

# Tips to Help Manage Your Heart Disease



Heart Disease (or cardiovascular disease) is a range of conditions that affect your heart. A healthy diet and lifestyle are two tools to prevent or control it. Access to nutritious meals (limiting fat and sodium) and learning about this disease will help your long-term health.

## What is sodium?

Sodium is salt. Your kidneys control sodium in your body. They help control your body's fluid balance and muscle function. Extra sodium increases water in your blood vessels creating more blood flow. More blood flow increases your blood pressure. Reducing your sodium reduces your risk of high blood pressure.

The AHA recommends you should eat no more than 2,400 mg of sodium per day. Reducing your daily intake can improve your health and blood pressure.

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

## What is important to know about fats?

Fats can and should be a part of a heart-friendly diet — they help your body in many ways. But the type of fat (there are three groups) makes a difference. Understanding how each type of fat may impact your health is important.

### THE GOOD

#### "Good" fats (unsaturated fats)

- Lower both bad cholesterol (LDL) and the fatty deposits in arteries
- Can help reduce the risk of heart disease and stroke
- Found in liquid oils (canola, olive or safflower oil), fish, avocados and nuts

### THE BAD

#### "Bad" fats (saturated fats)

- Can raise bad cholesterol (LDL) and lower good cholesterol (HDL)
- Limit bad fats
- Found in meat and dairy - choose leaner cuts of meat and low fat or nonfat dairy

### THE UGLY

#### "Ugly" fats (hydrogenated oils and artificial trans fats)

- Raise bad cholesterol (LDL) and lower good cholesterol (HDL)
- Increase your risk of heart disease, stroke and type 2 diabetes
- Found in deep fried food and donuts

## How to manage my heart disease with Mom's Meals?

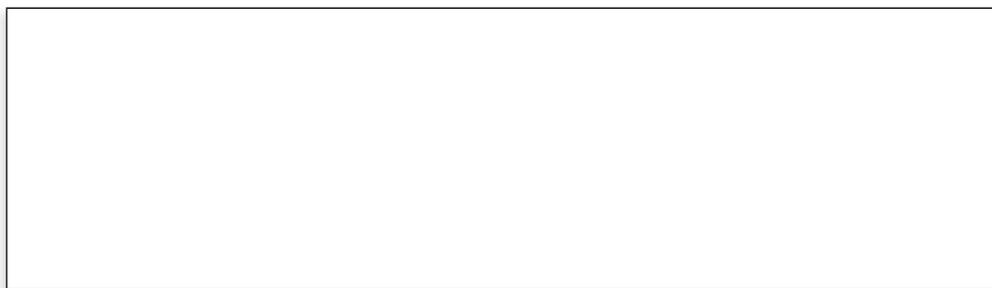
At Mom's Meals, we provide you fully-prepared heart-friendly meals. Our menus offer many lean proteins, fruits, vegetables and whole grains. They contain more of the "good fats" and less of the "bad" fats.

Heart-friendly meals are marked with a ♥. These meals have less than 30% of calories from fat, less than 10% from saturated fat, and less than 800 milligrams (mg) sodium for the entire meal.

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

Lower sodium meals are marked with an \*. They provide less than 800 mg sodium for the entire meal.

The nutrition facts label on the tray lists the amount of sodium and all nutrition facts for the tray only. Nutrition facts for all sides is listed on a sheet inside your cooler.



### Helpful tips:

- ✓ **Eat Plenty of Fiber.** Make half of your plate fruits and vegetables at meals and include more whole grain options in your meals.
- ✓ **Manage Stress.** Exercising and maintaining a positive attitude help you manage stress.
- ✓ **Get Regular Physical Activity.** The CDC recommends engaging in moderate intensity physical activity for at least 150 minutes weekly.
- ✓ **Limit Alcohol and Do Not Use Tobacco Products.**

**For more information visit:**

[www.heart.org](http://www.heart.org) and [www.eatright.org](http://www.eatright.org)

[momsmeals.com](http://momsmeals.com)

