

RESOURCES

National Nutrition Hotline:

(800) 366-1655 for more information.

American Heart Association Nutrition Hotline Fighting Heart Disease and Stroke:

(800) 242-8721 for more information.

www.heart.org

Morton's Salt - Reference on Sodium Contents of Food: "Morton's Salt Helps You Measure."

A quick guide to measuring sodium, potassium, and calories in popular foods.

Morton International Inc. Morton Salt, Chicago, IL 60606-1555

Lickety-Split Meals, Zonya Foco, RD (ZHI Publishing)

(888) 884-LEAN or Barnes & Noble

Quick & Healthy: Recipes and Ideas (Third Edition)

Brenda J. Ponichtera, RD (Small Steps Press, 2008)

Quick & Healthy: Recipes and Ideas, Volume 2 (Second Edition)

Brenda J. Ponichtera, RD (Small Steps Press, 2009)

The Dash Diet Recipe Cookbook

Weight Watchers New Complete Cookbook

By the Editors of Weight Watchers (Wileg, 2010)

The Academy of Nutrition & Dietetics
(Formerly the American Dietetic Association)
www.eatright.org



FLINT

DOING WHAT'S BEST.®

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HEART HEALTHY

NUTRITION GUIDE AND COOKBOOK



DOING WHAT'S BEST.®



HEART HEALTHY NUTRITION GUIDE AND COOKBOOK

McLaren cares about you and your family and wants to help you prepare meals that are nutritious and tasty. That's why our dietitians have compiled heart healthy information and recipes for you and your family to enjoy. Please take a moment to browse through our Heart Healthy Nutrition Guide and Cookbook, and note our tasty recipes for future family meals.

If you have any questions about the information listed, please feel free to call our Food and Nutrition Services Department at (810) 342-2185.

COOKBOOKS/SPECIAL PRODUCTS

The New American Diet System

Sonja L. and William E. Connor. (Simon and Schuster, 1991)

Low Fat, Low Cholesterol Cookbook

American Heart Association. (Random House, 1989)

Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

Dean Ornish. (Ballantine, 1992)

The John Hopkins Complete Guide for Preventing and Reversing Heart Disease

Peter Kwiterovich and Lipid Research Clinic Staff. (Prima Publishing, 1992)

American Heart Association Quick and Easy Cookbook

(American Heart Association, 1995)

Count Out Cholesterol Cookbook

(American Heart Association, 1995)

Kids Quick and Easy Cookbook

(American Heart Association, 1995)

Good Fat, Bad Fat:

How to Lower Your Cholesterol and Beat the Odds of a Heart Attack

Glen C. Griffen and Williams Castelli. (Fisher Books, 1989)

Cooking A La Heart Cookbook

Linda Hachfield, MPH, RD and Betsy Eykyn

Quick and Healthy Volumes I and II

Brenda Ponichtera, RD

The Everything Mediterranean Diet Book

Connie Diekman, MEd, RD, LD, FADA and Sam Sotiropoulos (2010)

What's for Dinner? A Soulful Helping of Whole Foods

Chef Cary Neff (Available 2013)

Conscious Cuisine

Chef Cary Neff (Available 2013)

WHAT YOU SHOULD KNOW ABOUT...

ANTIOXIDANTS AND PREVENTIVE NUTRITION

There is strong evidence of the protective effect of antioxidant nutrients, VITAMIN E, VITAMIN C and BETA-CAROTENE SELENIUM, in the prevention of coronary heart disease, cancer, cataracts, aging, and exercise-induced tissue damage.

Imagine there's a couples-only party going on. Each guest there has a partner and is perfectly happy. All is going well, until you walk in – alone. You are the free radical (without a partner) just looking to cause trouble by stealing someone else's partner.

Antioxidants are the bouncers. They see that you're trouble, and take you by the arm and escort you out of the party.

– Author unknown

- Vitamin E** Whole grains, whole grain products (cereals, breads), wheat germ, nuts and nut butters, seeds, oils (canola, olive)
- Vitamin C** Fruits: Citrus, cantaloupe, honeydew melon, mango, papaya, kiwi, strawberries
- Vegetables** Broccoli, cabbage, red and green peppers, potatoes, sweet potatoes, tomatoes, asparagus, snow peas, cauliflower, brussels sprouts, dark green leafy vegetables
- Beta-Carotene** **Yellow-Orange Fruits:** Cantaloupe, mango, papaya, apricots, peaches
Yellow-Orange Vegetables: Carrots, pumpkin, sweet potatoes, acorn and hubbard squash, broccoli, tomatoes, peppers
Dark Green Leafy Vegetables: Spinach, kale, Swiss chard, endive, collard, mustard, turnip and beet greens
- Selenium** Broccoli, cabbage, grains, fish

Heart Healthy Tip

Recommendations

- Fruits 4 servings per day
(1 serving = approximately 1/2 cup raw)
- Vegetables 5 servings per day
(1 serving = 1 cup raw, 1/2 cup cooked)

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DO YOU KNOW YOUR NUMBERS?

Lipids

	Date	Date	Date	Date	Date	Date	Date	Date
Serum Cholesterol								
HDL								
LDL								
Triglycerides								

INR (anticoagulant, blood thinner medication)

	Date	Date	Date	Date	Date	Date	Date	Date
INR value								

Hemoglobin A_{1c}

	Date	Date	Date	Date	Date	Date	Date	Date
A1c value								

BMI

	Date	Date	Date	Date	Date	Date	Date	Date
BMI								

WEIGHT

	Date	Date	Date	Date	Date	Date	Date	Date
Weight								

BMI Category	Range
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	30.0 - 39.9
Morbidly Obese	40+

ANSWERS TO HEART HEALTHY EATING QUIZ

- High blood pressure, cigarette smoking, obesity, lack of exercise, high levels of cholesterol or other fatty substances, stress, and tension, heredity and diabetes.
- a). A desirable blood cholesterol for adults is less than 200 mg/dl.
- Do not add salt after food has been prepared. Avoid foods that are very salty such as canned soups, luncheon meats, TV dinners, sauerkraut, and dill pickles.
- Other spices may be used (i.e. garlic powder, herb mixtures). Be creative.
- b). Table salt is sodium chloride. It contains about 40% sodium. There are at least 70 sodium compounds used in foods today.
- a). A listing of sodium content is required by the FDA when nutrition information is provided on food labels.
- b). Cholesterol is only found in animal products (i.e. meat, poultry, seafood, eggs and dairy products).
- a). This is mainly an unsaturated fat.
- b). The total amount of fat in your diet needs to be limited.
- d). All fats have 9 calories per gram. Regular margarine and butter contain the same number of calories per serving.
(It's the type of fat and cholesterol content that differs.)
- Include 5-6 oz. lean meat; 2 cups skim or 1/2% milk; 3 or more 1/2 cup servings of vegetables, 6 or more servings of bread or cereal, 2 or more servings of fruit a day.
- c). If not otherwise specified "Dietary Fiber" on labels means the total of insoluble and soluble fibers.
- 1500 - 2000 mg or as your doctor recommends.

damage to DNA and/or act as promoters of cancer. In cardiovascular disease (heart disease and stroke), oxidation of blood fats may be one of the early steps in atherosclerosis (hardening of the arteries).

- Monounsaturated Fat** Type of fat that is liquid at room temperature and is found in vegetable oils, such as canola, peanut and olive oils. Monounsaturated fats can help lower high blood cholesterol levels when they are part of a low - fat diet.
- Nitrites** Nitrogen containing compounds present as preservatives in smoked and aged foods such as cheese, beer and meats.
- Nitrosamines** Cancer-promoting compounds formed in the intestinal tract from reactions in which nitrites and amines (organic compounds present naturally in the body) combine.
- Polyunsaturated Fat** Type of fat that is usually liquid at room temperature and is found in vegetable oils. Safflower, sunflower, corn, and soybean oils contain the highest amounts of polyunsaturated fats. Polyunsaturated fats, such as corn oil, can help lower high blood cholesterol levels when they are part of a healthful diet.
- Phytochemicals** Chemicals naturally present in plants that are thought to protect against aging, heart disease and cancer. There are hundreds, perhaps thousands of phytochemicals.
- Saturated Fat** Type of fat that tends to raise blood cholesterol levels. It comes primarily from animal fats and is usually solid at room temperature. Examples of saturated fats are butter, lard, meat fat, solid shortening, palm oil, and coconut oil.
- Trans-fatty Acids** Trans-fatty acids are formed when vegetable oils are processed into margarine or shortening. Sources of trans-fats in the diet include snack foods, baked goods made with “partially hydrogenated oil” or “vegetable shortening.” Trans-fatty acids along with saturated fats contribute to clogging of arteries.
- Triglycerides** Triglycerides are a form of fat found in food and stored in our bodies. Triglycerides are manufactured in the body by the liver from excess fats, sugars and alcohol in the diet.

WHAT IS YOUR QUALITY OF LIFE NUMBER (HGBA1C)?

Like most people your blood sugar levels go up and down minute to minute. You can't test your blood sugar levels constantly. So how can you know if your blood sugar levels are in overall good control? The quality of life number can provide that information to you. This test is known as the glycosylated hemoglobin (pronounced gli-ko-se-la-tid he-ma-glo-bin), often referred to as the HgbA1C. It is the blood test with a memory.

The HgbA1C test measures the amount of sugar that attaches to protein in the red blood cell. Because the red blood cells live for about 3 months, HgbA1C tests show your average blood sugar during that time. The greater the amount of sugar in your blood, the higher the HgbA1C results will be. High blood sugars over a long period of time cause damage to large and small blood vessels. This will increase your risk of diabetes complications.

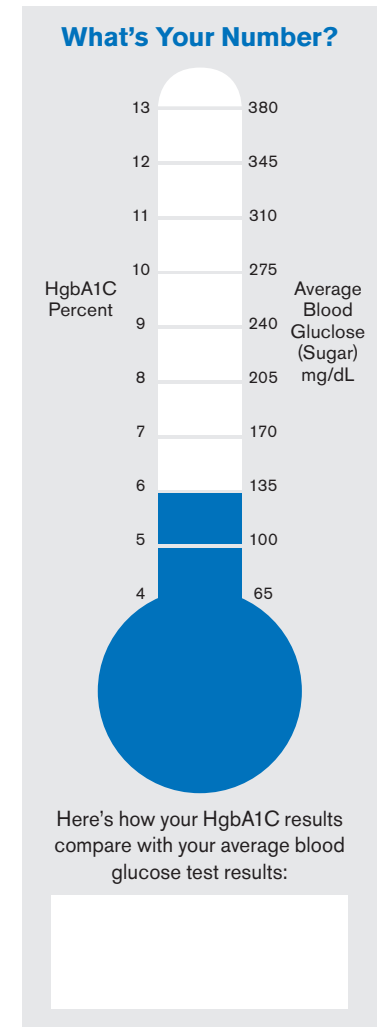
How often should I have an HgbA1C test done?

You should get an HgbA1C test at least twice a year. Your doctor may recommend that you have one more often, especially if your diabetes is not well controlled or if your treatment plan changes.

What should my quality of life number be?

With HgbA1C results, lower is better. A healthy person without diabetes will have an HgbA1C between 4 and 6%. If you have diabetes, the closer you are to 6%, the better control you have of your diabetes. That is why the American Diabetes Association recommends a goal of less than 7% for most people with diabetes.

Knowing your number TODAY and keeping it below 7% can prevent complications from diabetes TOMORROW!



CHOLESTEROL STANDARDS & GUIDELINES

- Be aware of the most recent standards for total serum cholesterol, H.D.L., L.D.L. and Triglyceride ranges listed below.

Serum Cholesterol	120-200	Acceptable
H.D.L. Cholesterol	Male: 40 or higher Female: 50 or higher	Optimal
L.D.L. Cholesterol	100 or less 70 or less after a heart attack	Optimal
Triglycerides	25-150 mg/dl	Acceptable

Ratio of Cholesterol to HDL Cholesterol

	Average	Optimal
Male	<5.0	<3.5
Female	<4.5	<3.5

Ratio of LDL Cholesterol to HDL Cholesterol

	Average	Optimal
Male/Female	<3.0	<2.5

- Emphasis on increased intake of foods high in soluble fiber. Eat more oatmeal, breads with oats and barley, other barley products, ground flaxseed (limit 2T/day), fruits and vegetables.
- Maintaining ideal body weight will enhance success.

GLOSSARY

Antioxidant

A substance that blocks oxidation. Antioxidants block potential damage from free radicals in the oxidative processes. Examples include vitamins C and E and many carotenoids such as beta carotene. Oxidation is a normal part of metabolism in which chemical reactions, involving oxygen, slowly breakdown substances in the body.

Beta Carotene

Beta carotene is found in yellow and orange fruits as well as dark green leafy vegetables. Carrots, pumpkins, winter squash, apricots, mangoes, broccoli, and dark leafy green vegetables are excellent sources of beta carotene.

Carotenoids

Yellow, orange and red pigments in plants thought to function as protective antioxidants. There are hundreds of carotenoids. Some of the carotenoids can be converted to vitamin A in the body.

Cholesterol

A fat - like substance normally found in blood. A high level of cholesterol in the blood has been shown to be a major risk factor for developing heart disease. Dietary cholesterol is found in all animal products, but is especially high in egg yolks and organ meats. Eating foods high in dietary cholesterol and saturated fat tends to raise the level of blood cholesterol. Foods of plant origin such as fruits, vegetables, grains, beans, peas, and lentils contain no cholesterol. Cholesterol is found in foods from the milk, meat, and fat groups.

Dietary Fiber

An indigestible part of certain foods that is water soluble or water insoluble. Fiber is important in the diet as roughage or bulk and may lower cholesterol. Fiber is found in foods from the cereals and grains, vegetables and fruit groups.

Fat

One of the three major energy sources in food. A concentrated source of calories - about 9 calories per gram. Fat is mainly found in foods from the Milk and Meat groups, but can also be found in foods at the top of the Food Guide Pyramid (see page 4).

Free Radicals

Unstable oxygen byproducts that are produced by respiration. Free radicals are capable of damaging DNA, proteins, carbohydrates and lipids through oxidation. In cancer, it is thought that free radicals may cause

- **EAT WHAT YOU LIKE.** Nothing makes a diet more difficult than having to eat foods you can't stand. You just may need to eat smaller portions.
- **SIT DOWN.** Train yourself to eat in one place, preferably at a table. It's too easy to overeat when meals are grabbed on the run or while standing in front of the refrigerator.
- **SLOW DOWN.** Eat slowly enough to give your body time to release the enzymes that tell your brain when you've had enough. It usually takes 20 minutes.

LIGHT SNACK IDEAS

Here are some suggestions for safely making your way past "between meal hunger."

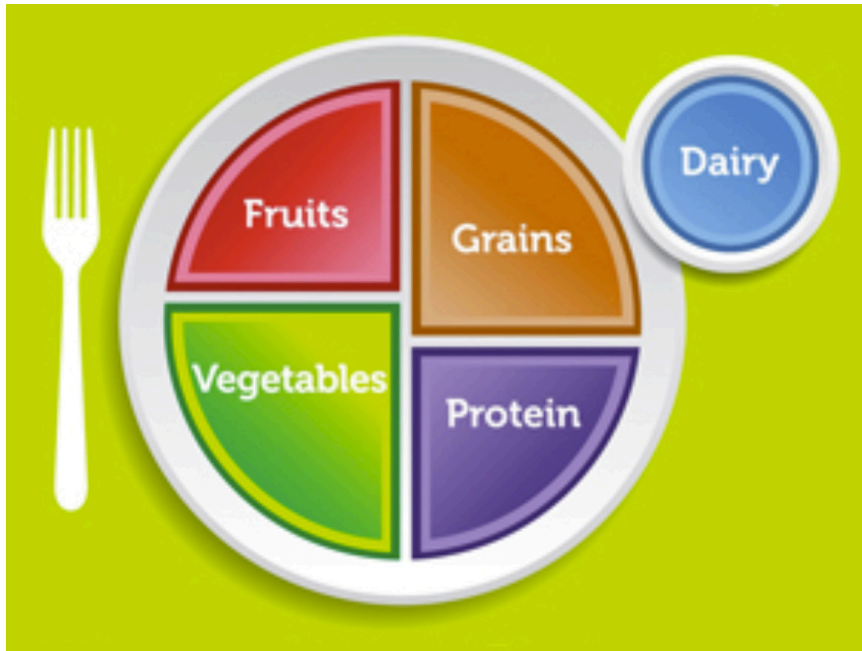
- Air popped popcorn with herbs
- Bagels (whole wheat)
- Unsalted breadsticks
- Unsalted broth based soup
- Cereal, low sugar and low fat
- Cocoa, low sugar and low fat
- English muffin (whole wheat)
- Fresh fruit
- Frozen fruit juice bars
- Gingersnaps
- Graham crackers
- Low - fat or non - fat frozen yogurt
- Milk shake made from low - fat milk and frozen fruit
- Baked chips with salsa or hummos
- Plain non-fat yogurt with fruit and cinnamon
- Unsalted pretzels
- Rye crisps or rice cakes thinly spread with peanut butter or low fat cheese
- Sorbet
- Tabbouli
- Vegetables marinated in vinegar or dipped in low fat yogurt seasoned with herbs
- Low fat cereal bars
- Nuts (1/4 cup, unsalted)

Try Greek yogurt for something different

HEART HEALTHY EATING QUIZ*

1. Name 6 risk factors related to heart disease.
2. For adults a desirable blood cholesterol level is:
 - a) less than 200mg/dl of blood
 - b) 200-239 mg/dl of blood
 - c) more than 240 mg/dl
3. How could a person reduce the amount of salt in his/her diet?
4. What could be used to replace salt in food preparation?
5. Sodium is the same thing as table salt.
 - a) True b) False
6. Whenever nutrition information is provided, the FDA requires that sodium content be listed.
 - a) True b) False
7. Cholesterol is found in:
 - a) Margarine c) Banana
 - b) Poultry d) Peanut Butter
8. To reduce your saturated fat intake, you should choose margarine with one of the following ingredients listed first:
 - a) Liquid vegetable oil
 - b) Partially hydrogenated vegetable oil
 - c) Palm oil
9. You may have as much margarine as you like as long as it is the right kind.
 - a) True b) False
10. Which type of fat is higher in calories?
 - a) Monounsaturated c) Polyunsaturated
 - b) Saturated d) All are the same
11. For a well balanced diet, name the foods you need to eat every day.
12. What type of fiber are they referring to when a food label lists "Dietary Fiber"?
 - a) insoluble fiber b) soluble fiber
 - c) a combination of insoluble and soluble fiber
13. What is your daily recommended sodium goal?
 - a) 1500-2000 mg b) 6000 mg
 - c) no limit

*Answers on page 45



CHOOSEMYPLATE.GOV

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.
- Limit juice to 1/2 cup per day.

FAST FOOD CHOICES

To Make Your Fast Food Choices High In Nutrition

- Order simple entrees like a single burger instead of a double.
- Order sandwiches with ketchup, mustard or barbecue sauce instead of mayonnaise type sauces.
- Order fish and chicken items that are grilled, not breaded or fried. If this is your only choice, peel off the skin and breading.
- Lean roast beef, chicken, turkey or ham are leaner sandwich meats than salami or bologna.
- English muffins, bagels, bread and rolls are lower in fat than croissants and biscuits. Ask for whole wheat.
- Skip the salt shaker.
- At the salad bar choose lots of fruits and vegetables. Go easy on dishes mixed with mayonnaise and salad dressing.
- Try chili as a topping on baked potatoes instead of butter, margarine or sour cream.
- Water or skim milk are the best beverage choices.
- On pizza, vegetable toppings are lower in fat than meat and olives.
- Choose frozen yogurt instead of pies.
- Try to eat 8-10 servings of fruits and vegetables every day.
One serving = 1/2 cup.

GOOD HABITS

- **START STRONG.** People who eat a healthy breakfast generally feel less hungry throughout the day.
- **CURB YOUR APPETITE.** Drink a glass of water just before a meal. (Goal: 8-10 glasses of fluids per day, 1/2 being water unless your physician recommends fluid restriction).
- **STOP COUNTING YOUR CALORIES.** The best diet foods are complex carbohydrates, low in fat, fast burning, and rich in vitamins and minerals. They are also high in bulk, which means you can feel full on fewer calories. Examples include whole grain cereals, rich breads, pasta, beans, nuts, fruits, and vegetables.

EATING OUT

- Restaurants are more accommodating than you might think. A National Restaurant Association survey found that nearly 90% of all table service restaurants will alter food preparations on request.
- **GAIN AN EDGE ON HUNGER** by starting with a broth - based soup, fruit, raw vegetables, unbuttered bread, or a light seafood appetizer.
- **CHOOSE ENTREES** that are steamed, poached, broiled, roasted, baked, or cooked in their own juices. Fish is almost always the best choice. Pass up anything fried or sautéed.
- **CUT THE FAT** off red meats and remove the skin from your chicken before eating it. (Yes, red meats are okay).
- **STAY AWAY FROM THICK, RICH SAUCES** and stick to ones that are thin and stock based. Avoid hollandaise, béarnaise, buerre, blanc, or anything that sounds like gravy. Choose red pasta sauces over white.
- **ASK FOR YOUR VEGETABLES STEAMED.**
- **ORDER SALAD DRESSING ON THE SIDE** and then use them sparingly. Try lemon juice, plain vinegar as low fat alternatives.
- **EAT SMALL PORTIONS** or order half portions at reduced rate and never stuff yourself. Your stomach expands; so does your appetite. (Doggie bags are still in fashion).
- **SHARE DESSERT** with a friend if you simply must have a sweet. Learn to be satisfied with just one taste.

CHOLESTEROL AND YOUR HEART

Cholesterol, a white, waxy fat found naturally in your body, is used to build cell walls and make certain hormones. Too much of it, though, can clog your arteries and eventually choke off the supply of blood to the heart which is the reason high cholesterol is a leading factor for heart disease.

Other factors that put you at risk include:

- High blood pressure
- smoking
- a family history of heart disease
- being male
- diabetes
- obesity

LOW CHOLESTEROL DIET

A low cholesterol diet limits cholesterol intake to approximately 200-300 mgs per day, total fat intake is limited to less than 30% of calories, and saturated fat is less than 7% of total calories.

Purpose

A low cholesterol diet is used to lower elevated levels of serum cholesterol and other lipids to reduce the risk of cardiovascular disease.

Characteristics

The diet eliminates all high fat meats and limits the intake of meat and meat substitutes to 6 oz per day. Egg yolks are limited to 2-3 per week, including those used in cooking. Butter, cream, whole milk, and whole milk cheeses are excluded in favor of skim milk, skim milk cheeses, and margarine high in polyunsaturated fats. Foods rich in soluble fibers are encouraged.

Indications

This diet is indicated for those individuals with elevated serum cholesterol levels or who are otherwise at risk for developing heart disease.

LOW CHOLESTEROL DIET

This diet will help you reduce your blood cholesterol. A variety of foods should be eaten everyday. Special effort should be made to consume at least 25-30 grams of fiber per day.

Food Group	Choose	Caution	Not Recommended
Fish, chicken and lean meat - 5-6 oz/day	Fish, most shellfish, water packed tuna and salmon	Shrimp, squid	Fried fish, fried shellfish, caviar
	Poultry without skin, including chicken, turkey, ground turkey breast, pheasant, Cornish hen		Poultry with skin, fried chicken, capon, duck, goose, ground turkey with skin
	Lean and well-trimmed cuts of meat such as: Beef: chuck-arm, short loin - tenderloin filet mignon, lean sirloin steak, round eye, sirloin tip, round steak, rump, ground beef made from allowed cuts	Medium fat meats limit to 3 oz. portion once a day Beef: chuck-blade, ground chuck, rib standing, steak, brisket, short loin, T-bone, porterhouse	Untrimmed cuts of meats, organ meats Beef: spareribs, regular ground hamburger
	Veal: cutlet, loin, chop		Veal: flank cut
	Lamb: leg, loin, chop	Lamb: arm chop	Lamb: rib
	Pork: ham, Canadian bacon, lean tenderloin	Pork: center loin	Pork: spareribs, bacon, salami, sausage, liverwurst, salt pork

FOUR WEIGHT REDUCTION PRINCIPLES

PRINCIPLES	CONCERNS	SUBSTITUTIONS OR CHANGES I AM WILLING TO MAKE
1 Eat less sweets	Soft drinks Candy Syrup Pies Molasses Jell-O Cakes Pastries Others: _____	Popsicles Jams/jellies Chocolates Cookies Honey Donuts Ice Cream
2 Eat less fats	Margarine Oil Salad dressing Cream sauces Fat on meats Potato chips Cream soups Butter Others: _____	Sour cream Mayonnaise Fried foods Bacon Gravies Lard
3 Watch portion sizes	___ oz. of low fat protein foods per day. ___ servings of low fat dairy products per day ___ servings of bread, cereals and starches per day ___ servings of vegetables per day ___ servings of fruit per day ___ servings of fat per day	
4 Exercise more	Bicycling Walking Jogging Swimming	Dancing Tennis Skating Aerobics

Cover with sauce on top. Pour a little water around edges of pan, 1/4 cup to 1/3 cup. Cover pan tightly with aluminum foil. Bake 1 hour and 15 minutes at 350 degrees. Let cool 10 minutes before cutting.

MEXICAN RICE

This tasty dish uses less sugar, salt and fat.

- 1-1/2 cups water
- 1 cup salsa
- 2 chicken SF bouillon cubes
- 2 cups uncooked instant rice

Recipe includes Diabetic Exchanges.

In a saucepan over medium heat, bring water, salsa and bouillon to a boil. Stir in rice; remove from the heat. Cover and let stand 6-8 minutes or until liquid is absorbed. Fluff with a fork. Yield: 6-8 servings. Diabetic Exchanges: A 1/2 cup serving (prepared with low-sodium bouillon) equals 1 starch; also, 89 calories, 207 mg sodium, 0 cholesterol, 19 gm carbohydrate, 2 gm protein, 0 fat.

SPINACH DIP

Three hours before serving:

1. Mix together (so the dried soup can begin rehydrating)
 - 1-1/2 cup plain non-fat yogurt or light cour cream
 - 1 cup light Miracle Whip
 - 1 pkg. dried vegetable soup mix (Knorr or Mrs. Grass)
2. 3 pkgs. (10 oz. each) frozen chopped spinach
Thaw in microwave. Squeeze out extra water. Stir into mixture
3. 1 can (8 Oz.) sliced water chestnuts
Chop in small pieces and add to mixture
4. 1 large round loaf pumpernickle bread (if desired)

BY POPULAR DEMAND!

Just before serving:

Using a knife, hollow out a large hole. Fill the hole with the dip. Cube the bread you've removed to serve on the side for dipping. When the cubes are gone, invite guests to tear bread from the "bowl."

Serves 16 or makes 4 cups (4 T per serving). 160 calories, 4 gms fat, 4.6 gm fiber, 26 gm carbohydrate, 580 mg sodium, 6 gm protein.

Food Group	Choose	Caution	Not Recommended
Very low fat, low cholesterol meats/meat substitutes	Processed meats made from lean meats with less than 3 grams fat per 1 oz. serving Frozen entrees with less than 30% of calories from fat.	Processed meats with 4-5 grams fat per 1 oz. serving	Turkey bologna, turkey franks and other meats with over 6 grams fat per 1 oz. Most traditional frozen entrees
	Egg whites, cholesterol - free egg substitute Legumes (dry peas, beans, lentils)	Egg yolks (3 per week) including eggs used in cooking and baking	
	Wild game, roasted or stewed: Antelope, Beefalo, Bison, Caribou, Venison, Moose Buffalo, Rabbit (wild) Turtle (wild) Beef Flank Tofu		
Low Fat Dairy Products 2-3 servings/day	Milk: skim, 1/2% or 1% fat (fluid, powdered, evaporated); buttermilk		Whole milk (fluid, evaporated, powdered), 2% milk, imitation chocolate milk
	Non-fat frozen yogurt, Yogurt: non-fat or low - fat yogurt with less than 3 gm fat per serving		Whole milk yogurt

Heart Healthy Tip

Cholesterol is found in the muscle of the meat.

BROCCOLI COLESLAW WITH LEMON VINIAGRETTE

2 TBS. lemon juice 1/8 tsp. salt
 2 TBS. wine vinegar 1/8 tsp. pepper
 1/4 cup vegetable oil 3 TBS. poppy seeds
 1/4 cup water 32 oz. pre-mixed broccoli coleslaw
 1 tsp. Dijon - style mustard 20 oz. pineapple tidbits, drained
 1/8 tsp. garlic powder

In a small bowl or jar with a tight fitting lid, mix together lemon juice, wine vinegar, vegetable oil, water, and Dijon - style mustard, garlic powder, salt, and pepper. Mix well. Cover bowl or seal jar and chill several hours to blend flavors. Just before serving add poppy seeds to dressing and mix well. In a large bowl or on a platter, mix broccoli coleslaw with pineapple tidbits. Drizzle dressing over mixture and serve. Serves 6-8 as a side salad.

REDUCED CALORIE RANCH DRESSING

Makes 1 1/2 cups; Serves 24; 1 TBS. per serving
 1 cup low fat buttermilk
 1/2 cup plain low-fat yogurt
 1 TBS. Dijon mustard
 2 tsp. minced onion
 1 TBS. fresh dill
 1 TBS. chopped fresh parsley
 1/2 tsp. garlic powder
 1/4 tsp. freshly ground black pepper

In a jar with a tight fitting lid, combine all ingredients. Shake well to blend. Refrigerate for at least 2 hours allowing flavors to blend.

LOW FAT ITALIAN DRESSING

5 TBS. frozen apple juice concentrate, thawed
 1/2 tsp. dry mustard
 1/4 cup cider vinegar 1/2 tsp. oregano
 1/4 cup lemon juice 1/4 tsp. dried basil
 1 clove garlic, minced 1/8 tsp. dried thyme
 1/2 tsp. onion powder 1/8 tsp. crushed dried rosemary
 1/2 tsp. paprika

In a jar with a tight fitting lid, combine all ingredients. Chill several hours or overnight. Shake well before serving. Yield: 3/4 cup.

Food Group	Choose	Caution	Not Recommended
Fats, Oils	Unsaturated oils: safflower, corn, sunflower, soybean, cottonseed		
	Margarine: made from any unsaturated oil listed above, lite or diet margarine with liquid vegetable oil listed as first ingredient		Butter, lard, shortening, bacon fat, stick margarine, salt pork
	Salad dressings made from acceptable oil, fat free dressings as desired	Light mayonnaise, salad dressings and sour cream	Dressings made with egg yolk, cheese, sour cream, whole milk, mayonnaise
	Seeds (such as flax seed 2T/day) Nuts in small amounts (1/4 - 1/3 cup/day) Natural peanut butter	hydrogenated peanut butter	

5 gm fat
or 1 tsp. =
1 serving.

Heart Healthy Tip
 Avocados and nuts though high in fat,
 are rich in monounsaturated fat.
 Use in moderation.

Food Group	Choose	Caution	Not Recommended
Breads and Grains 6 or more servings/day	Breads: whole grain bread, rolls, pita, English muffin, bagel, lavash, corn or flour tortilla		Breads in which eggs, fat, and/or butter are a major ingredient such as croissants
	Cereals: oat, wheat, corn, multi-grain	Low fat cereal bars	Most granolas
	Pasta - whole grain	Egg noodles	
	Rice - brown		
	Dry beans (navy, kidney, blackeyed peas) and peas		
	Crackers: low fat graham, soda crackers, bread sticks, melba toast, air pop popcorn, pretzels, rice cakes, baked snack chips (Choose whole wheat versions if available)	Low fat crackers with 5 gms of fat per serving = one fat choice	High fat crackers, corn chips, cheese puffs, chow mein noodles, croutons, crackers made with tropical or trans-fat oils, potato chips, fried snack foods
	Homemade fat free baked goods using skim, 1/2% or 1% milk and egg substitute, breads, muffins, pancakes, waffles	Homemade low fat baked goods using unsaturated oil	Commercial baked pastries, muffins, biscuits, pancakes
Vegetables 3-5 or more servings/day Good source of fiber	Fresh, frozen, canned without added fat or sauce		Vegetables fried or prepared with butter, cheese, or cream sauce, french fries, potato chips

Good sources of soluble fiber, especially oats and barley.

HOT SALSA

- 4 cups peeled, cored, chopped tomatoes
- 3/4 cup chopped onions
- 2 cups seeded, chopped green peppers
- 1 cup seeded, chopped hot peppers
- 1 1/2 cups cider vinegar
- 2 cloves garlic minced

Combine all ingredients in large saucepan. Bring to boil then simmer until thick (about 1 hour). Yields: 6 half pints.

FAT FREE GRAVY

- 2 TBS. flour
- 1 cup fat free meat drippings or bouillon (if you are on a salt restricted diet use salt free)

Pour 1/2 cup of liquid in a jar. Add flour, shake until mixture is smooth. Pour into a pan. Add remaining liquid. Bring to a simmer and cook for a few minutes or until thick/clear, stirring constantly. Season to taste. Add gravy coloring, if desired. *Brown flour adds color and flavor to the gravy. To brown, spread flour in a shallow pan and cook over very low heat, stirring occasionally, until lightly colored. Makes 1 cup.

CHICKEN CHILI

- 1 large jar mixed rancho beans (2 quarts)
- Salsa (mild or hot 12-16 oz. depending on taste)
- 1 TBS. chili powder
- 1 TBS. cumin

Cook 4-6 chicken breasts in a small amount of canned low salt chicken broth. When tender cut chicken into cubes and add to heated chili. NOTE: This chili can be made with or without chicken.

SIZZLIN' DASH BURGERS

In a large bowl, mix 1/4 cup Mrs. Dash onion and herb seasoning, 3 TBS. of water, and 2 lb. of lean ground beef. Mix thoroughly. Shape into 3/4 inch thick patties and grill or broil. Makes 6 juicy burgers. For variety try the recipe above with Mrs. Dash garlic and herb seasoning or Mrs. Dash table blend.

opaque. Then add the cubed chicken or turkey to the pot and let simmer 10-15 minutes, or until it reaches the thickness you like. But note, this is more like a soup chili rather than a thick chili. This is very low in fat and cholesterol. It freezes well. This recipe serves four.

NEW FRENCH TOAST

2 slices whole wheat bread 1/4 tsp. vanilla
 2 egg whites 1/8 tsp. cinnamon
 2 TBS. skim milk vegetable oil spray

In a mixing bowl, combine egg whites, skim milk, vanilla, and cinnamon, beat lightly. Spray a griddle or heavy frying pan. Dip the bread into the egg white mixture and then fry for a few minutes on both sides. Remove from griddle and serve immediately.

FAT FREE PINEAPPLE CAKE

1 can (20 oz.) unsweetened crushed pineapple, in juice (undrained) 1/4 tsp. salt (optional)
 2 cups unbleached flour
 1 cup sugar 2 tsp. baking soda
 1/2 cup egg substitute
 Orange Glaze: 1/4 cup orange juice 1 cup powdered sugar

Preheat oven 350 degrees. Mix all ingredients and pour into a 9 x 13 inch pan that has been sprayed with a non-stick coating. Bake for 30-35 minutes. Mix glazed ingredients and let sit for 5 minutes to dissolve sugar. Cool cake before adding glaze. Yield: 16 servings.

SIMPLY SENSATIONAL SALSA

1 - 28 oz. can unsalted tomatoes chopped and undrained
 1 TBS. sugar
 1 - 8 oz. can tomato sauce (salt free or low sodium)
 1 - 4 oz. can diced green chilies
 2 tsp. canned jalapenos; seeded & diced
 1/2 cup each diced celery and onion
 Dash of black pepper

Combine all ingredients; mix well. Cover.

Let stand in refrigerator for 2 hours. Makes 6 cups.

Food Group	Choose	Caution	Not Recommended
Fruit 2-4 or more servings/day, good source of fiber	Fresh, frozen, canned or dried; all fruit juices	Avocado (see Heart Healthy Tip on page 13)	
Soups	All fat free broth-based soups or cream soups made with skim milk		Soup containing whole milk, cream, meat fat, poultry fat, poultry skin, cheese or gravy
Sweets and Modified Fat Desserts	Sweets: sugar, syrup, honey, jam, preserves; candy made without fat (candy corn, gumdrop, hard candy); fruit flavored gelatin		Candy made with milk chocolate, coconut oil, palm oil, palm kernel oil, cocoa butter
	Frozen desserts: non-fat yogurt, sherbet, sorbet, fruit ice, popsicle	Soft serve ice cream, ice milk, low fat yogurt	Ice cream and frozen treats made with cream, whole milk, and egg yolks
	Cookies, cake, pie or pudding with egg whites, egg substitute, skim and 1% milk, allowed oil or margarine in small amounts; gingersnap, fat free fig bars and other fruit bar cookies; fat free cookies, angel food cake; animal crackers		Commercial baked pies, cakes, cookies, doughnuts, cream pies
	Cocoa powder		Milk chocolate

Heart Healthy Tip

Most desserts are high calorie and empty in nutrients. Keep servings small.

Food Group	Choose	Caution	Not Recommended
Beverages	Decaffeinated* coffee or tea,	Carbonated beverages, fruit-flavored drinks, lemonade, fruit punch (Limit to 1/2 cup per day)	Regular coffee, tea, carbonated beverages containing caffeine
Seasonings and Miscellaneous	Spices, herbs, flavoring extracts, catsup, prepared mustard, lemon juice, tabasco sauce, vinegar, gravy made with fat - free broth		High - fat sauces such as hollandaise, Béarnaise, commercial gravies

* Ask your doctor before drinking caffeinated beverages

Sample Menu:

Breakfast	Lunch	Dinner	Snack
Fresh orange slices	Lean roast beef Sandwich on rye bread with lettuce and fancy mustard	3 oz. oven fried fish**, Broccoli Baked potato	Homemade oatmeal cookie
New French Toast** 1 tsp. margarine Maple Syrup Skim Milk	Carrot sticks Kiwi salad Skim milk	Dinner roll 1 tsp. Margarine Pineapple cake** Cinnamon tea	Apple slices

** Recipes included on page 33-38

RECIPES

OVEN FRIED FISH or OVEN-FRIED CHICKEN

1 lb. Fish filets (snapper, sole)
1/4 cup homemade breading (see below for recipe)

Preheat oven to 450 degrees. Spray baking sheet with non-stick coating. Cut fish into serving size pieces. Dip fish in fat-free plain yogurt then dip in crumb mixture. Bake for 10 minutes, per inch of thickness or until fish flakes easily.

Yield: 4 servings.

HOMEMADE BREADING Yield: 1 cup

1 cup packaged cornflake crumbs
1 tsp. paprika
1 tsp. instant chicken bouillon 1/8 tsp. pepper
1/2 tsp. poultry seasoning 1/4 tsp. garlic powder
3/4 tsp. Italian herb seasoning 1/4 tsp. onion powder

Combine all ingredients and mix well. Store in an air tight container.

EASY CROCK POT SALSA CHICKEN

4 boneless, skinless chicken breasts 32 oz. salsa
14-1/2 oz. can corn (drained) 14-1/2 oz. can black beans (drained)
Flour tortillas Sour cream
Guacamole Lettuce
Tomatoes Cheese
Salsa

Place first four ingredients in crock pot. Cook on low 6-8 hours. 30-60 minutes prior to serving, remove chicken, shred and return to crock pot. To serve, use chicken mixture as filling inside tortillas. Add desired condiments.

TALBERT WHITE CHILI

3 cans of white (navy beans with liquid) 1-2 TBS. olive oil
2 cans of chicken broth (low sodium is best) 2 tsp. cumin
4 oz. can of chopped green chilies 2 tsp. oregano
1 1/2 lb. of boneless, skinless chicken breast 1/4 tsp. cayenne pepper
or lean turkey breasts 2 TBS. minced garlic
2 cups chopped onion
Dash of hot pepper sauce (optional)

Bake chicken or turkey until done so that juice runs clear, but don't overcook. Cut into bite size cubes. Set aside. Combine beans and broth into a pot. Sauté onions and garlic in oil in a pan for a few minutes until onions are

RECIPE MODIFICATIONS

WHEN A RECIPE CALLS FOR: SUBSTITUTE IT WITH:	
1 egg yolk	1 egg white
1 whole egg	2 egg whites or 1/4 cup cholesterol free egg substitute
2 whole eggs	2 egg whites plus 1 whole egg or 3 egg whites
Whole milk	Skim milk
1 cup buttermilk (buttermilk is low in fat but high in sodium)	1 cup lukewarm skim milk plus 1 TBS. lemon juice (let mixture stand for 5 minutes and beat briskly)
1 cup cream	7/8 cup skim milk and 3 TBS. oil
1 cup sour cream	1 cup plain, low fat yogurt or 1 cup low fat cottage cheese or combination blended until smooth. Also 1 can chilled, evaporated skim milk whipped with 1 tsp. lemon juice.
1 cup butter or shortening	1 cup margarine (with liquid oil as first ingredient), 3/4 cup oil or 1/2 cup applesauce and 1/2 cup margarine, or 1/2 cup prune paste
1 oz. chocolate	3 TBS. cocoa powder and 1 TBS. oil or margarine
Cream cheese	Blend 4 TBS. margarine with 1 cup dry low fat cottage cheese (add salt to taste and a small amount of skim milk in blending mixture.

CONVERSION CHART

SOLID FAT	OIL
1 TBS.	1 TBS.
2 TBS.	1 1/2 TBS.
1/4 cup	3 TBS.
1/8 lb.	3 TBS.
1/3 cup	4 TBS. or 1/4 cup
1/2 cup (1/4 lb.)	6 TBS.
3/4 cup	1/2 cup + 2 TBS.
1 cup	2/3 cup + 1 TBS.
2 cups (1 lb.)	1 1/2 cups

HEART AND SOUL

Soul food – if cooked properly – can provide a diet high in fiber and low in carbohydrates.

Do	Don't
Grains and Breads: 1/2 cup Grits Small piece of cornbread	Lard Chips Cheese puffs Pork skins Sugar, Fat, Salt
Vegetables: 1 cup cooked greens Kale, green beans, cabbage Use smoked turkey for seasoning. Raw vegetables preferred.	Fruit punch Chitterlings Neckbones Fatback Pork rinds
Fruits: 1-1/2 cup fresh fruit (preferred) Limit juice to 1/2 cup Milk, skim or lactose free	Buttermilk

Not So Healthy Tip

Three large spoonfulls of chitterlings contain more than 75 grams of fat (equals to 15 tsp fat or 675 calories from fat)

11 TOP STRATEGIES FOR LOWERING LDL

1. Consume foods that are naturally high in fiber, especially soluble fiber. Soluble fiber is found in legumes, fruits and root vegetables, as well as oats, barley and flax. For every 1 or 2 grams of soluble fiber you consume daily, you will lower your LDL by 1%. Try to consume 10-25 grams of soluble fiber per day. If you have trouble consuming a lot of soluble fiber rich foods, talk to your physician about using psyllium husk.
2. Eat 6 to 8 small meals daily instead of 1 or 2 large ones.
3. Use only nonfat dairy products. Regular dairy products like whole milk, butter, cheese, cream cheese and ricotta cheese are very high in saturated fat.
4. Accumulate 30-60 minutes of moderate intensity physical activity on most days of the week, to help raise HDL. Alternately, try to walk at least 2-3 miles per day at least 5-6 days per week.
5. Limit the amount of saturated fat you consume from dairy products, red meat and tropical oils. Ideally, you should consume no more than 7% of your daily calories from saturated fat (around 12-14 g for most people). Base most of your meals on beans, vegetables, fruits and whole grains, with a minimum of low-saturated fat animal protein foods like nonfat dairy, fish & egg whites.
6. Avoid foods with added trans-fat. The food label need to read, "NO Trans-fat's." This fat comes from partially hydrogenated vegetable oils often found in fried foods and processed foods like crackers, baked goods and desserts. Generally, the more solid the fat is the higher the trans-fatty acid content.
7. Limit your daily cholesterol intake to 200 - 300 mg.
8. If you are overweight, lose weight. This will help lower your total cholesterol and raise your HDL. The best way to lose weight and keep it off is to exercise and eat a diet that is high in fiber and low in calories.
9. Try to include soy protein in your diet, especially in place of animal protein. Studies show that 25 gms of soy protein per day can help lower cholesterol when part of a healthy diet.
10. Limit your intake of sugar and fructose (found in fruit juice). This should lower triglycerides, aid weight loss and will help lower LDL.
11. Consider using sterol and stanol rich margarines and salad dressing such as Take Control or Benecol – up to 2 TBSP per day.

Source: James J. Kenney, PhD, RD, FACN

FLUID RESTRICTIONS

Your physician may order a fluid restriction for you. This is done to keep the amount of fluid your body retains to a minimum. All foods that are liquid at room temperature need to be counted as fluid. These foods include the following: all beverages (coffee, tea, milk, pop, juice, water, etc.), gelatin, sherbet, ice cubes, fruit ices and soup.

Note: When using ice in beverages, measure the volume after ice is added.

Equivalents:

30cc = 1 fluid ounce or 1/8 cup	60cc = 2 fluid ounces or 1/4 cup
120cc = 4 fluid ounces or 1/2 cup	240cc = 8 fluid ounces or 1 cup
8 oz. cup ice = 105cc	6 oz. soup = 120cc
1/2 cup regular and diet jello = 100cc	1/2 of 2 part popsicle = 35cc
Ice Cream 1/2 cup = 30cc	Sherbet 1/2 cup = 50cc

CAFFEINE CONTENT

Your physician may recommend you restrict the amount of caffeine you consume. The following is a list of some food and beverage items which contain caffeine. (Aim for less than 200 mg per day.)

Product	Serving	Milligrams of Caffeine
Coca-Cola	12 oz.	47
Mountain Dew	12 oz.	55
Pepsi / Dr. Pepper	12 oz.	37
Diet Coke	12 oz.	47
Diet Pepsi	12 oz.	36
Brewed Coffee	6 oz.	103
Prep from instant powder	6 oz.	75
Cappuccino, sugar sweetened	6 oz.	75
Decaffeinated Coffee	6 oz.	2
Tea, Brewed black	6 oz.	36
Dark Chocolate	1.5 oz. bar	31
Hershey	3.2 oz. bar	16
Raisinets	1.58 oz. pkg	11
Nestle Crunch	1.4 oz. bar	10
Kit Kat	1.5 oz bar	5
Twix	2 oz. pkg.	2
Reese's Peanut Butter Cup		6
Chocolate Ice Cream	1/2 c.	2
Chocolate Syrup	2 Tbsp.	5
Chocolate Pudding	5 oz.	7
Chocolate Milk	8 oz.	7
Hot Cocoa	6 oz.	10

BE AWARE: Caffeine energy shots are not recommended.

DIETARY FIBER

Not all fibers are created equal. Dietary fiber is often classified as two general types. Insoluble fiber adds bulk to the diet, holds water, and causes food to move through the digestive system faster. This swift passage helps to prevent constipation.

FOODS THAT ARE SOURCES OF INSOLUBLE FIBER

Whole Grains	whole grain wheat bread, pastas, crackers, and bran cereal
Fresh Fruits and Vegetables	with peel
Nuts and Seeds	all types

FOODS THAT ARE SOURCES OF SOLUBLE FIBER

Soluble fiber is another type of dietary fiber. While these fibers are useful in promoting bowel regularity and increasing bulk, they also slow stomach emptying and therefore delay the absorption of carbohydrates in the body.

Whole Grains	oat bran, oatmeal, barley
Dried Beans/Peas	garbanzo, kidney, lentil, navy, pinto, soy, black, split peas, refried beans (low fat or fat free), white beans, etc.
Fresh Fruits and Vegetables	broccoli, brussels sprouts, cabbage, okra, carrots, apples, citrus fruits, strawberries, dried fruits, pears, raspberries & other berries

The typical American diet provides approximately 16 grams of dietary fiber per day for men and 12 grams for women. The National Cancer Institute recommends that Americans double their intake of fiber to 20-30 grams per day, with an upper limit of 35 grams. Fiber should be consumed by eating a variety of whole grains, fresh fruits and vegetables, and dry beans and peas. Soluble fiber is also effective in lowering previously elevated blood cholesterol, particularly if consumed along with a low cholesterol, low fat diet.

Source: *M-FIT Nelda Mercer RD.*

BOOST YOUR HDL

Soul food – if cooked properly – can provide a diet high in fiber and low in carbohydrates.

- Break a sweat. 12 weeks of regular aerobic exercise, such as walking or swimming can boost HDL by almost 25%.
- Lose excess weight. For every 10 lbs. of weight loss, HDL climbs by 2 mg/dL.
- Quit smoking. HDL levels are about 7 mg/dL lower in smokers than in nonsmokers.
- Consider fish oil. The American Heart Association recommends a weekly intake of about 2 grams of the omega-3 fatty acids in fish oil. You can accomplish this by eating at least two 3.5 oz. servings/week of wild or canned salmon or other fatty fish.
- Tweak your diet. Avoid trans fatty acids found in margarines and many baked goods. these foods can lower HDL. Mono-unsaturated fats found in olive and canola oils might help preserve HDL levels.
- Drink in moderation (Discuss with your doctor first). A regular glass or two of wine or other alcoholic beverage can raise a low HDL by as much as 13 mg/dL. But any more than that can damage the heart.
- Consider medication. If lifestyle changes alone don't adequately boost your HDL, these drugs sometimes can:
 - Niacin. It can boost HDL by 35%. Avoid dietary supplements.
 - Statins. They can increase HDL by about 5%-15%.
 - Fibrates. Lipid and generic can raise HDL by at least 15%.

When considering medications, it is best to discuss with your doctor.

TRIGLYCERIDES

- Triglycerides are a form of fat found in food and stored in our bodies. Triglycerides are manufactured in the body by the liver from excess fats, sugars and alcohol in the diet.
- High triglyceride levels can be related to cardiovascular disease; especially when associated with either high total cholesterol, low HDL, obesity, hypertension or smoking.
- Life-style habits, body weight, types and amounts of food and beverages consumed and heredity influence blood triglyceride levels. Certain diseases may elevate Triglycerides. These include diabetes, thyroid disorders, gout and kidney disease.
- Triglycerides are a type of fat found in all foods. Cholesterol is a fat-like substance found in foods of animal origin. Both circulate in the blood, however cholesterol can accumulate on the blood vessel walls as fatty plaque.

New American Heart Association Goal

By 2020, to improve cardiovascular health of ALL Americans by 20%, while reducing deaths from cardiovascular diseases and strokes by 20%.

NUTRITION FACTS

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories From Fat 30
% Daily Value*

Total Fat	3g	5%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	300 mg	13%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	3g	

Vitamin A	80%
Vitamin C	60%
Calcium	4%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber			25g
		30g	

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

LABEL READING

Serving Size: If you eat double the serving size listed, you need to double the nutrient and calorie values. If you were to eat half the serving size, cut the nutrients in half.

Total Fat: Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a greater difference between the total number of calories and the number of calories from fat. Good rule of thumb is to choose foods that have only 3 grams fat per 100 calories.

Saturated Fat: A new kind of fat? No - saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat less!

Trans Fat: Raises LDL and lowers protective HDL.

Cholesterol: Too much cholesterol - a second cousin to fat - can lead to heart disease. Challenge yourself to eat 200mg or less each day.

Sodium: You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure. So, keep your sodium intake low - 1500 to 2000 mg each day.

Dietary Fiber: Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble and insoluble dietary fiber.

Herb Shakers

LOW SODIUM COOKING

(Another Way for a Healthier Lifestyle)

To start on your way toward imaginative low sodium cooking, try these recipes for herb shakers. They can be used interchangeably for all meat, poultry, fish, vegetables, soups, and salads according to taste preferences. Keep the herb shakers in your kitchen and throw away salt forever!

All-Purpose Spice Blend #1

5 tsp. onion powder
2 1/2 tsp. garlic powder
2 1/2 tsp. paprika
1 1/2 tsp. thyme leaves, crushed
1 1/2 tsp. powdered mustard
1/2 tsp. ground white pepper
1/4 tsp. celery seed

All-Purpose Spice Blend #2

2 tsp. thyme
2 1/2 tsp. savory
1 tsp. sage
2 tsp. rosemary
2 1/2 tsp. marjoram

Spicy Flavor Blend

2 TBS. savory
1 TBS. powdered mustard
2 1/2 tsp. onion powder
1 1/2 tsp. curry powder
1 1/4 tsp. ground cumin
1 1/4 tsp. ground white pepper
1/2 tsp. garlic powder

Herbed Seasoning Blend

2 TBS. dill weed
or crushed basil
2 TBS. onion powder
1 tsp. oregano leaves, crushed
1 tsp. celery seed and
black pepper

STRATEGIES FOR LOWERING TRIGLYCERIDE LEVELS

- Achieve/maintain ideal body weight. Weight loss, if overweight, will usually result in lower Triglyceride levels.
- Follow a regular meal pattern. Avoid fasting and single meal gorging. Follow the American Heart Association dietary guidelines.
- Limit intake of simple and refined sugars (cakes, pies, cookies, pastry and candies).
- Decrease total fat intake to less than 30% of total calories for the day.
- Increase intake of foods containing omega-3 fatty acids such as: marine fish (halibut, albacore tuna, mackerel, salmon, herring, rainbow trout, sardines), canola oil, wheat germ oil, wheat germ, soybean and cottonseed oil margarines. (See page 26.)
- Limit alcohol intake or abstain. Alcohol ingestion increases triglycerides and has an even greater effect when combined with a high-fat meal.
- Limit caffeine intake (coffee, tea, cola-type drink, chocolate).
- Stop smoking.
- Learn methods to control emotional stress.
- Engage in physical activity on a regular basis.
- Discuss your medications with your physician. Birth control pills, diuretics and some hormones can increase Triglycerides.

WHERE'S THE SATURATED FAT?

Limit these foods because they are high in saturated fat, which raises blood levels of cholesterol.

Food	Serving	Sat. fat GMS.	Where
Prime rib	8 oz slice	32	restaurants
Coconut milk	1/2 cup	21	tropical drinks
Dried coconut	1 oz	16	topping, candies
Coconut oil	1 Tbsp.	12	processed foods
Palm kernel oil	1 Tbsp.	11	microwave popcorn
Cake donut	1 donut	11	bakery
Ricotta cheese	1/2 cup	10	Italian style foods
Ground beef	3 oz	9	burgers, etc...
Butter	1 Tbsp.	7.5	spread, etc...
Regular cheese	1 oz	7	pizza, etc...
Cream	2 Tbsp.	7	desserts, coffee
Ice cream	1/2 cup	9	dessert
Cream cheese	2 Tbsp.	6	bagels, desserts
Croissant/Danish	1 piece	6	bakery
Biscuit	1 each	6	restaurant, home
Cream soup	1 cup	5	restaurant, home
Whole milk	1 cup	5	dairy goods
Chicken wings	4 oz	4	restaurant, home

Total fat grams allowed to equal 30% of calories from fat and 7% of fat calories from saturated fat

CALORIES PER DAY	GRAMS OF FAT TO EQUAL 30%	SATURATED FAT
1,200	40	9
1,500	50	12
1,800	60	14
2,000	65	16
2,500	80	19

Sources: Nutr V Database, Bowes & Church's Food Values of Portions Commonly Used

DESSERTS: Desserts with salted nuts or other desserts with over 400 mg sodium per serving

FAT: Salt pork, salted nuts, bacon, turkey and pork.

SEASONINGS: Salt, seasoned salts, "lite" salt, sea salt, MSG, meat tenderizers, teriyaki sauce, and soy sauce.

INFORMATION ON SODIUM LABEL READING

Terms	Sodium /serving	Caution	Not Recommended
Sodium free	Less than 5 mg		
Very low sodium	35 mg or less		
Low sodium	140 mg or less		
Reduced sodium	at least 75% reduction		
Unsalted	no salt added during processing		
Salt free	Sodium free		
<200 mg sodium	less than 400 mg	limit 1 serving daily	greater than 800 mg
		400 mg	

Heart Healthy Tip

1 teaspoon of salt = 2300 mg sodium

CUTTING BACK ON SODIUM

How much is too much? Seven steps to lower sodium intake:

1. Don't add salt after food is prepared.
2. Avoid obviously salty foods.
3. Read labels carefully to find "hidden" sodium.
4. In cooking, use alternatives to salt and salty ingredients.
5. Be selective in eating out.
6. Select low sodium versions of your favorite foods.
7. Salt substitutes are usually high in potassium. Check with the dietitian or doctor if you have questions about using a salt substitute.

SODIUM RESTRICTED GUIDELINES

American Heart Association encourages the public to reduce the amount of salt/sodium in their meals to 1500 mg. Your physician individualizes your goal to 2000 mg per day.

ITEMS BELOW ARE NOT RECOMMENDED SINCE ONE SERVING CONTAINS OVER 800 MG SODIUM

- MEATS:** Corned beef, cured ham, cured pork, cured turkey, frozen glazed chicken breasts, salted canned commercial fish, pizza, cheese spreads, dried beef, salted nuts, frozen dinners containing over 800 mg of sodium, frozen pot pies, and bratwurst.
- BREADS/GRAINS:** Salted crackers, salted bagels, salted snack foods, convenience rice, pasta, or stuffing dishes with seasoning packet.
- VEGETABLES:** Those canned or frozen with salt, sauerkraut, pickles, and convenience potato dishes with seasoning packet.
- SOUPS:** Canned or homemade with salt.

Heart Healthy Tip

75% of the salt we eat comes from processed foods and meals eaten away from home while only 15-25% comes from the salt shaker.

SOURCES OF FAT

MONOUNSATURATED FAT	POLYUNSATURATED FAT	SATURATED FAT
Lowers cholesterol when substituted for saturated fats	High intakes may lower HDL (good) Cholesterol	Elevates LDL (harmful) Cholesterol

BEST CHOICES	ACCEPTABLE CHOICE	OCCASIONAL CHOICE
Vegetables/Oils/Fruits canola high oleic safflower high oleic sunflower olive peanut avocado olives	Vegetable Oils corn safflower sesame soybean sunflower soft margarine mayonnaise (lite)	Animal Fats bacon beef fat chicken fat fatty meats lamb fat lard salt pork
NOTE: Foods containing fats are a mixture of monounsaturated, polyunsaturated, and saturated fatty acids. Foods are listed in the columns according to the type of fatty acid that is most predominant in the food.	Seeds pumpkin sunflower	Dairy Products butter cheese cream ice cream whole milk
Nuts acorns sunflower almonds seeds hickory peanuts pecans cashews macadamia beechnuts walnuts chestnuts pistachios	Nuts butternuts pine nuts hazelnuts	Nuts coconut tropical oils or shortenings cocoa butter

SEAFOOD: TAKE IT TO HEART!

At last, a food we should eat more of instead of less! Seafood is high in protein and most varieties are low in fat. Seafood also contains omega-3 fatty acids.

What are omega-3 fatty acids?

Omega-3 fatty acids are polyunsaturated fatty acids found in seafood, especially higher-fat, cold-water varieties such as mackerel, albacore tuna, salmon, sardines, and lake trout. All seafood, including shellfish and crustaceans such as oysters and shrimp, contain omega-3 fatty acids.

What do omega-3s do?

When combined with a healthful eating plan, omega-3 fatty acids may provide a protective effect against heart disease. Research also suggests that omega-3s help lower the risk for heart attacks and sudden cardiac arrest due to an irregular heartbeat.

How much seafood should I eat?

While there are no specific dietary recommendations for omega-3 fatty acids, studies show that the protective effects of omega-3s can be achieved by eating seafood twice a week. Since there are more than 200 species of fish and shellfish available, adding seafood to your weekly eating plan is easy.

TEN TIPS TO HELP YOU ENJOY MORE SEAFOOD

1. C1. Use fish or shellfish in your favorite casseroles, stir-fries, salads, soups, pasta recipes, and Mexican dishes, such as tacos or burritos.
2. Surprise your family with a fish steak, like swordfish, fresh tuna, halibut, salmon, or shark. Marinate the fish, then grill or broil it.
3. Add seafood into your eating plan gradually. Start by substituting one fish or shellfish meal each week for a typical beef, chicken, or pork meal.
Spruce up plain seafood with lemon or lime juice, herbs, such as dill and basil, onions, garlic, barbecue sauce, and tartar sauce made with nonfat mayonnaise.
4. Buy a low-fat seafood cookbook or check one out from the library. Look for recipes in your favorite magazine or the newspaper food section. Learn a few easy seafood recipes and make them a part of your family favorites.
5. Cook seafood until it is just right. Get the best results with high temperatures and short cooking times. The rule of thumb is 10 minutes per inch of thickness at 450 degrees. Decrease the cooking time for

thinner cuts or increase cooking time for lower temperatures. The fish should just be starting to flake in the middle or register 145 degrees with an instant-read thermometer.

6. Save money by taking advantage of canned and frozen fish and shellfish, as well as seafood specials at the supermarket. Less familiar types of fish are often less expensive - ask for cooking ideas at the seafood counter.
7. Seafood is not just for dinner – try tuna, salmon, or shrimp salad made with low-fat mayonnaise or a broiled fish sandwich for lunch.
8. Fish burgers or fish loaf, made with canned salmon, tuna, or mackerel in place of ground beef or turkey, can be a delicious change of pace for the family. Bake in a loaf pan or shape into burgers. Brown the burgers or loaf slices in a non-stick skillet. Bonus: canned fish that includes the edible bones is an additional source of calcium.
9. Be adventurous with seafood cooking methods. For instance, instead of traditional baking and broiling, try poaching in wine and herb-seasoned broth or lemon juice and water, grilling with barbecue sauce, and stir-frying or steaming with a potpourri of vegetables. Have dinner on the table in minutes by combining shrimp, scallops or small pieces of fish with pre-washed, pre-cut vegetables from the salad bar.
10. Should I take a fish-oil supplement? Fish-oil capsules contain omega-3 fatty acids but they are not recommended as a substitute for fish or as a dietary supplement. Eating fish, as part of a healthful eating plan, is the best way to get omega-3 fatty acids, protein, and other important nutrients.

For more information

The American Dietetic Association/National Center for Nutrition and Dietetics.

For recipes and additional information about seafood, visit the National Fisheries Institute on the World Wide Web at www.nfi.org.

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