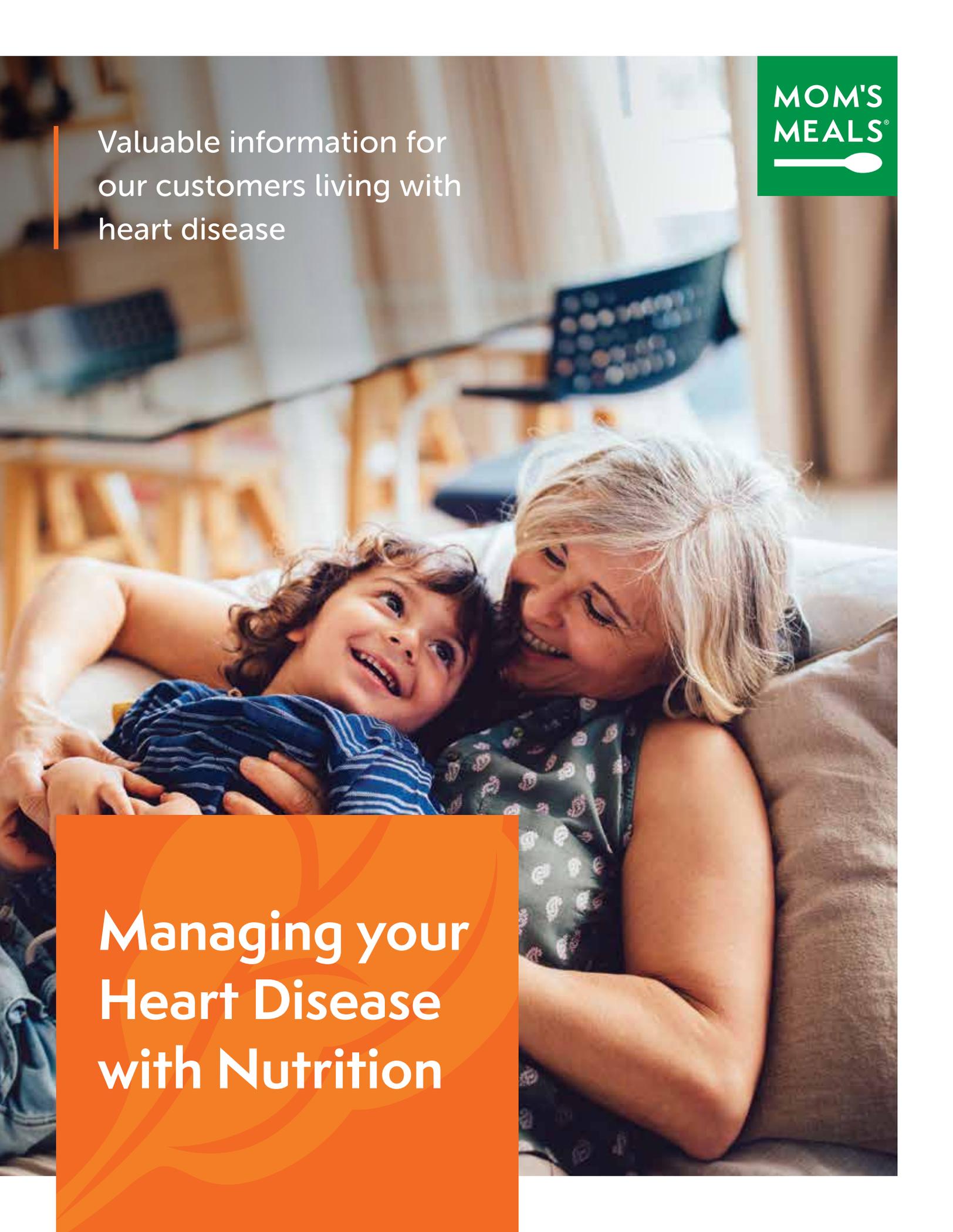




Valuable information for
our customers living with
heart disease

A photograph of a woman with short, wavy blonde hair and a young child with dark, curly hair sitting on a couch. The woman is smiling and looking at the child, who is also smiling and looking upwards. They are in a brightly lit room with wooden chairs and a table in the background.

Managing your Heart Disease with Nutrition

WHAT IS HEART DISEASE?

Heart disease includes a variety of conditions that affect the heart and/or blood vessels. The most common type of heart disease is coronary heart disease (clogged arteries) and it can lead to a heart attack. Although heart disease is one of the leading causes of death in the U.S., you can reduce your risk and even manage it by making lifestyle changes - like getting the right nutrition.

Here are some common questions and answers about heart disease and nutrition.

What does heart-friendly eating look like?

A heart-friendly eating plan includes a wide variety of foods from each of the food groups. These foods provide energy and important nutrients like vitamins, minerals, and fiber. This plan should also limit total fat, saturated fat and sodium. 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:

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

Is the type of fat in my diet important?

Yes, fats can and should be a part of a heart-friendly eating plan. Dietary fats give your body energy and support cell growth. Fats help your body absorb nutrients. They also offer insulation which helps keep your body warm and protects your organs. Many of the foods we eat contain unsaturated and saturated fats.



At Mom's Meals®, we know that better health begins with the very meals we eat. We recognize that everyone's needs are unique and provide nutritious meals at every stage in life. By giving you the option to choose every meal, every delivery*, we empower you with a voice in your care. Our goal is to provide a pathway to help you manage your heart disease.

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

Unsaturated fats. You should focus on foods that contain these fats, they may help lower high blood cholesterol levels. You can find these fats in the following foods:

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

Saturated fats. Watch your intake of these fats. These may raise overall cholesterol levels and can cause and/or worsen heart disease. Saturated fats are found in animal products like meat and dairy items. Moderate your intake of saturated fats by selecting lean cuts of meat and low-fat dairy items.

How does fiber intake impact my heart health?

Soluble fiber can help reduce the amount of cholesterol absorbed in your bloodstream. This can lead to lower cholesterol levels. Soluble fiber is found in foods like:

- Oatmeal
- Pears
- Chickpeas
- Avocados
- Apples

Most adults should aim to consume 25-35 grams of fiber each day. Check the nutrition facts panel on the foods you eat. It lists the specific fiber content to ensure you meet your daily needs.

How does sodium impact my heart health?

Sodium, or salt, is common in many of the 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. Most adults should aim for less than 2,300 milligrams of sodium daily. Again, check the nutritional facts label for sodium content.



Helpful Tips

- ✓ **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.



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



Which Mom's Meals are okay for me to eat?

Any of our meals can be part of a healthy eating plan. They are helpful for those managing one or more health conditions like heart disease. Knowing the amount of sodium and fats in your foods is important when you have heart disease. Our heart-friendly meals which are marked with a ♥ contain:

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

We also provide lower sodium meals (marked with an *). These meals contain less than 800 mg of sodium for the entire meal.

* ♥	013	Spaghetti & Granola
* ♥ V	060	Coconut C... Chocolate C...
* ♥	074	Chicken wit... Oatmeal Rai...

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

Check the Nutrition Facts panel on the meal tray or side item. The side nutritional insert in your cooler also provides this information for items that don't have a nutrition facts panel.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size [259g] Servings 1 Calories 360 Fat Cal. 170	Total Fat 18g	30%	Total Carb. 31g
	Sat. Fat 6g	30%	Fiber 4g	15g
	Trans fats 0g		Sugars 12g	
	Cholest. 45mg	15%	Protein 20g	
*Percent Daily Values [DV] are based on a 2,000 calorie diet.	Sodium 640mg	25%		
	Vitamin A 8%	Vitamin C 10%	Calcium 15%	Iron 10%

We provide you the building blocks for nutritious eating with heart disease. Many of our meals are also low in fat and lower in sodium. This is an important part staying healthy with heart disease.

We hope this information is helpful. Our goal is to help you manage your nutrition plan. Contact your healthcare provider with any questions about your heart disease.

For more information about heart disease or nutrition visit: www.heart.org and www.eatright.org

Sources: <https://www.cdc.gov/heartdisease/about.htm>; https://health.gov/sites/default/files/2021-08/DGA_FactSheet_SaturatedFats-07-09_508c_0.pdf; <https://www.ddcoc.com/blog/increase-fiber-intake-how-to-get-the-recommended-25-35-grams-of-fiber>; https://health.gov/sites/default/files/2021-08/DGA_SodiumFactSheet_2021-05-26_508c.pdf



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your heart disease with Mom's Meals, visit our website at momsmeals.com.

