

# Tips to Help Manage Your Heart Disease



Heart disease includes a variety of conditions that affect the heart and blood vessels. It is the leading cause of death, but nutrition choices and lifestyle changes can help you manage this condition.

## Is the type of fat in my diet important?

**Yes**, certain types of fats can and should be a part of a heart-friendly eating plan.

### **Avoid saturated fats.**

They are found in red meat and dairy products. These fats may raise overall cholesterol levels and can cause or worsen heart disease.

### **Instead try:**

- Lean cuts of meat
- Low-fat dairy items

**Use unsaturated fats** to help lower cholesterol levels, lower blood pressure and reduce risk of heart disease.

### **They are found in:**

- Avocados
- Fatty fish
- Nuts and seeds
- Plant-based oils (canola, olive, and safflower)

A heart-friendly eating plan should include a variety of foods from each of the food groups. It should also limit total fat, saturated fat and sodium, because too much of these can cause heart disease or make it worse.

## How does fiber intake affect my heart health?

Dietary fiber is a key part of a heart-healthy diet. There are two main types of fiber:

### **Soluble fiber**

- Beans
- Nuts and fruits
- Oatmeal

### **Insoluble fiber**

- Vegetables
- Wheat cereals
- Whole grains

Both are important to the body. Soluble fiber can help control blood sugar and lower cholesterol. Insoluble fiber can help food and waste pass through the body. Most adults should aim to consume 25-35 grams of fiber each day.

**Your eating plan:** \_\_\_\_\_ total grams **FIBER**.

## How does sodium affect my heart health?

Sodium, or salt, is common in many of the foods we eat. It is often used to season and flavor foods. Consuming extra sodium can cause an increase in your blood pressure. Most adults should aim for less than 2,300 milligrams of sodium daily.

**Your eating plan:** \_\_\_\_\_ total grams **SODIUM**.

## Which Mom's Meals® are best if I have heart disease?

Any of our meals can be part of a nutritious eating plan. When you have heart disease, it is important to pay attention to the amount of fats, fiber and sodium that are in the foods you eat. Our heart-friendly meals are marked with a ♥ on our menus and they contain:

- Less than 30% of total calories from fat
- Less than 10% of total calories from saturated fat
- Less than 800 mg of sodium
- A healthy amount of soluble fiber

We also offer lower-sodium meals which are marked with an ✱. These meals contain less than 800 mg of sodium for the entire meal.

Read the nutrition facts panel on the meal tray or side item. Refer to the nutrition insert in your cooler for those sides that do not have a nutrition facts panel.



For more information about heart disease or nutrition, visit: [momsmeals.com/heart-friendly](https://momsmeals.com/heart-friendly), [www.heart.org](https://www.heart.org) and [www.eatright.org](https://www.eatright.org).

✱	DP+	025	Salisbury and Chicken
✱♥	DP+	013	Pasta and Gravy
✱	DP+	137	Chicken

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.

## Helpful Tips:

- ✓ **Get moderate physical activity.** Take a walk after dinner, dance or ride your bike.
- ✓ **Managing Stress.** Try therapy, meditation or physical activity.
- ✓ **Decrease alcohol consumption.**
- ✓ **Quit smoking.** Your medical provider can recommend a plan to help you quit.

Sources: <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>; <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>; [https://health.gov/sites/default/files/2021-08/DGA\\_FactSheet\\_SaturatedFats-07-09\\_508c\\_0.pdf](https://health.gov/sites/default/files/2021-08/DGA_FactSheet_SaturatedFats-07-09_508c_0.pdf); <https://www.fda.gov/media/84316/download?attachment>



Mom's Meals menus are designed to support the nutritional needs of many common chronic conditions.