

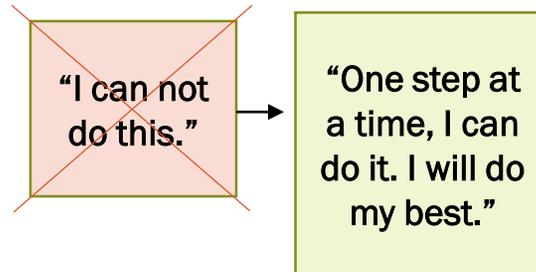
## Healthy Lifestyle:

### Strategies for living well

- Do not smoke tobacco.
- If you drink alcohol, do so moderately.
- Engage in physical activity at least 30 minutes, 4 times a week.
- Choose exercise that you enjoy.
- Listen to your favorite music or podcast to stay motivated.
- When possible, walk instead of drive.
- Avoid known stressors.
- Find healthy ways to manage anxiety.
- Follow a healthy eating plan.
- See your health care professional for regular screenings.
- Keep your blood pressure under control with diet and, if necessary, with medication.
- Only take medications as suggested by your doctor.
- Maintain a healthy weight.
- Get adequate sleep.
- Become educated on a heart-healthy diet.
- Adopt a plant based or Mediterranean diet.
- Eat regular meals and avoid getting too hungry.
- Enjoy food with friends and family, but understand limitations due to health concerns.

## Sticking to Goals:

- Take deep breaths.
- Walk away from a situation, stay calm and give yourself time to think.
- Practice positive self-talk.
- Listen to relaxing music.
- Think of your loved ones.
- Try meditation or prayer.
- Break down large issues into smaller, easy to accomplish tasks.
- Spend at least 20 minutes a day doing something you enjoy.
- Practice volunteering or helping others.
- Find reasons to smile and laugh.
- Use lists to get yourself organized and prioritize goals.
- Access available resources.
- Delegate stress inducing responsibilities when possible.
- Replace negative statements with positive ones.



### References

- (Alpert, 2011)
- (Konerman, Hummel, 2016)
- (Robson, 2009)
- <https://www.mayoclinic.org/healthy-lifestyle>
- <https://www.choosemyplate.gov/healthy-eating-style>
- <http://www.FDA.gov/nutritioneducation>
- <https://healthyforgood.heart.org/>

# Adjusting to life with Heart Disease?



## Develop strategies for healthy living.



<https://www.pexels.com/photo/silhouette-of-women-on-lake-against-sky-248139/>



<https://www.pexels.com/photo/abundance-agriculture-bananas-batch-264537/>

## Healthy Eating:

### How to develop healthy habits

- Read nutrition labels.
- Grocery shop.
- Always choose low-sodium foods.
- Prepare meals at home.
- Get six to nine servings of fresh fruit and vegetables daily.
- Prepare frozen vegetables with no salt.
- Limit calories from saturated fat.
- Completely avoid trans fats.
- Half of grains should be whole.
- Avoid processed food items.
- Drink plenty of water.
- Stay hydrated.
- Keep healthy options in site.
- Keep unhealthy foods out of your home.
- Pack healthy meals on the go.
- Avoid added sugars in foods and drinks.
- Keep low-sodium snacks on hand.
- Choose fat-free or low-fat dairy.
- Eat reasonable portions.
- Put sauces and dressing “on the side,” and use less of them.
- Make homemade dressing like vinaigrettes with no salt.

### Foods to avoid:

- Cold cuts and cured meats.
- Pizza.
- Hot dogs/hamburgers.
- Savory snacks like chips, pretzels, popcorn.
- Simple carbs like white bread, pasta and rice.
- Soups.
- Fried foods.
- Desserts.

## Reducing sodium and increasing potassium intake can help lower blood pressure.



<https://www.pexels.com/photo/food-salad-healthy-summer-33307/>

### Foods that can help you stay on track:

- Leafy greens.
- Red, yellow and orange vegetables.
- Root vegetables.
- Fresh fruit like berries and bananas.
- Broccoli and cauliflower.
- Legumes and bean curds.
- Seafood and white meat.
- Oatmeal and whole-grain foods.
- Olive oil or canola oil.
- Fat-free dairy.
- Unsalted nuts and seeds.
- Dark chocolate.



<https://snaped.fns.usda.gov/older-adult-woman-using-electric-shopping-cart-grocery-store>

## Reading Nutrition Labels:

- **Serving size** tells you the typical amount of that food eaten at one time.
- **Serving per container** tells you how many average servings are in the entire package.
- **Calories** tell you how much energy will be supplied from a serving of the food. A nutrition label will also tell you how much of the foods calories come from fat.
- **% Daily Value** informs us how much of each nutrient is in a serving of the food. This is based on a 2,000 calorie diet. According to your personal goals, you may need to eat more or less than 2000 calories a day. Discuss this with your health professional.
- Each **nutrient** listed gives you the amount in grams that the food contains in one serving. This helps you compare food items so that you can choose lower amounts and percentages of sodium, saturated fat and cholesterol. There is no %DV for trans fat because it should be avoided all together.