

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, but 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.

Saturated fats are found in red meat and dairy products. These fats may raise overall cholesterol levels and can cause and/or worsen heart disease. To reduce your intake of these fats select:

- Lean cuts of meat
- Low fat dairy items

Unsaturated fats may help lower cholesterol levels, lower blood pressure and reduce risk of heart disease. They are found in:

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

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 when consumed in excess these can cause or worsen heart disease.

How does fiber intake impact my heart health?

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

Soluble fiber

- Oatmeal
- Beans
- Nuts and fruits

Insoluble fiber

- Whole grains
- Wheat cereals
- Vegetables

Soluble fiber can help control blood sugar and lower cholesterol. 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 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 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.

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

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.

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:

- ✓ **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.

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.