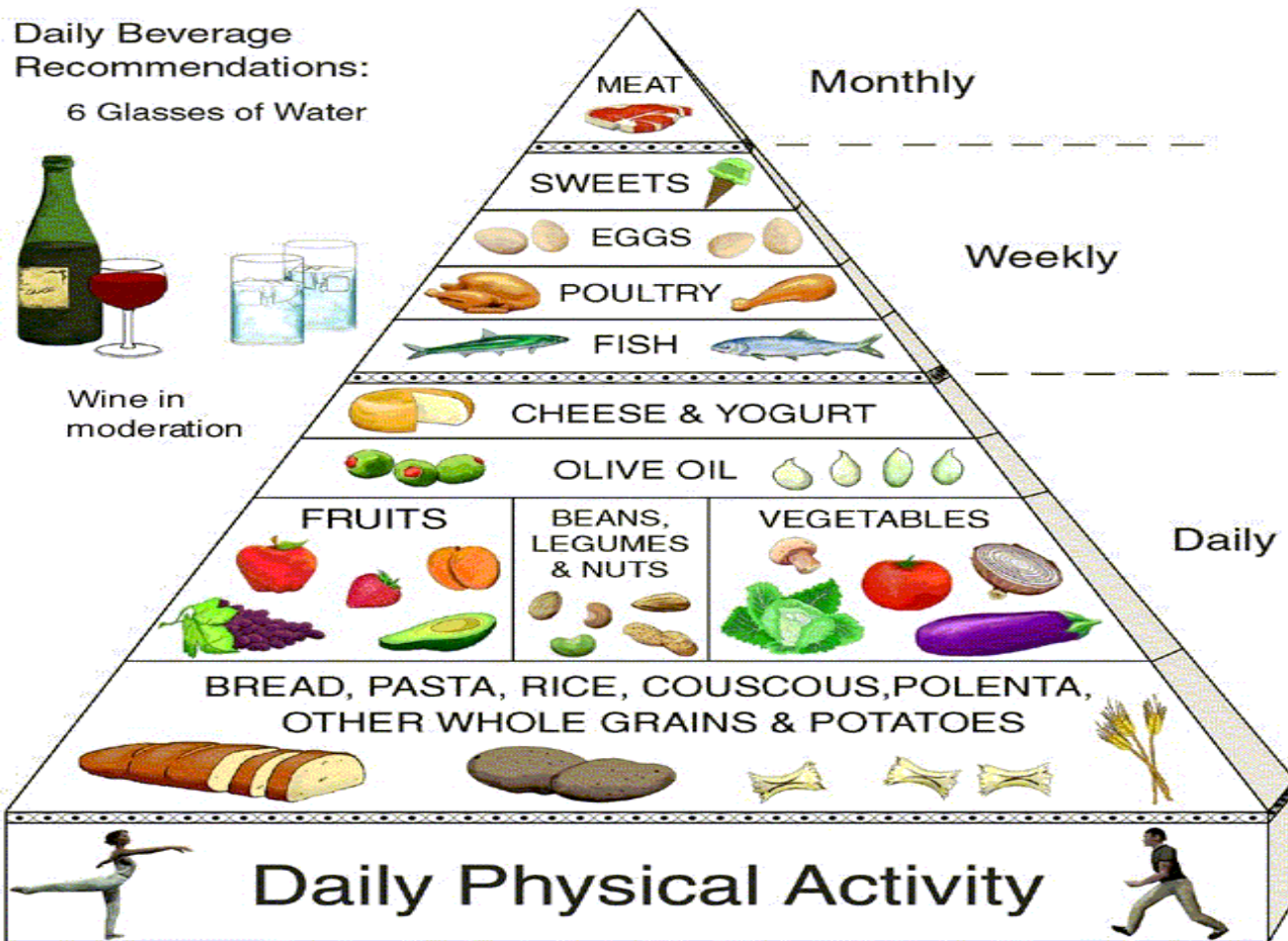


Heart Healthy Lifestyle the Mediterranean way

- Types of foods
- Amounts of foods
- Distribution over the day
- Frequency of foods

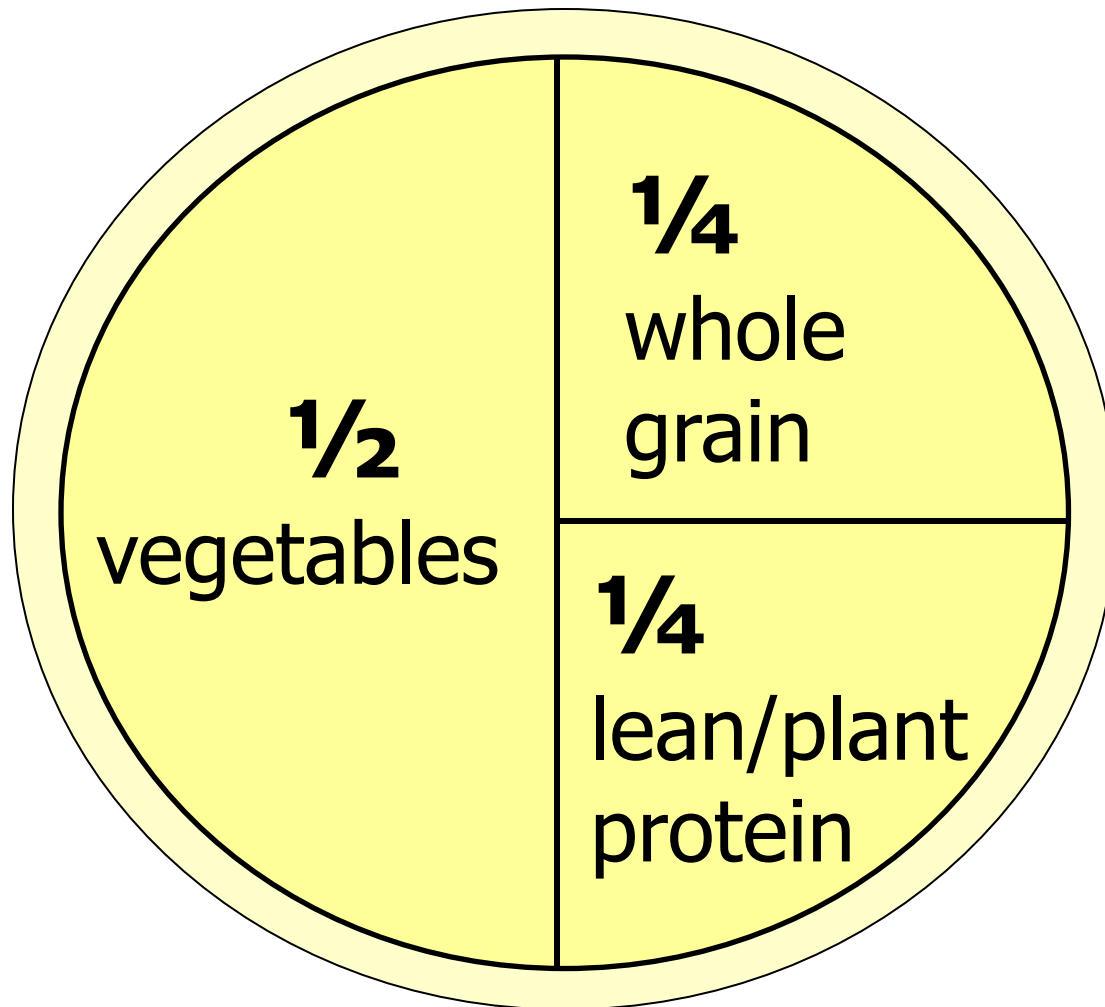


The Traditional Healthy Mediterranean Diet Pyramid



Picture Your Plate Healthy

Leave
a rim
around
your
plate. →





Healthy eating lifestyle

Distribution of foods

- At least 3 meals throughout the day, helps you to:
 - Jump start your metabolism
 - Control food portions
 - Maintain blood sugar levels
 - Maintain healthy body weight



Frequency of Foods

Examples include:

- 12-15 almonds per day (monounsaturated fat)
- 2-3 servings of fish per week (omega-3 fat DHA)
- 2 Tbsp ground flaxseed per day (omega-3 fat ALA)



Homework

- Read labels on products in your cupboard
- Look at the Fat, Saturated Fat and Trans Fat in one serving



Next Session

- Fibre
- Vegetables and fruits
- Salt/sodium

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.

