

Kincardine

Family Health Team

**Cardiac Rehab and Nutrition
Session 3**



5 F's to Heart Healthy Eating

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



Today's Session

- Fibre
- Vegetables and fruits
- Salt/sodium



Healthy Eating Lifestyle

Types of foods - **Fibre**

- Diets high in fibre tend to be lower in total fat and saturated fat.
- Fibre helps lower blood cholesterol
- Fibre helps slow the release of sugar into blood

Aim for 25 – 35 grams

of total fibre each day.



Types of Fibre

- There are 2 types of fibre:

Soluble Fibre & Insoluble Fibre

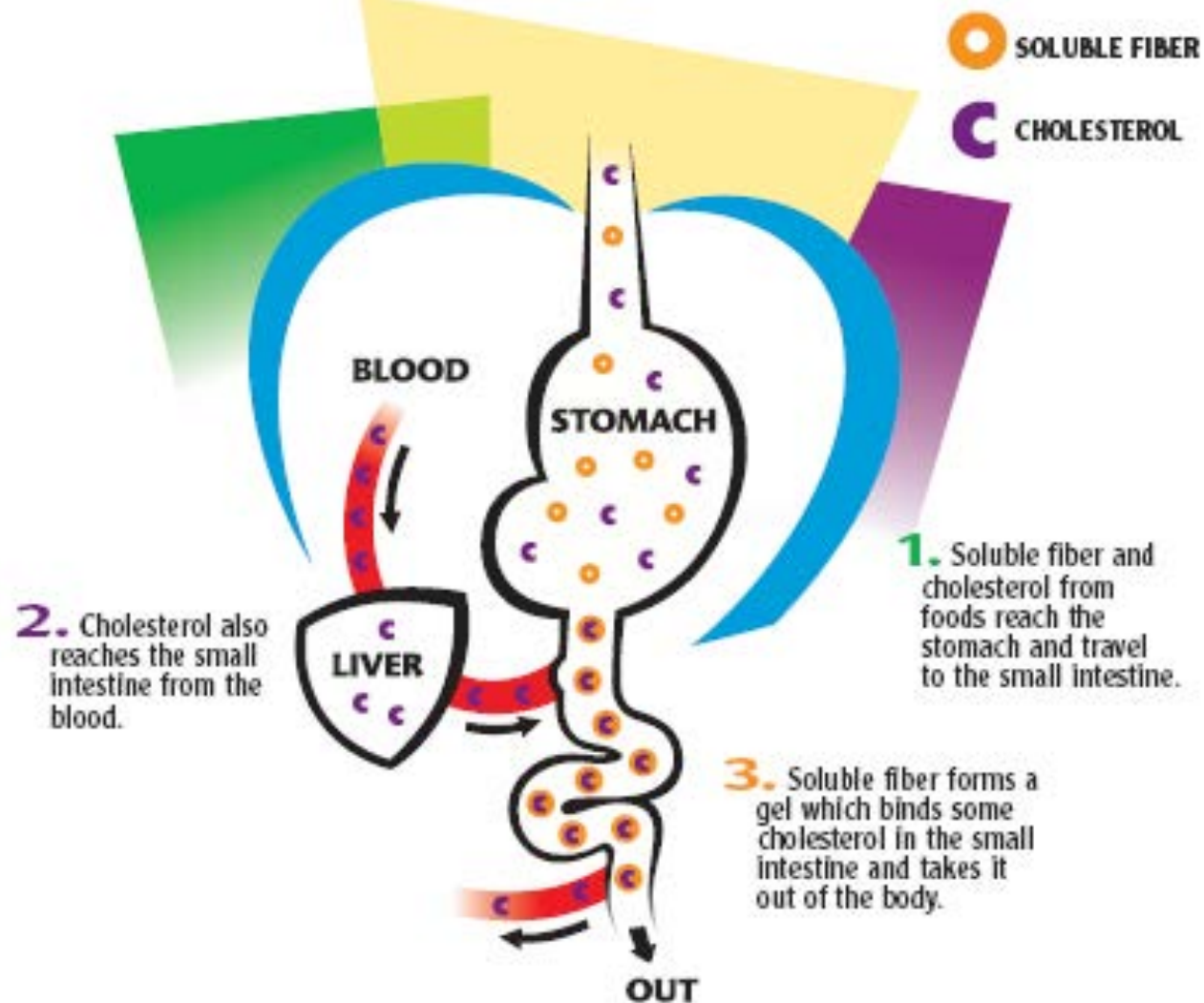


Soluble Fibre

- forms a gel when mixed with water
- helps lower cholesterol by up to 9%
- helps slow release of sugar into blood

How Soluble Fiber May Lower Your Cholesterol

While scientists are still unraveling the details, this picture shows how the soluble fiber from the foods you eat can help lower the cholesterol in your blood.





Soluble Fibre

- Aim for **10-15 grams** of soluble fibre daily

Soluble Fibre - Sources

- Barley, ground flaxseed, lentils, legumes, oats, apples, oranges, psyllium husk



Insoluble Fibre

- Is not completely digested
- Helps to prevent constipation
- Absorbs water like a sponge when
when combined
with water





Insoluble Fibre

- Aim for **15-25 grams** of insoluble fibre daily

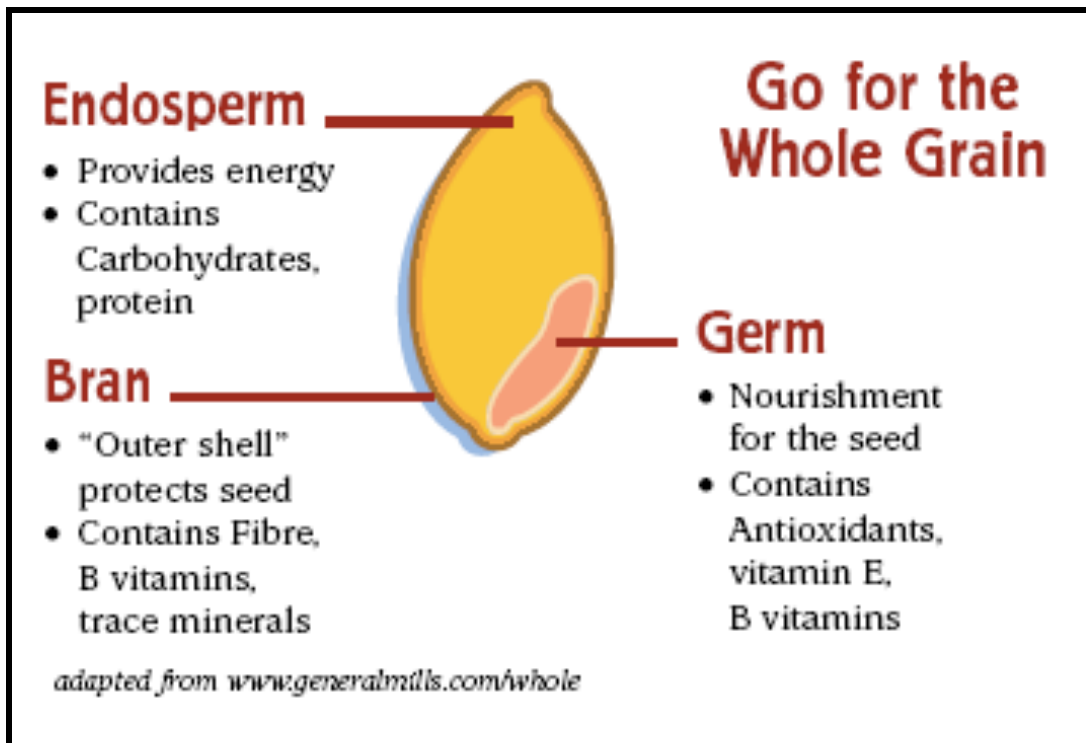
Insoluble Fibre - Sources

- Whole grains, whole wheat, wheat bran
- Vegetables and fruits



Finding Fibre

Why choose “Whole Grains”?



Contain:

- Fibre
- Antioxidants
- Phytonutrients
- Minerals



Tips for increasing fibre

- Whole grain cereals:

Look for : **more than 4 grams of fibre per serving**

- Whole grain breads:

Look for : **at least 2 grams of fibre per slice.**

Finding Fibre



Nutrition Facts	
Per 2 slices (64 g)	
Amount	% Daily Value
Calories 140	
Fat 1.5 g	2 %
Saturated 0.3 g + Trans 0.5 g	4 %
Cholesterol 0 mg	
Sodium 290 mg	12 %
Carbohydrate 26 g	9 %
Fibre 3 g	12 %
Sugars 2 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 10 %

Kellogg's* All-Bran Buds* cereal

Nutrition Facts		
Serving 1/3 cup (28 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	70	130
	% Daily Value	
Fat 0.5 g†	1 %	3 %
Saturated 0 g + Trans 0 g	0 %	4 %
Cholesterol 0 mg	0 %	2 %
Sodium 190 mg	8 %	11 %
Potassium 250 mg	7 %	13 %
Carbohydrate 23 g	8 %	10 %
Fibre 12 g	48 %	48 %
Sugars 8 g		
Starch 3 g		
Protein 3 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	2 %	15 %
Iron	25 %	25 %
Vitamin D	0 %	25 %
Thiamin	45 %	50 %
Riboflavin	4 %	15 %
Niacin	10 %	15 %
Vitamin B6	10 %	15 %
Folate	8 %	10 %
Vitamin B12	0 %	25 %
Pantothenate	6 %	10 %
Phosphorus	15 %	25 %
Magnesium	30 %	40 %
Zinc	15 %	20 %

† Amount in cereal.



Tips for Increasing Fibre

- Start your day with a high fibre cereal
- Choose whole grain breads
- Try whole grain side dishes: brown rice, whole wheat pasta, barley
- Snack on whole grain granola bars, whole grain crackers, whole grain cereal, popcorn

Healthy Eating Lifestyle - Vegetables and Fruits



Why I should eat more vegetables & fruits?

- High in nutrients (anti-oxidant flavonoids) and fibre, low in calories
- Lowers blood pressure and other risk factors



How many should I eat?

4-5 servings **Vegetables**



&



4-5 servings **Fruits**



Go For **Colour!!**



What is a serving?

One Serving



= 1/2 cup of most fruits & vegetables

= 1 cup lettuce (spinach, romaine,...)



= 1/4 cup dried fruit

= 1/2 cup 100% pure fruit or vegetable juice



Try these simple tips:

- fruit choice at every meal
- cereal with fresh or dried fruit
- raw vegetables with low fat salad dressing or bean dip
- vegetables to sauces or casseroles
- always eat seasonal fruits and vegetables
- bite-sized vegetables in containers in fridge

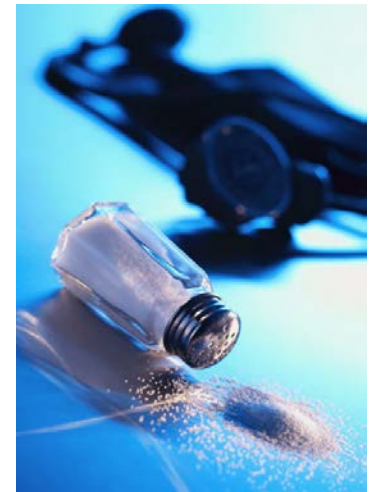
Healthy Eating Lifestyle

Types of foods – **Sodium**

- Blood pressure increases as sodium intake increases
- Aim for less than 2300 mg sodium/day
- Adequate intake = 1500mg sodium/day

salt = sodium chloride (NaCl)

1 tsp (5mL) salt = 2300 mg sodium



To reduce sodium/salt intake



- Avoid added salt: table and in cooking
- Limit salty foods: processed meats and cheeses, canned products, vegetable juices, snack foods, restaurant meals

Look for Sodium on food labels

Remember aim for less than 2300mg/day

Nutrition Facts	
Per 2 slices (64 g)	
Amount	% Daily Value
Calories 140	
Fat 1.5 g	2 %
Saturated 0.3 g + Trans 0.5 g	4 %
Cholesterol 0 mg	
Sodium 290 mg	12 %
Carbohydrate 26 g	9 %
Fibre 3 g	12 %
Sugars 2 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 10 %



Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0.5 g	1 %
Saturated Fat 0 g + Trans Fat 0 g	0 %
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 2 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 0 %	Iron 4 %



Label Reading

Sodium

- Beware of label claims such as **Less Sodium** or **Reduced Sodium** as products may still be high in sodium.



Homework

3-Day Food Record

- include as much detail as possible
- choose 2 week days and 1 weekend day

Food Frequency Questionnaire



Next Session

- More label reading
- Simple sugars
- Alcohol
- Smart choices when eating out
- Low fat food preparation and cooking methods

If you have food labels at home that you have questions about, bring them in!

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.

