



THE UNIVERSITY OF KANSAS HEALTH SYSTEM

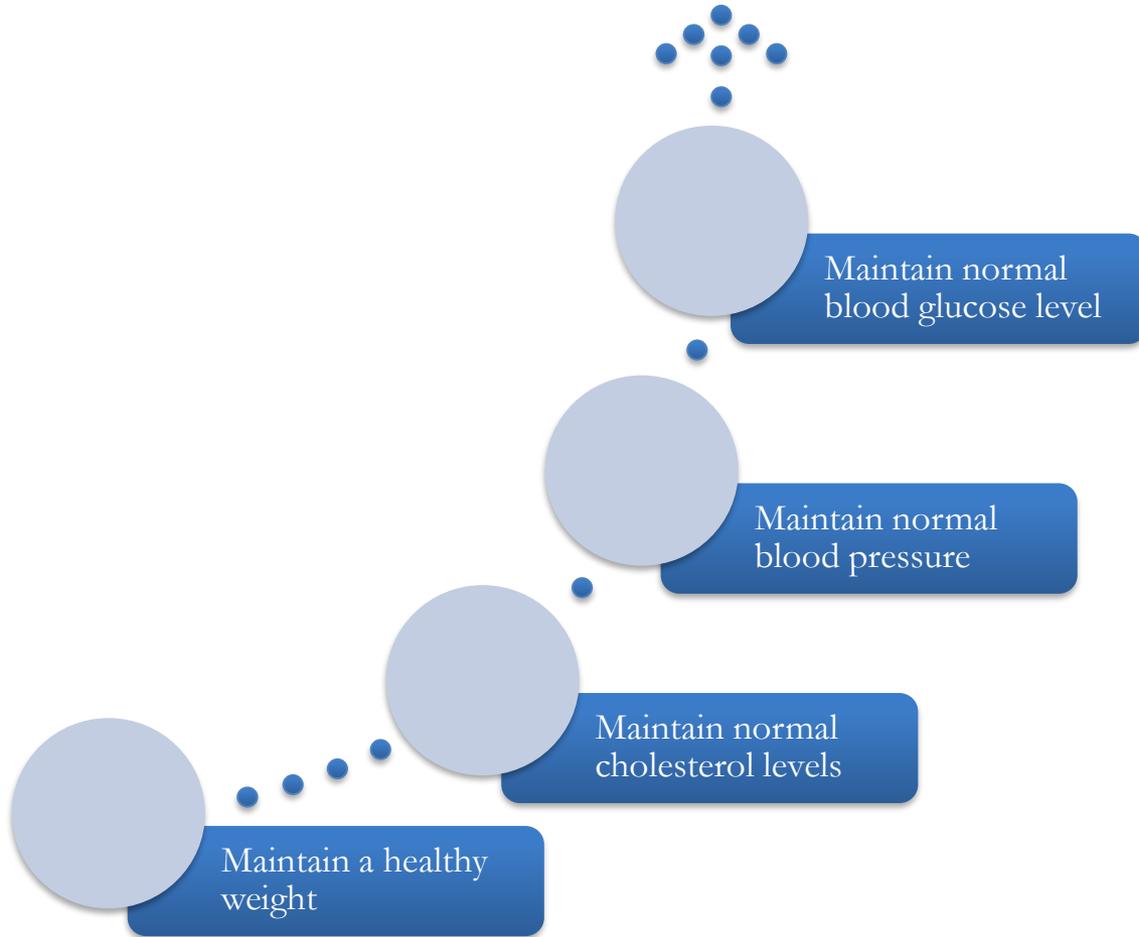
# Heart Smart

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# Objectives

- Recommendations for a heart healthy diet
- Understand importance of glycemic control in patients with cardiac disease

# Controllable Risk Factors



*Eating a healthy diet  
reduces a majority  
of the controllable  
risk factors.*

# Food For Thought

What comes to mind when you hear “Heart Healthy Diet”?

“Low Sodium  
and Low Carb”

“No Alcohol?”

“Eating lots of  
fruits and  
vegetables”

“Eating Honey  
Nut Cheerios”

# What is the truth?

Don't eat eggs.

Eggs are good  
for you

Coconut oil is  
amazing and  
should be in  
everything.

Coconut oil is  
full of saturated  
fat and is bad for  
your heart.

Fat-free dairy is  
the only kind  
you should eat.

Fat from dairy is  
good for you  
and your heart.

# Heart Healthy Diet

- Saturated and Trans Fat less than 7% of energy intake
- Total fat limited to 25-35% of total energy intake
- Fiber intake: Women: 21-25gm/day, Men: 25-38gm/day
- Less than 2000mg sodium/day
- Consume omega-3 fatty acid rich foods: fish (two 4oz. Serving/week) and/or plant derived foods.
- Include a variety of antioxidant containing foods such as fruits, vegetables, whole grains, and nuts.

# The Salty Facts

- For most adults the recommended intake of sodium should be **no more than 2300mg/day** with an ideal limit of no more than 1500mg/day.
- The average American consumes 3,400mg of sodium/day.
- 1 teaspoon table salt = 2,300 mg sodium
- Americans get 71% of the sodium intake from processed and restaurant foods — *not the salt shaker.*

# Top 10 Sources of Sodium:

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Breads and rolls

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Pizza

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Sandwiches

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Cold cuts and cured meats

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Soups

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Burritos and tacos

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Savory snacks (Chips, popcorn, pretzels, snack mixes, and crackers)

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Chicken

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Cheese

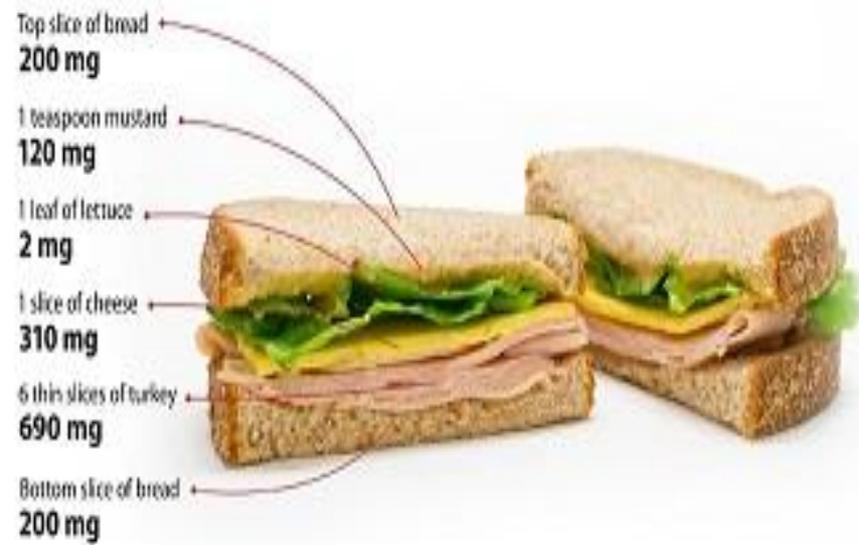
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Eggs and Omelets

*It can add up quickly...*

Sodium Levels	
<b>Breakfast</b>	
Egg and cheese sandwich	Sodium (in milligrams) 760
Orange juice, 1 cup	5
Coffee, 1 cup	5
<b>Snack</b>	
Banana, medium	1
<b>Lunch</b>	
Vegetable soup & 1/2 sandwich combo	1,450
Iced tea, 1 cup unsweetened	10
<b>Snack</b>	
Chips (plain)	140
<b>Dinner</b>	
Spaghetti (without added salt) with meat sauce (1 1/2 cup pasta, 1/4 cup sauce, 3 oz meat)	380
Garden salad with ranch dressing	340
Water, 1 cup	10
<b>Snack</b>	
2 Chocolate chip cookies	70
Skim Milk, 1 cup	100
<b>Total</b>	<b>3,271</b>

How does your sandwich stack up on sodium?



**Total = 1,522 mg per whole sandwich**

1. Start here

8 servings per container  
**Serving size 2/3 cup (55g)**

2. Check the total calories per serving

**Amount per serving**  
**Calories 230**

3. Limit these nutrients

	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Ways to keep sodium limited

- Choose or make fresh foods vs. processed foods.
- Limit eating out and takeout to an occasional treat
- Read food labels carefully when selecting processed foods.
- Use fresh onions, garlic, herbs, spices, citrus varieties, and vinegars to season foods.
- Avoid adding salt during the cooking process.

Now getting to the sweet stuff

# Sugar

- Daily recommended intake of sugar is **6 teaspoon or 25gms for Women** and **9 teaspoons or 36gms of sugar per day for Men.**
- The major sources of added sugars are regular soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks (fruitades and fruit punch), dairy desserts and milk products.
- Added sugars contribute zero nutritional value but add many calories in our diet.

# Diabetes and Heart disease: What's the connection?

- Cardiovascular disease is the number 1 complication of Type 2 diabetes.
- According to the American Heart Association, at least 68% of people 65 or older with diabetes die from some form of heart disease.
- Patients double their risk for cardiovascular disease with a combination of hypertension and diabetes.
- Lack of physical activity and obesity are linked to insulin resistance and increased risk of developing cardiovascular disease.

# Cutting back on sugar

- Avoid adding sugar to items that you eat or drink on a regular basis
- Avoid drinking sugar: Choose water or diet options
- Compare food labels between products
- Use fruit to sweeten foods
- Only eat desserts on a special occasion

# What can our patients do?

- Increase physical activity
- Eat a heart healthy diet
- Achieve weight loss and/or maintain healthy weight
- Engage in regular physical activity
- Maintain adequate blood sugar control
- Maintain adequate blood pressure
- Stop smoking

# Staying on track

- Using food journal or calorie tracking phone apps/websites
  - MyFitness Pal
  - Lose It!
  - FatSecret
  - Cron-O-Meter
  - SparkPeople



Thank You!