

Valuable information  
for our customers living  
with heart disease

A warm, candid photograph of a woman with short, wavy blonde hair and a young child with curly brown hair. They are both smiling and looking at each other while sitting on a light-colored sofa. The woman is wearing a dark green sleeveless top with a small white pattern, and the child is wearing a blue and white striped shirt. The background is a softly blurred interior space with wooden furniture and a blue patterned chair.

# Managing Your Heart Disease With Nutrition

## HEART DISEASE

The term “heart disease” includes a variety of conditions that affect the heart and blood vessels. The most common type of heart disease is coronary heart disease (clogged arteries). It can lead to a heart attack. Although heart disease is the leading cause of death, you can reduce your risk and even manage it by making lifestyle changes — like getting the right nutrition.



At Mom’s Meals®, our mission is to improve life through better nutrition at home.

We deliver nutritious, ready-to-heat-and-eat meals to any address nationwide. You have the option to choose every meal, every delivery\*, so you get the nutrition you need from the foods you enjoy most.

\* Post-discharge members may receive a variety of meals based on their dietary preferences.

## What does heart-friendly eating look like?

A heart-friendly eating plan includes a wide variety of foods from all food groups. These foods provide your body with energy and essential nutrients like vitamins, minerals and fiber. This plan should also limit sodium, total fat and saturated fat. When consumed in excess, these may cause or worsen heart disease. Here are some good examples of foods that can be part of a heart-friendly diet:

- Dairy products
- Fish
- Fruits and vegetables
- Lean meats
- Legumes
- Nuts and seeds
- Poultry
- Whole grains

## How does sodium affect my heart health?

Sodium, or salt, is common in many foods we eat. We often use it to season and flavor foods. Consuming extra sodium increases water in your blood vessels. This creates more blood flow and increases your blood pressure. Consuming less sodium may aid in lowering high blood pressure.

The American Heart Association (AHA) recommends getting no more than 2,300 milligrams of sodium per day. Most adults should move toward an ideal limit of no more than 1,500 milligrams per day.

## Are fats part of a heart-healthy diet?

Yes, they are a nutrient your body needs. Saturated and unsaturated are two types of fats in the foods we eat. Dietary fats give your body energy and support cell growth. They help your body absorb nutrients. Fats also offer insulation which helps keep your body warm and protects your organs.

**Saturated fats** can raise overall cholesterol levels and can cause and/or worsen heart disease. These fats are found in red meat, dairy products, baked goods and fried foods. To moderate your intake of saturated fats in your diet, select:

- Lean cuts of meat
- Low-fat dairy items

**Unsaturated fats** are beneficial for your overall health. They are mainly found in plant-based foods. These fats can improve blood cholesterol levels, reduce inflammation, lower blood pressure and reduce your risk of heart disease. Be sure to include these in your diet:

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

## How does fiber intake impact my heart health?

Dietary fiber is a key part of a heart-healthy diet. It can help control blood sugar and lower cholesterol.

### Soluble

- Beans
- Nuts and fruits (like apples, berries, citrus fruits and pears)
- Oatmeal

### Insoluble

- Vegetables (like carrots, celery and tomatoes)
- Wheat cereals
- Whole grains

The Academy of Nutrition and Dietetics recommends getting 25-35 grams of total fiber per day.



## 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.



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

Any of our meals can be part of a nutritious eating plan. It is important to be aware of the amount of sodium and fats in foods when you have heart disease. Our heart-friendly meals are marked with a ♥. They are developed based on the nutritional guidelines of the AHA. These meals contain:

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

We also provide lower-sodium meals (marked with a ↓). These meals contain less than 800 milligrams of sodium for the entire meal.

95300	Gravy, White Rice and V Whole Wheat Bread and Juice ♥ ↓
95259	Beef Goulash over Who Pasta and Seasoned Veg Oatmeal Raisin Cookie ♥ ↓



The good news  
is Mom's Meals  
makes it easy.



Food as medicine is an approach that delivers comprehensive nutrition support to keep individuals well-nourished and independent. It promotes consistent access to evidence-based solutions – delivered with compassion and in collaboration with health care and community partners.

Our heart-friendly and lower-sodium meals use food as medicine as an important part of staying healthy when managing heart disease.

For more information visit:

[momsmeals.com/heart-friendly](https://momsmeals.com/heart-friendly)

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans 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	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

## How do I know the sodium content of a meal or side?

Sodium is listed on the Nutrition Facts panel on the meal tray or extra item.

Refer to the nutrition insert in your cooler for extras that do not have a Nutrition Facts panel.

Contact your health care provider with questions about your heart disease.

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



Sources: <https://www.cdc.gov/heart-disease/prevention/index.html>; <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>; <https://www.eatright.org/health/essential-nutrients/carbohydrates/easy-ways-to-boost-fiber-in-your-daily-diet>