



HYPERTENSION & CARDIAC

NUTRITION GUIDE

YOUR GUIDE TO HEALTHY EATING

Talk to your doctor or healthcare provider before eating these meals to make sure they are right for you. If you are having an allergic reaction, seek emergency medical attention.





Healthy eating can reduce the risk of developing chronic diseases such as hypertension, diabetes, and heart disease. If you have a chronic disease, eating well can help to manage the disease.

BETTER HEALTH STARTS WITH HEALTHY EATING

Eating is important, even when you don't feel like it. Food provides nutrients your body needs.

- Eat breakfast
- Do not skip meals
- With age, you may feel less thirsty. Drink water often. Milk and 100% fruit juice helps you stay hydrated.
- Drink 1 cup of water with every cup of caffeinated or alcoholic beverage.
- Eat protein at each meal. Protein builds and repairs tissues and helps you fight infection.

Talk with your doctor if you're having trouble eating, are losing weight without trying, or have a change in bowel habits.

3 STEPS TO READING A FOOD LABEL

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>%Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*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.

Serving Size and Calories

Look at the serving size, the number of servings, and the number of calories per serving. A package may look like one serving but could actually contain two or more servings. The recommended total daily calorie intake for an average adult is 2,000.

Heart Health

Keep numbers in this section low for a healthy heart. For most people, limit saturated fat to 20g per day and cholesterol to 200mg per day.

Is this Food Nutritionally Valuable?

Vitamins and minerals are listed on the food label to help us decide if a food contains important nutrients. If a food has 5% of the Daily Value or less, it is low in that nutrient. If it has 20% or more, it is high in the nutrient. Dietary fiber helps lower cholesterol, helps control blood sugar, and keeps our digestive tracts on the move. Increase fiber intake slowly and drink plenty of water.

WHAT'S IN A HEALTHY EATING PATTERN?

The *2020–2025 Dietary Guidelines* have basic recommendations for a healthy eating pattern.

It includes foods like:

Fruits

Especially whole fruits, such as apple, orange, bananas, grapes, strawberries

Vegetables

A variety of vegetables—dark green, red and orange, legumes (beans and peas), starchy and other vegetables

Protein

A variety of protein foods, such as beef, chicken, pork, fish

Dairy

Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages

Grains

At least half of which are whole grains, such as brown rice, oatmeal, whole wheat bread, whole grain cereal

Oils

Including those from plants (such as canola, corn, olive, peanut, safflower, soybean and sunflower) and in foods (such as nuts, seeds, seafood, olives and avocados)

It has limits on:

Saturated & Trans Fats

Limit saturated fats to less than 10% of daily calories and keep trans fat intake as low as possible

Added Sugars

Limit to less than 10% of daily calories

Sodium

Limit to less than 2,300 mg a day

Alcohol

Limit to no more than 1 drink per day for women and no more than 2 per day for men



Goals

Sodium

Carbs

Sugar

Potassium

Phosphorus

NUTRITION EDUCATION CALENDAR

Hypertension

Cardiac

Program Enrollment	Your Guide to Healthy Dining + Hypertension Diet Guidelines	Your Guide to Healthy Dining + Cardiac Diet Guidelines
#1	Changing Your Eating Habits Can Be Challenging	Changing Your Eating Habits Can Be Challenging
#2	When Improving Your Eating Habits	When Improving Your Eating Habits
#3	Tip To Reading A Nutrition Label	Tip To Reading A Nutrition Label
#4	Shrink Sodium	Shrink Sodium
#5	Blood Pressure Levels	Blood Pressure Levels
#6	Blood Pressure Readings	Blood Pressure Readings
#7	Heart Healthy Shopping Tips #1	Heart Healthy Shopping Tips #1
#8	Heart Healthy Shopping Tips #2	Heart Healthy Shopping Tips #2
#9	Understanding Sodium Claims	Understanding Sodium Claims
#10	Understanding Saturated Fat Claims	Understanding Saturated Fat Claims
#11	Lower My Bad Cholesterol	Lower My Bad Cholesterol
#12	Lower Your LDL-C (Bad Cholesterol) with Plant Sterols	Lower Your LDL-C (Bad Cholesterol) with Plant Sterols
#13	Control Your Weight	Control Your Weight
#14	Better Eating Out	Better Eating Out
#15	10 Best Low-Sodium Foods	10 Best Low-Sodium Foods
#16	Lower Your Triglycerides	Lower Your Triglycerides
#17	Ways to Lower Your Sodium	Ways to Lower Your Sodium
#18	Eating the DASH Way	Eating the DASH Way
#19	Healthy Blood Pressure Checklist	Healthy Blood Pressure Checklist
#20	Stocking Your Heart-Smart Kitchen	Stocking Your Heart-Smart Kitchen
#21	6 Questions to Ask Your Doctor	6 Questions to Ask Your Doctor
#22	Healthy Snacking	Healthy Snacking
#23	Boost Your Fiber	Boost Your Fiber

CHANGING YOUR EATING HABITS CAN BE CHALLENGING

These are some tips that can help you improve your eating habits.

WHEN EATING...

- Focus on your meal.
- Sit at a table when possible.
- Remove distractions such as television because they can cause you to eat more than planned.
- Use a smaller plate to help with portion control.

EAT A VARIETY OF FOODS...

- Eat foods from each food group according to your diet.
- Fruits and vegetables should cover half of your plate.
- Select non starchy vegetables such as carrots, leafy greens, and broccoli.

Adapted from eatright.org

WHEN IMPROVING YOUR EATING HABITS...

CHOOSE HEALTHY CARBOHYDRATES

- Select carbohydrates that are high in fiber.
- Examples of high fiber carbohydrates are oatmeal, brown rice, beans, whole fruits, and whole wheat breads.

CONTROL YOUR SALT INTAKE

- Cutting salt from your diet can help control high blood pressure.
- Remove the salt shaker from your table.
- Replace salt with pepper, herbs, or seasoning.
- Prepare more meals at home rather than eating out.
- Avoid processed frozen foods and canned goods. Use as many fresh ingredients as possible.
- If you use canned vegetables, rinse them first.

GREAT TIPS FOR READING A NUTRITION LABEL

TIP #1 Read the Label

It's best to choose foods that contain only lower amounts of sugar, sodium, and fat.

TIP #2 Check the Number of Servings

Sometimes packaged foods appear to contain a single serving, but they may contain two (2) or more servings.

You should know the number of servings in a package to avoid over eating.

TIP #3 Look for Hidden Sodium

Check the label to see how much sodium is in a single serving.

People who have hypertension should consume less than 1500 mg of sodium per day.

SHRINK SODIUM

CHOOSE WISELY

- The more fresh vegetables you eat that don't contain sodium, the better. Most fruit and vegetables are naturally low in sodium.
- Low sodium grain foods, protein foods, and dairy foods are also healthy choices.
- Another great reason to eat more fresh fruits and vegetables is that they are rich in potassium.
- Did you know that potassium and sodium are linked? The CDC states, "Eating enough potassium each day can help balance out some of the harmful effects that high sodium intake can have on blood pressure."

USE THE LABEL

- The Nutrition Facts label tells you how much sodium is in a single serving.
- Use the Nutrition Facts label to compare the sodium content of foods and select the product with less sodium.

Adapted from foodandhealth.com

BLOOD PRESSURE LEVELS

BLOOD PRESSURE normally rises and falls throughout the day. But if your blood pressure stays high for a long time, it can damage your heart and lead to health problems.

Check your blood pressure regularly to know what your normal levels are. Talk to your doctor if you have questions about your blood pressure.

Normal Blood Pressure

<120/80 mmHG

At Risk or Prehypertension

120/80 mmHG–139/89 mmHG

High Blood Pressure

140/90 mmHG or more

Dangerously High

Above 180/20 mmHG
Seek immediate medical attention

BLOOD PRESSURE READINGS

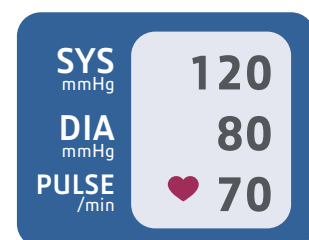
Readings consist of two numbers. Use the explanation below to understand your blood pressure.

The **FIRST OR TOP NUMBER** of a blood pressure reading:

- Is called systolic blood pressure
- Represents the pressure in your blood vessels when your heart **beats**.

The **SECOND NUMBER** of a blood pressure reading:

- Is called diastolic blood pressure
- Represents the pressure in your blood vessels when your heart **rests**.



HEART HEALTHY SHOPPING TIPS

PART 1

- Shop for foods that do not have a lot of sodium, saturated fat, or added sugar.
- Work with your doctor and dietitian to learn your goals for calories, saturated fat, and sodium.
- Use the Nutrition Facts label to help you choose foods that keep you on target.

TIP #1 FRUITS & VEGETABLES

- Fresh fruit and vegetables do not have added fats, sugar, or sodium.
- When you buy frozen, canned, or dried fruits and vegetables, choose products without added sugar or sodium (salt).

TIP #2 BREADS, CEREAL & GRAINS

- Choose products made from whole grains and are high in fiber.
- Look for products with whole grain listed a first ingredient.
- Cereals with 5g or more fiber per serving are best.

HEART HEALTHY SHOPPING TIPS

PART 2

TIP #3 MILK & DAIRY

- Choose nonfat or low fat types.
- Look for cheeses that are low in saturated fat and sodium.

TIP #4 MEATS & OTHER PROTEINS

- | | |
|-------------------|---|
| Poultry | Egg Whites |
| Fish | Dried Beans |
| Lean Beef | Soy Products |
| Lean Pork | Quinoa |
| Lean Cuts of Lamb | Other Vegetable Proteins including Nuts/Nut Butter (Like Peanut Butter) and Seeds |

TIP #5 OTHER FOODS

- Canned soups, pasta sauces, and prepackaged or frozen dinner entrees and side dishes are typically high in sodium.
- Shop for snacks that are free of trans fat or partially hydrogenated oil.

DID YOU KNOW?

Tomato Juice

Each 8-ounce glass of regular tomato juice can contain

615mg of sodium

Adapted from *The Academy of Nutrition and Dietetics*



UNDERSTANDING SODIUM CLAIMS

To meet your daily sodium goal, know the following definitions for nutrient content claims for sodium:

Sodium Free or Salt-free = Less than 5 milligrams sodium

Very Low Sodium = 35 milligrams of sodium or less

Low Sodium = 140 milligrams of sodium or less

Reduced Sodium =
At least 25% less sodium than the original product

Light in Sodium =
At least 50% less sodium than the original product

UNDERSTANDING SATURATED FAT CLAIMS

To meet your daily saturated fat goal, know the following definitions for nutrient content claims for saturated fat:

Saturated Fat Free = Less than 0.5 grams saturated fat and less than 0.5 grams trans fatty acids

Low in Saturated Fat = 1 gram or less saturated fat & no more than 15% calories from saturated fat

Reduced Saturated Fat = At least 25% less saturated fat than the original product and reduced by more than 1 gram of fat

Adapted from The Academy of Nutrition and Dietetics



HOW CAN I LOWER MY BAD CHOLESTEROL (LDL-C)?

DECREASE Saturated Fat & Trans Fat By...

- Limiting Saturated Fat to no more than 10% of your daily calories.
- Replacing saturated fats with heart healthy polyunsaturated or monounsaturated fats to lower your cholesterol.
- Aiming for Zero trans fat

LIMIT these Foods High in Cholesterol such as ...

- Egg Yolks
- Meats
- Cheeses

INCREASE Fiber in Your Diet By...

- Eating 5 servings of fruits & vegetables each day.
- Making at least half of the grains that you eat whole grains like whole wheat bread and pasta, & brown rice.
- Focusing on sources of soluble fiber like oats, beans, barley, pears, mangos, & brussels sprouts.

DID YOU KNOW?

Lunch meat and cheese sandwiches can contain up to

1,000mg of sodium

Examples:

522 mg/ 2 oz Turkey lunch meat

282 mg 1 slice American Cheese

244 mg for 2 slices white bread

DID YOU KNOW?

A typical TV dinner can contain as much as

1,800mg of sodium

Be sure to check the food labels to make sure it fits within your sodium goals for the day.

YOU CAN LOWER YOUR LDL-C (BAD CHOLESTEROL) WITH PLANT STEROLS

FOODS THAT CONTAIN PLANT STEROLS ARE...

- Vegetables
- Fruits
- Wheat Germ
- Whole Grains
- Beans
- Lentils
- Sunflower Seeds
- Vegetable Oils

HOW MUCH PLANT STEROLS DO I NEED?

- Eating at least **2 grams** (2,000 mg) of plant sterols each day may lower your LDL-C by **5% to 10%**.



CONTROL YOUR WEIGHT

Smart Snacking

Calories from snacks, especially from packaged foods, can add up quickly and lead to weight gain over time.

A fruit or vegetable plus a protein, like peanut butter or hummus, is a great way to keep snacks low calorie and still satisfy your hunger between meals.

Moderate Serving Sizes

Avoid large portions & second helpings.

Eat 3 Meals per Day

Skipping meals often results in overeating at the next meal.

Mindful Eating

Keep distractions to a minimum while eating and focus on your food.

Stop eating when you are satisfied.

Avoid eating to satisfy an emotion.

Adapted from patienteducation.osumc.edu

BETTER EATING OUT

Plan ahead to make smart selections at the restaurant.

Main Dish

- Skinless poultry, fish & meat-free options are better choices
- Limit red meat
- Broiled, baked, grilled, steamed or poached are best cooking methods

Sides

- Steamed vegetables
- Request sauces and butter be left off
- Avoid fried items

Salads

- Low-calorie and salt-free or very low sodium salad dressing
- Lemon is an excellent dressing

Other

- Be mindful of portion sizes as restaurants often have large servings

Adapted from The American Heart Association

10 BEST LOW SODIUM FOODS

Fresh Fruits

Naturally delicious and salt free!

Fresh Vegetables

Naturally delicious and salt free!
Select in season for variety.

Frozen Vegetables

All the convenience of canned
without the salt.

Brown Rice

Cooks easily in a rice cooker.

Whole Grain Pasta

Adds fiber to your meal; usually
has no added salt.

Oatmeal

Cooks quickly and you don't need
to add salt.

Flavored Vinegars

Comes in fun colors; adds a lot of
flavor with no sodium.

Frozen Artichokes

All the flavor of artichokes without
the added salt of canned versions.

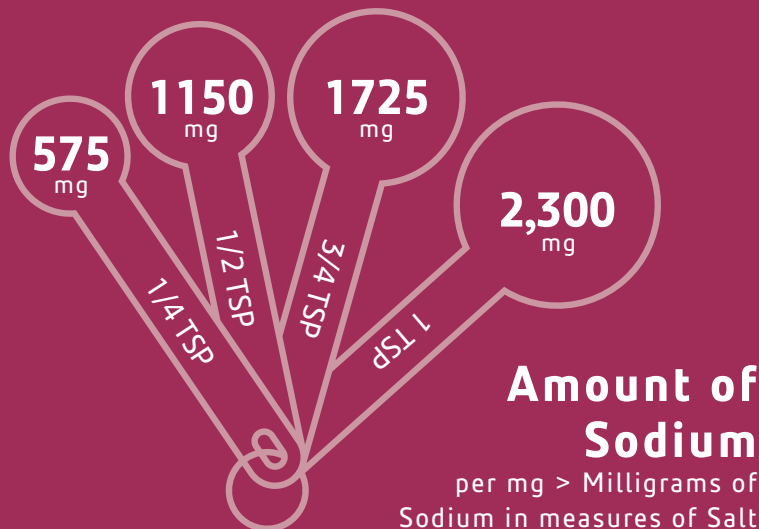
Nut Butter

Select brands without salt.

Fresh Fish

Quick cooking; no added sodium.

*Adapted from The American
Heart Association*



LOWER YOUR TRIGLYCERIDES

Consume no more than 10% of your calories from saturated fats. Examples of foods high in saturated fats are:

Fatty Beef	Lard & Cream
Lamb	Butter
Pork	Cheese
Poultry with Skin	Dairy Products Made from Whole or Reduced Fat (2 %) Milk
Beef Fat (Tallow)	

Use heart-healthy polyunsaturated or monounsaturated fats such as sunflower oil, corn oil, soybean oil, olive oil, canola oil, peanut oil, safflower oil, and sesame oil instead of saturated fats.

Do not consume foods with trans fats. Read the nutrition label to omit foods with trans fats.

Eat unrefined carbohydrates because they contain fiber. Examples include brown rice, whole wheat pasta, fruits & vegetables.

Limit added sugars because your body converts extra sugar to triglycerides.

Remember to read the Nutrition Label on ingredients. This label lists the Saturated Fat and Trans Fat content.

Adapted from patienteducation.osumc.edu

WAYS TO LOWER YOUR SODIUM

- Switch from using deli meats to low sodium tuna and roasted chicken.
- Limit cured meats such as sausages and hot dogs.
- Use low-sodium bread or use less bread.
- Cook rice and pasta without added salt.
- Switch to pasta sauce without added salt or add no salt added tomato sauce.
- Use no salt added condiments like salt free ketchup, and low-sodium mayonnaise.
- Beware of mustard and soy sauce which are high in sodium.
- Use vinegar instead of bottled dressings.
- Make your own soup. Canned soup is high in sodium.
- Avoid or limit convenience meals such as boxed mixes, frozen dinners, canned foods & prepackaged cookies & muffins.
- Eat more meals at home.
- Eat more fresh or frozen fruits and vegetables.
- Use cheese very sparingly.
- Watch out for salty snacks.
- If you use canned foods, rinse them first to remove some of the sodium.



TIPS ON EATING THE DASH WAY

- Start small. Make gradual changes in your eating habits
- Plan a minimum of three meals a day.
- Center your meals around whole grains such as brown rice or whole wheat pasta, beans, and vegetables.
- Treat meat as one small part of the whole meal instead of the focus. When you do use meat, choose lean cuts. Limit meat, poultry and fish servings to the size of a deck of cards.
- Have 2–3 vegetables at lunch and dinner.
- Eat calcium-rich foods several times a day.
- Reduce the amount of fat added to your food.
- Cook with less fat, purchase lower fat foods, & make better menu choices.
- Reduce sodium/salt intake.
- Purchase lower sodium foods, skip the salt when cooking and at the table; beware of restaurant choices!
- **Try some vegetarian meals** several times a week.
- **Use salt-free nuts** for snacks occasionally.
- **Read labels** and look for sodium, fiber, and fat.

STOCKING YOUR HEART-SMART KITCHEN

Fruits and Veggies

For a wide range of nutrients, go for a colorful medley of fresh produce. You can also stock up on fruits and vegetables that are frozen, canned or dried. Look for products that don't have added sodium, fat or sugar.

Whole Grains

Select whole grain bread, pasta, tortillas, and breakfast cereals. Also embrace: brown rice, wild rice, bulgur, quinoa, and oatmeal.

Lean Proteins

Smart choices include skinless poultry, seafood, and lean cuts of other meats, such as round or loin. Salmon and trout are good fish options. Try meatless options like beans, tofu, or unsalted nuts and seeds.

Low-Fat Dairy Products

Go fat-free or low fat when it comes to milk, cheese, yogurt, and other dairy choices.

Healthy Oils

Reach for unsaturated, heart healthy vegetable oils, such as olive, canola, corn, safflower or sunflower. But remember, they're still high in calories so use them sparingly.

Adapted from United Healthcare

HEALTHY BLOOD PRESSURE CHECKLIST

- Check your blood pressure regularly.
- Monitor your weight.
- Get enough exercise.
- Substitute and shop smart to lower your sodium intake.
- Learn the principles of the DASH diet and plan meals around vegetables, fruits, and whole grains, with a bit of lean protein and low fat dairy thrown in too.
- Drink alcohol in moderation or not at all.
- If you smoke, quit.

Adapted from Food and Health Communications



DID YOU KNOW?

Sports Drinks

Formulated for rehydration, but can contain between

100mg and 225 mgs
of sodium per 8 ounces of liquid

6 QUESTIONS TO ASK YOUR DOCTOR

Here are some important heart health questions you might ask your doctor.

Take this list with you to your next checkup.

- What should my **blood pressure** be? How often should it be checked?
- What should my **cholesterol and triglyceride levels** be? How often should they be checked?
- What's a **healthy weight** for me?
- Should I be **screened for diabetes**? What should my blood sugar level be?
- What **lifestyle changes** would you recommend for me?
- Can you suggest any **resources** that could help me **lose weight or stop smoking**?

Adapted from United Healthcare

HEALTHY SNACKING

Snacks are okay if they are a smart food choice.

Here is a list of a few ideas for healthy snacking:

- **Avoid “empty calories.”** These are foods and drinks that contain few nutrients but are packed with calories. Some examples are chips, sodas, alcohol, and cookies.
- 1 ounce of cheese with some whole grain crackers
- Low fat or fat free yogurt
- Low-fat popcorn
- Fruit
- Raw vegetables
- If you want chips, do not eat from the bag. Count out a serving and put the bag away.

Adapted from www.nia.nih.gov/Go4Life



BOOST YOUR FIBER

Choose to eat more fruits and vegetables.

Include more whole pieces of fruits and vegetables rather than juices or canned varieties.

Use high-fiber cereals to extend entree items.

Use oatmeal or crushed bran cereals in meatloaf, burgers, and casseroles.

Choose whole-grain products frequently.

Select bread products that have whole wheat listed as the first ingredient on the package label.

Use barley and legumes more often.

Add barley to soups, casseroles and side dishes. Use beans or legumes in soups, salads, casseroles, dips and sandwich fillings.

Use whole wheat flour or oat flour in your baking.

Substitute up to $\frac{1}{3}$ oat flour for the all-purpose flour in your cookies, muffins, and other baked goods. Try using $\frac{1}{2}$ whole wheat flour and $\frac{1}{2}$ all-purpose flour in all your favorite recipes.

Increase your water intake.

To avoid constipation, be sure to drink plenty of fluids with your fiber intake.

Adapted from University of Wisconsin Extension Services



5 HEART HEALTHY FOODS

Salmon

The omega 3 fatty acids found in fatty fish like salmon and tuna are protective to the heart.

Omega 3s can lower triglyceride levels, reduce the risk of blood clots and heart attacks, and lower blood pressure.

Walnuts

The unsaturated fat that is found in nuts can help lower cholesterol and lower LDL production in the body.

Oatmeal

The soluble fiber in oatmeal helps regulate blood sugar levels and carry extra cholesterol out of the body.

Spinach

The potassium found in spinach can help lower blood pressure levels; spinach is also a good source of fiber to help regulate blood sugar levels.

SOY

Soy can help reduce bad cholesterol, and soy protein can replace some of the saturated fats found in meats and dairy products.

Adapted from eatright.org



Meals on Wheels
OF RHODE ISLAND

70 Bath Street
Providence, Rhode Island
02908
(401)351-6700