

Tips to Help Manage Your Heart Disease



Heart disease includes a variety of conditions that affect the heart and/or blood vessels. It is one of the leading causes of death in the U.S. Nutrition choices and lifestyle changes can aid in managing this condition.

Is the type of fat in my diet important?

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

Unsaturated fats. These fats may help lower high blood cholesterol levels. They are found in:

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

Saturated fats. Watch your intake of these fats. They may raise overall cholesterol levels and can cause and/or worsen heart disease. Select lean cuts of meat and low-fat dairy items to help reduce your intake of these fats.

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. Check the Nutrition Facts panel to see how much of each of these items are in the foods you eat.

How does fiber intake impact my heart health?

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

- Oatmeal
- Apples
- Avocados
- Chickpeas
- Pears

Most adults should aim to consume 25-35 grams of fiber each day.

Your eating plan: _____ total grams **FIBER**.

How does sodium impact 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 okay for me to eat?

Any of our meals can be part of a healthy 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 sodium
- Variety 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.

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

Check the Nutrition Facts panel on the meal tray or side item. For items that don't have this facts panel, check the side nutritional insert in your cooler.

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	
	Sodium 640mg	25%		
*Percent Daily Values [DV] are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 10%	Calcium 15%	Iron 10%

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.

For more information about heart disease or nutrition visit:

www.heart.org and www.eatright.org



Mom's Meals 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.