



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOD PRESSURE SELF-MONITORING PROGRAM

HEART HEALTHY EATING FOR LIFE



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Overview

- Nutrition and Blood Pressure Facts
- Fats & Oils
- Vitamins & Minerals
- Healthy Snacks
- Dining Out

NUTRITION & BLOOD PRESSURE

NUTRITION & BLOOD PRESSURE

Eating for a healthy heart is a key factor in the fight to prevent cardiovascular disease

- Eating a variety of fruits and vegetables may help manage weight, cholesterol and blood pressure
 - A healthy dietary pattern emphasizes:
 - Fruits and vegetables
 - Whole grains
 - Low-fat dairy products
 - Skinless poultry and fish
 - Nuts and legumes
 - Non-tropical vegetable oils
 - Limiting salt or sodium, saturated fat, trans fat, and sweets in your diet can also lower your blood pressure
 - A healthy eating pattern can be adapted based on your cultural and food preferences and for medical conditions such as diabetes
- (AHA, 2015)

RECOMMENDED DAILY SERVINGS

Food Group	1,600 Calorie Diet	2,000 Calorie Diet	Examples of One Serving
Grains At least half of your servings should be whole-grain.	6 servings per day	6-8 servings per day	<ul style="list-style-type: none"> •1 slice bread •1 oz dry cereal (check nutrition label for cup measurements of different products) •1/2 cup cooked rice, pasta, or cereal (about the size of a baseball)
Vegetables Eat a variety of colors and types	3-4 servings per day	4-5 servings per day	<ul style="list-style-type: none"> •1 cup raw leafy vegetables (about the size of a small fist) •1/2 cup cut-up raw or cooked vegetables •1/2 cup vegetable juice
Dairy Fat-free or low-fat dairy products	2-3 servings per day	2-3 servings per day	<ul style="list-style-type: none"> •1 cup fat-free or low-fat milk •1 cup fat-free or low-fat yogurt •1 and 1/2 oz fat-free or low-fat cheese (about the size of 6 stacked dice)
Lean meats, poultry, and fish	3-6 oz (cooked) per day	Less than 6 oz per day	<ul style="list-style-type: none"> •3 oz cooked meat (about the size of a computer mouse) •3 oz grilled fish (about the size of a checkbook)
Fats and oils	2 servings per day	2-3 servings per day	<ul style="list-style-type: none"> •1 tsp soft margarine •1 Tbsp mayonnaise •1 tsp vegetable oil •1 Tbsp regular or 2 Tbsp low fat salad dressing
Nuts, seeds, and legumes	3-4 servings per week	4-5 servings per week	<ul style="list-style-type: none"> •1/3 cup or 1 and 1/2 oz nuts •2 Tbsp. peanut butter •2 Tbsp. or 1/2 oz seeds •1/2 cup dry beans or peas
Sweets and added sugars	0 servings per week	5 or fewer servings per week	<ul style="list-style-type: none"> •1 Tbsp. sugar •1 Tbsp. jelly or jam •1/2 cup sorbet and ices •1 cup lemonade

SODIUM

Most Americans eat too much sodium, which increases their risk for high blood pressure, heart disease and stroke

- Most of this sodium (over 75%) comes from processed and restaurant foods
- Read nutrition labels!
- Eat more servings of fruits and vegetables each day: a diet rich in fresh and frozen fruits and vegetables can help lower blood pressure
- Eat out less, cook more at home: one restaurant meal can add up to more than one day's worth of sodium
- Limit salty foods: common foods high in sodium include breads and rolls, cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes and snacks

FATS AND OILS

Do we need fats and WHY?

- Dietary fats are essential
- Fats give your body energy and support cell growth
- Fats protect your organs and keep your body warm
- Fats help your body absorb nutrients and produce important hormones

How many different fats are there?

4 major types:

- Saturated fat
- Trans fat
- Monounsaturated fat*
- Polyunsaturated fat; omega-3*

FATS AND OILS

Identifying fats and oils

↓ **Saturated fat:** *fatty beef, lamb, pork, poultry with skin, beef fat (tallow), lard and cream, butter, cheese, and other dairy products made from whole or reduced-fat (2%) milk, palm oil, coconut oil*

↓ **Trans fat:** *“partially hydrogenated oils” in processed foods such as doughnuts, baked goods including cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, and stick margarines and other spreads*

↑ **Monounsaturated fat:** *Oils → canola, peanut, safflower, and sesame oil, and avocados*

↑ **Polyunsaturated fat:** *Oils → soybean, corn, and sunflower, and fatty fish such as salmon, mackerel, herring and trout*

↑ **Omega-3:** *Nuts, seeds, fatty fish such as salmon, mackerel, herring, lake trout, sardines and albacore tuna*

VITAMINS AND MINERALS

Several vitamins and minerals are critical to heart health

- Vitamin E
 - Nuts, seeds, cooking oils
- Vitamin D
 - Sunlight, milk, cereal
- Potassium
 - Lean meats, fish, citrus fruits and citrus juice, potatoes, lima beans, tomatoes, spinach, mushrooms, cantaloupe, fat-free or low fat dairy products
- Magnesium
 - Nuts, beans, spinach, peanut butter, halibut, potatoes, avocados

VITAMINS AND MINERALS

WHY an emphasis on potassium?

- Reduces the effects of sodium
 - The more potassium we eat, the more sodium is excreted through the urine
- Relaxes blood vessel walls → helps reduce blood pressure
- **4,700 mg** per day is recommended
- Most Americans struggle to meet recommended amount
 - On average, we consume only 2,640 mg per day (USDA, 2010)
- Caution: too much potassium, as you get older, is more difficult for kidneys to remove from our blood

*Consult with a healthcare provider if you have any kidney problems

(American Heart Association, 2015)

VITAMINS AND MINERALS

Recommendations from the American Heart Association

- Eat a balanced, healthy diet & include a variety from all food groups
- Consume recommended amounts of Omega 3s (EPA & DHA)
 - Aim for two servings of fish per week
 - Patients with heart disease should consume 1 gram per day of EPA + DHA
 - Patients with elevated triglycerides should consume 2 to 4 grams per day of EPA+DHA
 - If difficult to obtain, a supplement may be needed, but always consult your healthcare provider first
- It is not recommended that one takes antioxidant vitamin supplements such as A, C and E
- It is not recommended that one relies only on supplements to receive recommended daily vitamin and mineral intake

HEALTHY SNACKS

Choose Heart Healthy Snacks!

What are some examples of healthy, nutrient-rich snacks?

Crunchy	Thirst Quenchers
<ul style="list-style-type: none">•Apples and Breadsticks•Carrot and celery sticks•Green pepper sticks•Zucchini circles•Radishes•Broccoli spears•Cauliflower•Unsalted rice cakes	<ul style="list-style-type: none">•Water•Fat-free milk•100% juices (no added sugar)•Low-sodium tomato or mixed vegetable juice
Chewy	Sweet
<ul style="list-style-type: none">•Unsalted sunflower seeds•Whole-grain breads or toast•Cherry or grape tomatoes•Low-fat or fat-free cheese•Plain, low-fat or fat-free yogurt•Whole-grain mini bagels•Unsalted almonds, walnuts and other nuts	<ul style="list-style-type: none">•Unsweetened canned fruit•Thin slice of angel food cake•Baked apple•Raisins•Dried fruit gelatin gems•Frozen bananas•Frozen grapes•Fresh fruit•Low-fat or fat-free unsweetened fruit yogurt

DINING OUT

Understand what's on the menu and know what to look for

- Remember that foods served fried, au gratin, crispy, scalloped, pan-fried, blackened, sautéed, buttered, creamed or stuffed are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods
- If you're not sure based on the menu description how a meal is prepared or what ingredients it contains, ask your server
- Choose entrees that feature (steamed, grilled) seafood, chicken or lean meat, and avoid fatty meats. If you order meat, remove all visible fat and ask the chef to remove the skin from the chicken
- Check the menu for items marked "healthy," or ask the server what the healthiest choices on the menu are

EATING OUTSIDE THE HOME

Make informed food choices and be selective

- Avoid “extras” like cocktails, appetizers, bread and butter because these are often sources of extra fat, sodium and calories
- Ask for butter, cream cheese, salad dressings, sauces and gravies to be served on the side, so you can control the quantity you consume
- Be selective at salad bars. Choose fresh greens, raw vegetables, fresh fruits, garbanzo beans and reduced-fat, low-fat, light or fat-free dressings. Avoid cheeses, marinated salads, pasta salads and fruit salads with whipped cream
- Ask if the restaurant can prepare your food to order – for example, by leaving off or going very light on dressings, butter, cheese or other high-fat items
- Ask if healthy substitutions or smaller portions are possible. For example, if a dish comes with French fries or onion rings, ask whether you can get a baked potato with vegetables, and low-fat or fat-free sour cream or soft margarine on the side

ACTIVITY

HOW MUCH SODIUM IS IN ONE SERVING FOR EACH FOOD ITEM?

Food and Serving Size

- Bread, 1 oz
- Frozen pizza, plain cheese, 4 oz
- Frozen vegetables, 1/2 c
- Salad dressing (regular), 2 Tbsp.
- Salsa, 2 Tbsp.
- Soup (tomato), 8 oz
- Tomato juice, 8 oz (~1 c)
- Potato chips, 1 oz (28.4 g)
- Tortilla chips, 1 oz (28.4 g)
- Pretzels, 1 oz (28.4 g)

ANSWERS

Food, Serving Size and Sodium

- Breads, 1 oz → **95 - 210 mg**
- Frozen pizza, plain cheese - 4 oz → **450 - 1,200 mg**
- Frozen vegetables, ½ c → **2 - 160 mg**
- Salad dressing (regular), 2 Tbsp. → **110 - 505 mg**
- Salsa, 2 Tbsp. → **150 - 240 mg**
- Soup (tomato), 8 oz → **700 - 1,260 mg**
- Tomato juice, 8 oz (~1 c) → **340 - 1,040 mg**
- Potato chips, 1 oz (28.4 g) → **120 - 180 mg**
- Tortilla chips, 1 oz (28.4 g) → **105 - 160 mg**
- Pretzels, 1 oz (28.4 g) → **290-560 mg**

DISCUSSION

DISCUSSION

Let's think about snacking...

- What are some of your favorite snacks to eat?
- Let's discuss a few ways to keep our snacks heart healthy...
 - Are there whole grain versions of your favorite snack?
 - Can we replace prepackaged fruit cups with fresh fruit?
 - Can we replace salty chips with something else to satisfy a craving for a crunchy snack?

What are some of your favorite restaurants; places to eat outside of the home?

- How might we prepare to dine out?
 - Is a menu available online?
 - What are some ways we can modify an entrée selection to be more heart healthy?

PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

- Evidence has shown that regular physical activity can lead to a significant reduction in blood pressure and improve other cardiovascular risks
- Moderate physical activity has also been proven to decrease blood pressure in hypertensive patients who are less responsive to medical treatment
- **30 minutes of physical activity a day (equivalent to brisk walking) 6-7 days each week (180 minutes each week) may result in better management or a reduction in one's blood pressure**

PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

Resources to support this claim include, but are not limited to:

"Exercise in Resistant Hypertension: Aerobic Exercise Reduces Blood Pressure in Resistant Hypertension." Hypertension. 2012

"Hypertension." Exercise Testing and Exercise Prescription for Special Cases: Theoretical Basis and Clinical Application. 2005

"Regular Aerobic Exercise Augments Endothelium-Dependent Vascular Relaxation in Normotensive As Well As Hypertensive Subjects" Circulation. 1999

"The effects of aerobic exercise and T'ai Chi on blood pressure in older people: results of a randomized trial." Journal of the American Geriatrics Society. 1999



THANK YOU

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