



Kincardine

Family Health Team

**Cardiac Rehab and Nutrition
Session 4**



5 F's to Heart Healthy Eating

- FAT
- FIBER
- FISH
- FRUIT
- FRESH

Today's Session

- Label reading
- Simple sugars
- Alcohol
- Eating out
- Cooking tips

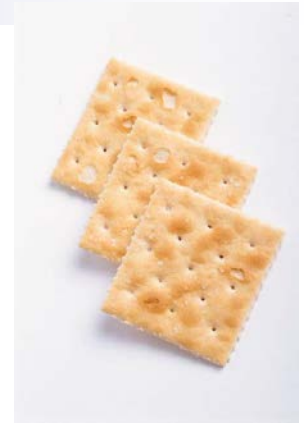


Easy **Heart** Healthy Choices

- Serving Size** – how much do I eat?
- Total Fat** - 60 grams/day
- Saturated Fat** - 10-15 grams/day
- Trans Fat** - less than 2 grams/day
- Cholesterol** - less than 300mg/day
- Sodium** - less than 2300mg/day
- Fibre** - 25-35 grams per day

Nutrition Facts			
Per 2 slices (64 g)			
Amount	% Daily Value		
Calories	140		
Fat	1.5 g		2 %
Saturated	0.3 g		4 %
+ Trans	0.5 g		
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 %

Comparing Products



Product #1 Vs. Product #2

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
Calories 80	
Fat 1 g	1%
Saturated 0 g	
+ Trans 0 g	0%
Cholesterol 0 mg	
Sodium 220 mg	10%
Carbohydrate 15 g	5%
Fibre 1 g	
Sugars 1 g	
Protein 3 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Nutrition Facts	
Per 6 crackers (19 g)	
Amount	% Daily Value
Calories 91	
Fat 3.8 g	6%
Saturated 0.5 g	
+ Trans 1.0 g	9%
Cholesterol 0 mg	0%
Sodium 130 mg	6%
Carbohydrate 13 g	4%
Fibre 1 g	
Sugars 1.5 g	
Protein 1.4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%



**25% less
fat than
our original
crackers**

Healthy Eating *ACTIVITY*

Product #1
Frozen marinated
chicken breasts

Nutrition Facts			
Per 1 piece (100 g)			
Amount	% Daily Value		
Calories 90			
Fat 0.5 g			1 %
Saturated Fat 0.2 g + Trans Fat 0.1 g			2 %
Cholesterol 40 mg			
Sodium 270 mg			11 %
Carbohydrate 3 g			1 %
Fibre 0 g			0 %
Sugars 2 g			
Protein 18 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	2 %	Iron	4 %

Vs.

Product #2
Frozen breaded
chicken breast strips



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 %

Comparing Products



Product #1

Vs.

Product #2

Sirloin Burger

Chicken Burger



Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 340	
Fat 27 g	42 %
Saturated Fat 12 g + Trans Fat 2 g	70 %
Cholesterol 70 mg	
Sodium 330 mg	14 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 3 g	
Protein 24 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

Food Labelling Programs





Simple Sugars/Refined Carbohydrates

- White or brown sugar
- Maple syrup, corn syrup, honey, molasses
- Jams, jellies, marmalade
- Soft drinks, fruit drinks or fruit punch (high fructose corn syrup)
- Cookies, cakes, pies, ice cream

Healthy Eating Lifestyle

Types of foods – **Simple sugars**

- Increase triglycerides
- Cause unwanted weight gain
- Take the place of healthier food choices eg. Frozen yogurt and fruit





AHA Guidelines for sugar

- Women

- No more than 6 teaspoons/30 grams of added sugars daily

- Men

- No more than 9 teaspoons/45 grams of added sugars daily

To reduce simple sugars...

- Reduce use of added sugar by 50% or more
- Limit cookies, cakes, pies
- Limit use of artificial sweeteners to
(overuse = acquiring a taste for “sweet”
foods/beverages)





Healthy Eating Lifestyle

Types of foods – **Alcohol**

- Check with your doctor or pharmacist because of possible interactions with your medications.
- If elevated triglycerides, **AVOID!**
- If you want to lose weight, avoid or limit.

What is one drink?

- 1 1/2 oz. liquor



- 5 oz. wine

- 1 bottle beer



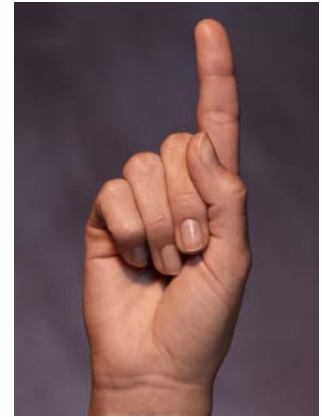
Healthy Eating Lifestyle

Types of foods – **Alcohol**

For good health:

- women no more than 1 drink
per day

- men no more than 2 drinks
per day.



Healthy Eating Lifestyle

Types of foods – **Caffeine**

H. & S.F. of Canada and A.H.A. recommend you:

Limit caffeinated beverages

(coffee, tea, colas)

to 1-2 cups per day

Approx. 200mg caffeine

Other caffeine sources include “energy” drinks and chocolate!





DINING OUT

Restaurants will always give you more...

- Portions
- Salt
- Fat
- Saturated fat

So have a plan ...



Choose

- Baked
- Broiled
- Grilled
- Poached
- Roasted
- Steamed
- Sautéed or stir-fried

Limit

- A la king
- Alfredo
- Au Gratin
- Basted
- Breaded
- Crispy
- Fried
- Hollandaise

Restaurant Tips



- Don't be afraid to ask questions and special order
- Ask for doggie bag before meal comes
- Be prepared to take home 1/3-1/2
- Have a strategy if you go to buffets ...

DON'T GO!



Tips for Reducing Fat Content

Forget the mayo

order mustard

Skip the cheese

1 slice = 8 grams of fat

Go green

have a salad and not fries

Dip & Stab

dip your fork into the salad dressing and then into the salad

Ham it up

order a side of ham & not sausage

Cut the cream

coffee with milk

Fast Food Wisdom



Option 1

- Quarter Pounder with cheese
- Large Fries
- Large pop

1,116 calories

51 grams fat

1,450 mg sodium

Option 2

- Small Burger
- Salad with low fat dressing
- Water or Large diet pop

481 calories

18 grams fat

665 mg sodium

Fast Food Wisdom

- Get a copy of their nutrient analysis before you eat.
- Make choices **before** you enter the door.


**Never Ever
Supersize Anything!!**





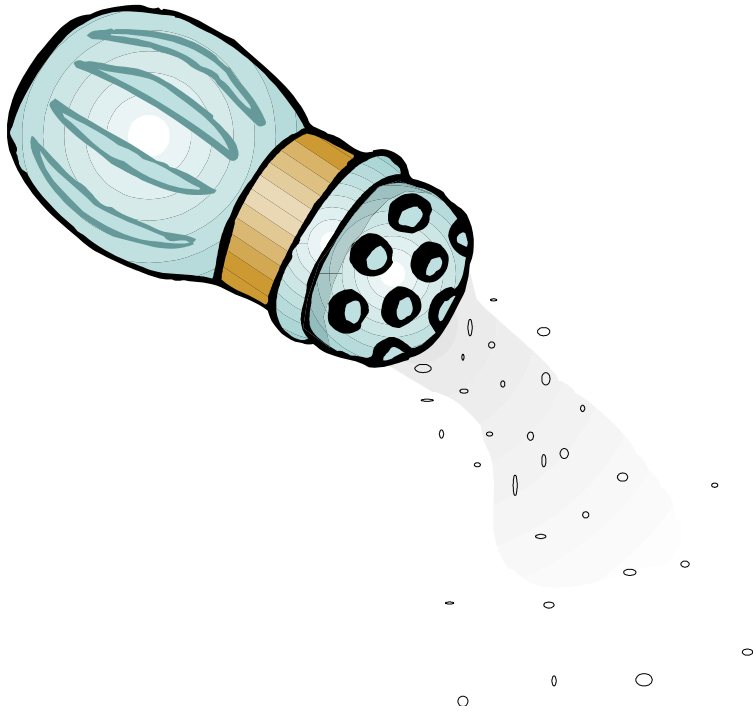
Heart-healthy cooking

When you reduce the total fat in a recipe, you may also decrease some moisture and flavour.



The key is always bumping up the flavour and adding more moisture to give you a delicious meal.

Fat, Sugar & Salt Reduction Tips



Savory flavors and flavors with “bite,” such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt.

Source: American Spice Trade Association (www.astaspice.org)



Homework

Collect the Nutrient Analysis from your favourite restaurant and pick out a Heart Healthy meal that is low in fat, saturated fat and 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.

