

Women's *Heart Advantage*

Heart Healthy Information: Heart Healthy Diet

Here are some general diet guidelines to help keep your heart healthy:

- Your diet should include a variety of whole grains, fruits, vegetables, low fat or nonfat dairy products, fish, legumes, lean poultry and meats.
- Do not eat more calories than your body needs to maintain a healthy weight.
 - To lose weight, you need to cut calories and increase your level of activity.
 - One pound equals 3,500 calories.
 - A healthy weight loss is 1 to 2 pounds per week. To achieve this, you need to reduce your intake by 500 calories per day.
 - See the chart below to determine your caloric needs:
- Reduce use of saturated fat and cholesterol (animal fats).
- Use limited amounts of unsaturated fats. Use monounsaturated fat such as olive and canola oils & cashews, and/or polyunsaturated fat such as sunflower, corn, safflower, soy bean oils, and walnuts and pecans.
- Reduce use of products made with hydrogenated or partially hydrogenated vegetable oils such as margarine, cookies, cakes and donuts. Read the ingredients carefully.
- Limit salt, sugars and sweets.
- Limit alcohol consumption.
- Eat three to six small meals per day.
- Eat high fiber foods including fruits, vegetables, beans and whole grains.

(Body Weight x Activity Level = calories needed to maintain current weight)

*Example: 135 pounds x 12 calories = 1,620 calories/day to maintain weight

Level of Activity	Calories Needed per Pound per Day
Inactive (couch potato)	10
Active (housework, gardening)	12
Very Active (exercise five times a week)	14
Extremely Active (trained athlete)	16

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Santa Cruz
Medical Foundation

A Sutter Health Affiliate

Women's Heart Advantage is an educational program sponsored by the doctors, nurses and hospitals of Sutter Health to raise awareness of women's heart disease, risk factors, early detection, and treatment. This information is provided to help you understand how certain factors can affect your chances for heart disease and how to help control them. For more information, visit www.hearts.sutterhealth.org.

General Serving Guidelines For Women (For 1,600 Calories/day)

Type	Servings/Day	What is a serving
Bread, Cereal, Rice, Pasta	6	1 slice of bread, 1/2 bagel, 1oz. dry cereal, 1/2 cup cooked cereal, rice or pasta
Vegetables	3	1/2 cup cooked or chopped raw vegetables 1 cup raw leafy vegetables 1 medium potato
Fruits	2	1 fist sized piece of fresh fruit, 3/4 cup juice, 1/2 cup canned fruit
Dairy (low fat/nonfat)	2-3	1 cup milk/yogurt, 1-1/2 oz. cheese, 1/2 cup cottage cheese
Meat, Fish, Poultry, Beans, Eggs	2	2-3 oz. cooked lean meat—size of deck of cards 2 Tbsp. peanut butter 1 egg 1/2 cup cooked beans
Fats (mayonnaise, oil, butter)	4	1 tsp.

Read food labels

Reading the food label can help you choose healthy foods. Here are some tips on how to use labels to choose foods low in saturated fat and cholesterol.

• **Free**

This claim means that a food contains no amount (or very small amount) of these nutrients: fat, saturated fat, cholesterol, sodium, sugar and calories.

• **Low**

This claim can be used on all foods that can be eaten often without going over the limit for one or more of these nutrients: saturated fat, cholesterol, fat, sodium and calories.

- ♥ Low-saturated fat = 1 gram or less per serving
- ♥ Low fat = 3 grams or less per serving
- ♥ Low-cholesterol = 20 mg or less per serving
- ♥ Low-sodium = 140 mg or less per serving
- ♥ Low-calorie = 40 calories or less per serving

Other words that mean “low” include: “little,” “few,” and “low source of.”

- **Light in sodium.** Fifty percent less sodium than the regular version.
- **Lean and extra lean:** These claims can be used to describe the saturated fat and fat content of meat, poultry, seafood and game meats.
- ♥ **Lean:** Less than 10 grams of total fat and 4.5 grams or less of saturated fat, and less than 95 mg of cholesterol per serving.
- ♥ **Extra lean:** Less than 5 grams of total fat, less than 2 grams of saturated fat, and less than 95 mg of cholesterol per serving.

Serving size is also very important. Read the food label to understand the recommended serving size and the number of servings. Here are some easy ways to remember healthy portion sizes:

- Your fist = a cup**
- Your thumb = 1 tablespoon**
- Your palm = 3 ounces**
- The tip of your thumb = 1 teaspoon**



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