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Thank you for considering this Cardiac Rehab program! Are you looking for some quick and easy tips for choosing heart-healthy foods? This pamphlet provides an introduction to heart-healthy eating, focusing on adding in more fiber to your eating pattern, eating less sodium, and choosing heart healthy eating patterns.

In the section below, feel free to write down healthy eating ideas you like or that you may think of while reading this pamphlet.

Three Ideas I Could Try

1. _____

2. _____

3. _____

Other Sources to Check Out:

Eating Patterns

- Mediterranean Diet: www.oldwayspt.org
- DASH Diet: www.nhlbi.nih.gov/health-topics/dash-eating-plan

Stress Management and Relaxation (McGrady, 2014)

- Headspace app for guided meditation

References

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- Sodium and Your Health. Sodium Breakup. https://sodiumbreakup.heart.org/sodium_and_your_health?utm_source=SRI&utm_medium=HeartOrg&utm_term=Website&utm_content=SodiumAndSalt&utm_campaign=SodiumBreakup. Accessed March 12, 2018.
- Liu et al. A healthy approach to dietary fats: understanding the science and taking action to reduce consumer confusion. *Nutr J*. 2017;16:53. Doi: DOI 10.1186/s12937-017-0271-4.
- Cyuńczyk M, Zujko K, Zujko M. The importance of the Mediterranean diet in cardiovascular disease. *Prog Health Sci*. 2017;7:105-110. <https://search-proquest-com.une.idm.oclc.org/docview/1989191970?pq-origsite=summon>. Accessed March 12, 2018.
- Salehi-Abargouei, et al. Effects of Dietary Approaches to Stop Hypertension (DASH)-style diet on fatal or nonfatal cardiovascular diseases—Incidence: A systematic review and meta-analysis on observational prospective studies. *Nutr*. 2013;29:611-618. Doi: 10.1016/j.nut.2012.12.018.

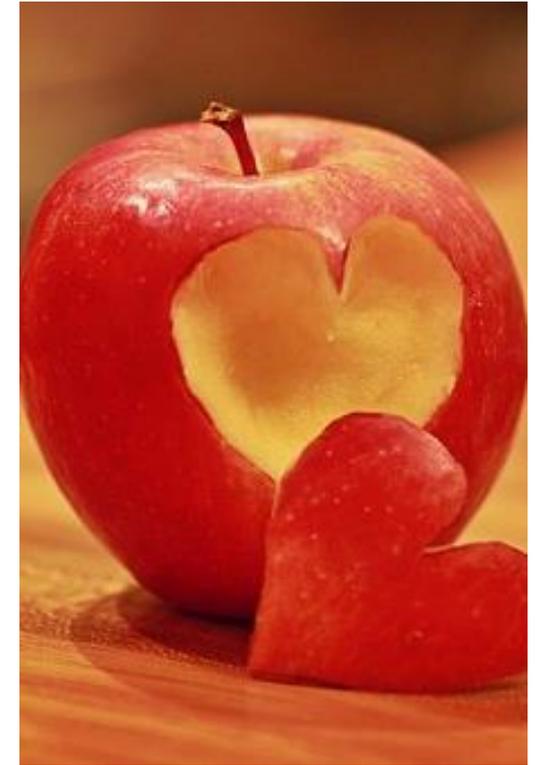


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CARDIAC REHAB: HEART HEALTHY EATING MADE EASY



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Fiber

Eating more fiber could help improve cholesterol levels and blood pressure. (Dahl, 2015)

Here's an idea!

- Wash and cut up fruits and vegetables when you bring them home from the store.
- Keep less healthy snacks in another room or a higher cupboard that is harder to reach.
- Put a handful of salad mix and other vegetables into a small container with a lid for a grab-and-go salad. (Friis et al., 2017)
- Add beans to tacos.

Sodium

Sodium is a mineral that is used in the body. When we eat too much, it causes your body to hold on to extra water, which makes your heart work harder. (heart.org)

77% of sodium we eat comes from packaged, prepared and restaurant foods.

12% of the sodium we eat comes from foods naturally and what we add to foods. (heart.org)

Consider these!

- Take the salt shaker off the table and replace it with a salt-free herb blend, like Mrs. Dash®.
- If you use canned vegetables or beans, always make a point to drain and rinse them before using, or purchase fresh or frozen without extra sauces.
- Rather than buying lunchmeat, buy fresh meat, bake it, grill it, or cook it in a slow cooker and then save it in your refrigerator to use for sandwiches later.



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Heart-Healthy Eating Patterns

Focusing on a heart-healthy eating pattern, like the two listed below, can help lower heart disease risk. (Liu et al., 2017)

The Mediterranean Diet

This eating pattern focuses on eating a lot of plant foods (like vegetables, fruit, bread and cereal products, legumes, nuts and seeds, olive oil, herbs and spices). It also recommends eating moderate amounts of dairy foods, fish, poultry and wine, and eating only small amounts of red meat. (Cyunczyk, 2017)

The DASH Diet (DASH= Dietary Approaches to Stop Hypertension)

This diet can significantly protect against heart disease. (Salehi-Abargouei, 2013) This eating pattern encourages you to eat a lot of fruits and vegetables, low-fat dairy products. It also includes grains, poultry, fish and nuts while limiting saturated fat, red meat and sweets. (Salehi-Abargouei, 2013)

How about this?

- Keep homemade salad dressing in your refrigerator by mixing together 1 cup olive oil, 1/3 cup acid (such as red wine vinegar), 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon ground black pepper