

# Keep Your Heart in Good Health



Welcome to the MANNA program! While our meals are short term, we hope to give you healthy tips that you can use after your services end. A heart healthy lifestyle is important for everyone, no matter your current age or health status. Our team of MANNA dietitians are happy to work with you to find ways to manage your health in a way that works for you!

In this book, you will learn about:

1. How we measure heart health
2. How to limit sodium and saturated fats
3. How to add more fiber into your meals and snacks
4. How to make a few heart healthy recipes



MANNA offers **free nutrition counseling** with our Registered Dietitians over the phone or in-person. Please call us if you would like to set up an appointment.

**Katie:** 215-496-2662 ext. 124

**Danielle:** 215-496-2662 ext. 110

**Emily:** 215-495-2662 ext. 114

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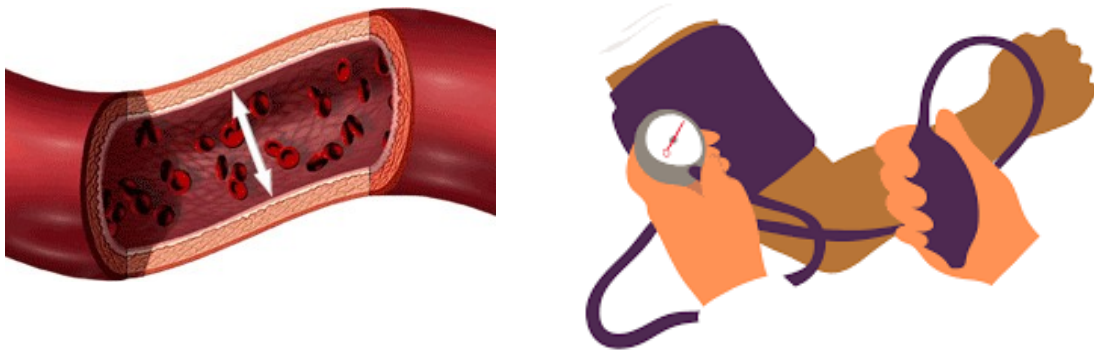
You have nutrition counseling (**over the phone / in-person**) with one of our dietitians, \_\_\_\_\_, on \_\_\_\_\_ at \_\_\_\_\_.

# How Do We Measure Heart Health?

Blood pressure, cholesterol, and triglycerides tell us how well your heart is pumping blood through your body.

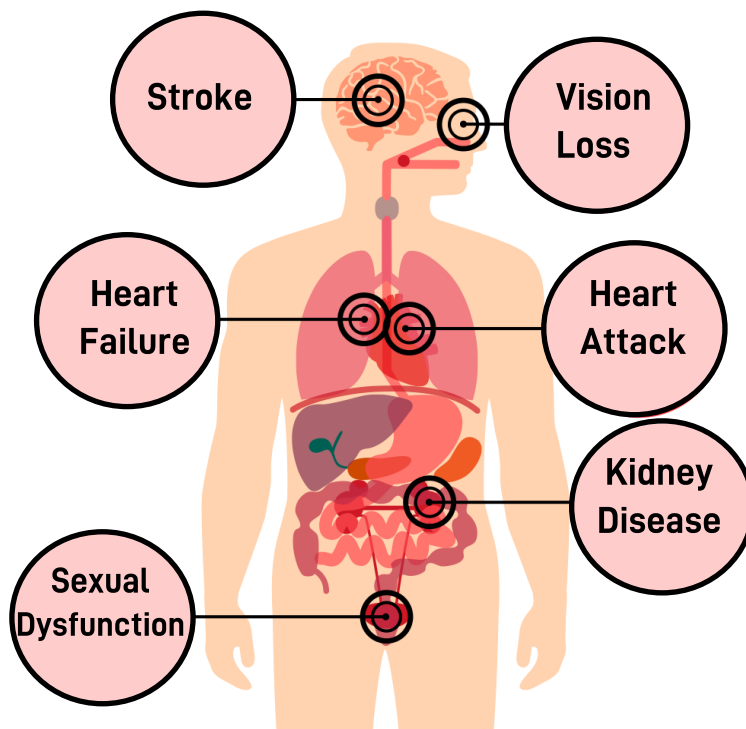
## 1. Blood Pressure

Blood pressure measures the force of blood that pushes against your blood vessels. High blood pressure (hypertension) means the force is higher than it should be. **High blood pressure is a number more than 120/80.**



## High blood pressure and your health

When your blood pressure is high, your body has to work harder to move blood to your organs. This can affect how well your organs work.. Here are some problems high blood pressure can cause:



## 2. Cholesterol

Cholesterol is a waxy substance in the blood. There is one type of cholesterol that is good for your health, and another type that may harm your body.

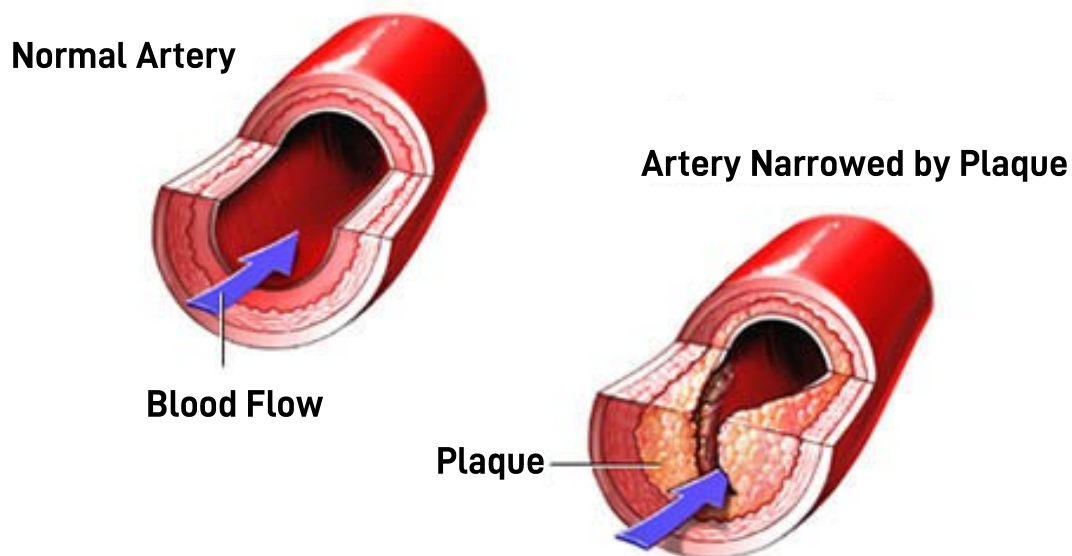
- **LDL-Cholesterol (Bad Cholesterol)** - A high LDL level can make LDL build up in your arteries. This puts you at a higher risk of a heart attack or stroke.
- **HDL-Cholesterol (Good Cholesterol)** - It helps to carry the LDL cholesterol away from your arteries and back to the liver. The liver breaks it down and gets rid of it.

## 3. Triglycerides

Your body makes triglycerides when there is extra energy (calories) in your body from the food that you eat.

### Cholesterol, triglycerides, and your health:

When you have high levels of cholesterol and triglycerides, plaque builds up in your arteries. Plaque in your arteries limits blood flow, which can cause heart attacks or strokes.



**High triglycerides + high LDL cholesterol = plaque in arteries**

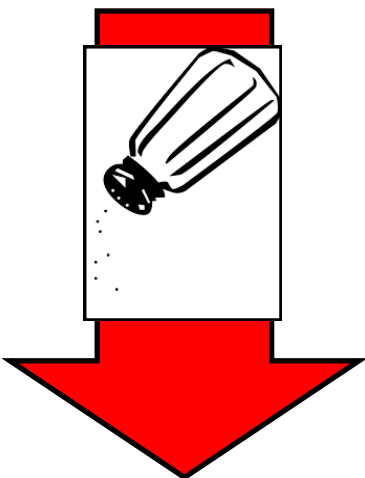
## What do my labs mean?

	Healthy numbers	Unhealthy numbers
<b>LDL (bad) cholesterol</b>	Less than 100	More than 100
<b>HDL (good) cholesterol</b>	More than 40	Less than 40
<b>Triglycerides</b>	Less than 149	More than 149

## Heart Healthy Nutrition

With small changes in your diet, it is possible to change these lab numbers. All of the MANNA meals are heart healthy. A heart healthy diet includes foods that are:

**Low in Sodium**



**Low in Saturated Fat**



**High in Fiber**



The next section will be a review of each of these parts and how they affect your health.

## Sodium (salt)

It is best to limit how much sodium you eat. Sodium causes fluid to build up in your bloodstream. This may raise your blood pressure. Experts recommend eating less than 2300 mg sodium per day, but your doctor may suggest a smaller amount.

**2300 mg is equal to 1 teaspoon of salt per day.**



Here are some tips to reduce sodium in your diet:

- ♦ **Be a curious grocery shopper** - a lot of the salt in our diets comes from packaged foods, like frozen meals, canned soups, jarred sauces, deli meats, and salty snacks. If these packaged foods are part of your diet, read the food labels to see if you are buying low sodium options.

**1.** Always check the serving size first. All other numbers on the food label apply to this serving size. If you are eating twice the serving size, multiply other numbers by 2

**2.** Check the sodium level. You may have to look at a few different products before you find a packaged food that is low in sodium.

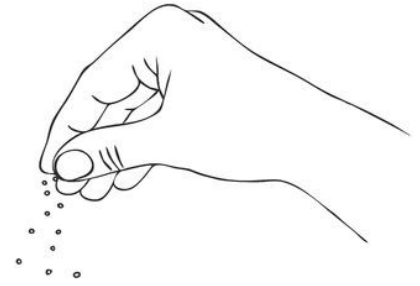
**Low Sodium** = less than 140 mg per serving

**High Sodium** = more than 400 mg per serving

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
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	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Sodium (salt)—continued

- ♦ **Use a small pinch** - Although most of the salt in our diets comes from packaged and restaurant foods, you can lower the amount of salt in your home-cooked foods as well.



- Take the salt shaker off of the dinner table, and try not to use much while cooking. It adds up quickly!
- Be careful with condiments. They have extra salt. Some examples include hot sauce, ketchup, soy sauce, BBQ sauce, and salad dressings. Read food labels and use them in small amounts.



- ♦ **Get creative in the kitchen!** - Skip the trip to the restaurant, and put on your chef hat! In place of salt, experiment with other herbs and spices. Try things like vinegar, lemon juice, or lime juice for strong flavors with no salt. Cook with your kids, spouse, and friends!

### Low Sodium BBQ Sauce

- 1 cup no salt added ketchup
- 1 cup no salt added tomato sauce
- 2/3 cup dark brown sugar
- 2/3 cup apple cider vinegar
- 1/4 tsp. garlic powder
- 1/4 tsp. chili powder
- 1/4 tsp. onion powder
- 1/2 tsp. paprika
- 1/2 tsp. black pepper
- 1/4 tsp. cinnamon



Mix ingredients in a large saucepan over medium heat. Simmer for 20 minutes. Store in the fridge.

### Salt-Free Taco Seasoning Recipe

- 6 tbsp. chili powder
- 2 tbsp. ground cumin
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1 tsp. oregano
- 1 tbsp. dried basil



### Basic Vinaigrette Dressing

- 3 parts oil (olive, canola, avocado)
- 1 part lemon juice or vinegar (apple cider, or balsamic)
- dry or fresh herbs and spices

















## Saturated (Solid) Fat

It is best to limit how much saturated fat you eat. It can increase your LDL (bad) cholesterol, which can lead to plaque buildup in the arteries. It is best to replace saturated (unhealthy) fats with unsaturated (healthy) fats.

You don't need to stop eating all kinds of fat. Instead, choose healthy fats when you can. Here are some changes you can make to eat less saturated fat, along with some heart healthy substitutions.

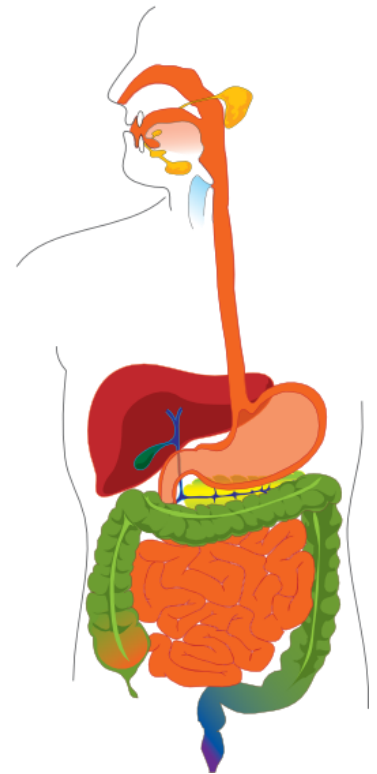
Saturated Fat:		Healthier choices:	
Butter			Olive Oil or Canola Oil
Fried Meat or Fish			Baked Meat or Fish
Chips			Light Popcorn
Mayo			Avocado or Guacamole
Sour Cream			Nonfat Plain Greek Yogurt
Nutella			Peanut, Nut, or Seed Butter

# Fiber

Fiber is good for you! It is a part of plant foods that your body cannot break down easily. It forms a gel and moves very slowly through your GI tract, and it takes some cholesterol with it. This stops the cholesterol from going back into your bloodstream. Fiber also prevents constipation, especially when you are also drinking water.

**A high fiber diet lowers LDL (bad) cholesterol**

A heart healthy diet has a lot of fiber. Here are some tips to help you eat more fiber:

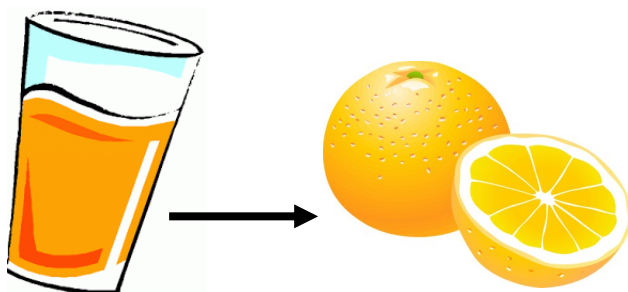


**Make half of your plate vegetables:** use canned, frozen, and fresh vegetables



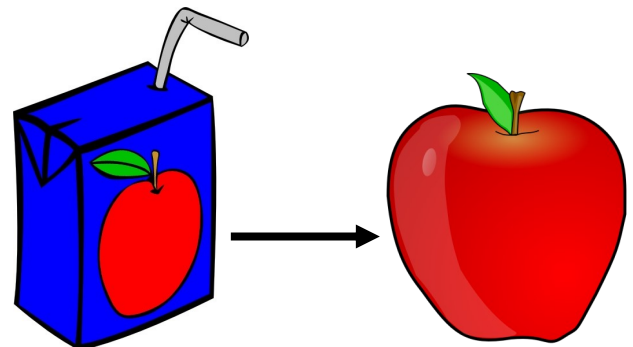
- Mix frozen vegetables into stir fry and casseroles
- Rinse canned vegetables and add them to soups and salads
- Eat fresh vegetables raw in a salad, or roast them for more flavor

**Choose whole fruits instead of fruit juices:** Try canned, frozen, dried, and fresh fruits. A lot of the fiber in fruits, like apples and grapes, comes from the skin.



0 grams of fiber

3 grams of fiber



0 grams of fiber

4.4 grams of fiber



## Fiber (cont.)

**Choose whole grains over refined grains**—whole grains can be found in fresh and packaged foods

**Fresh Whole Grains:** these are naturally high in fiber!



Oatmeal



Brown Rice



Barley



Corn & Popcorn



Quinoa

**Packaged Whole Grains:** These include bread, pasta, tortillas, cereals, and crackers. Food labels can be tricky, so here are some tips for finding out which are sources of whole grains.

Look for these words on the ingredients list:

- "whole wheat",
- "whole rye"
- "whole corn meal"
- "100% whole grain".



Watch out for these words, as they are not always made with whole grains:

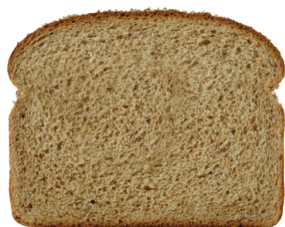
- "multigrain"
- "enriched wheat flour"
- "7 grains"
- "100% wheat"



Example:

### 100% Whole Wheat Bread:

3 g fiber



**Ingredients:** Whole wheat flour, water, sugar, bulgur wheat, whole wheat, wheat gluten, yeast, soybean oil, salt, fermented whole wheat flour, calcium propionate, sorbic acid, grain vinegar, acetic acid, lactic acid, soy lecithin

The first ingredients on the list make up most of the food. The honey wheat bread doesn't list "whole wheat" until the end of the ingredient list. Enriched flour (not whole wheat) makes up most of this bread.

### Honey Wheat Bread

Less than 1 g fiber



**Ingredients:** Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, honey, whole wheat flour, wheat gluten, yeast, sugar, wheat bran, soybean oil, salt

By Emma Leister MS, RDN, LDN

## Experiment with plant-based proteins

Although meat might be a staple on your plate, animal products (chicken, beef, pork, fish) do not have fiber. Try to have a few meatless meals each week, and experiment with plant-based proteins instead!

### Soup



Add beans and lentils to a vegetable soup or chili

### Sandwiches



Hummus and vegetables on a whole wheat wrap make a great lunch on the go!

### Stir Fry



Mix frozen or fresh vegetables with brown rice, soy beans (edamame), and some light soy sauce!

### Roasted Chickpeas (Garbanzo Beans) Recipe

#### Ingredients:

- 1 15 oz can chickpeas
- 2 tablespoons olive oil
- Seasonings of your choice—garlic powder, pepper, cumin



#### Directions:

1. Preheat oven to 450 degrees.
2. Drain and rinse chickpeas. Blot them with a paper towel to dry them.
3. Add oil and seasonings, and spread on a baking sheet. Bake for 30-40 minutes.

### Salad



Add black, pinto, or kidney beans to a vegetarian taco

### Snacks



Make your own trail mix with unsalted seeds and nuts mixed with dried fruit