

DESTINATION
HEART
HEALTHY
EATING

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DESTINATION

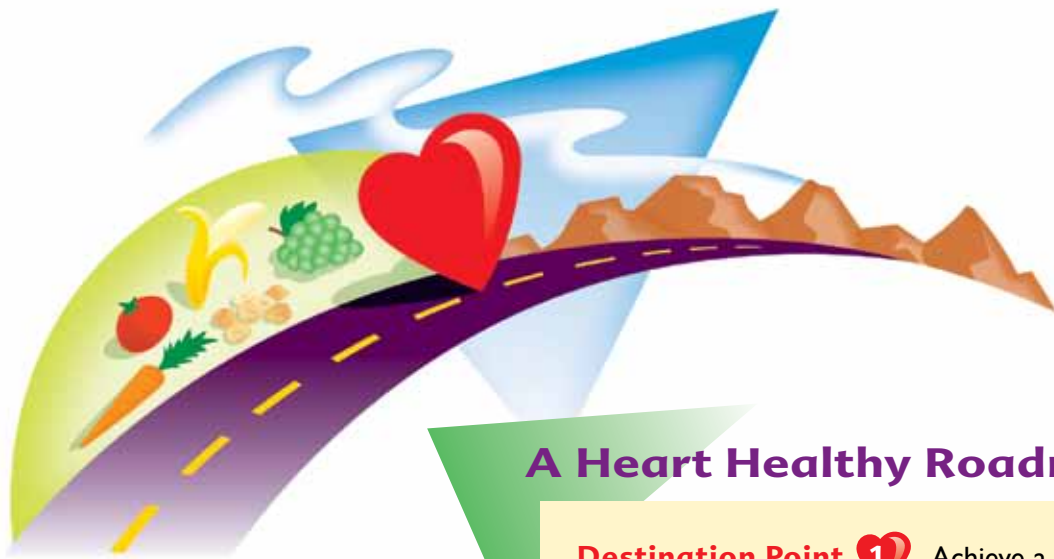
HEART HEALTHY EATING

The road to heart health is paved with adventure, excitement and risks. Mapping your own heart healthy eating plan will help direct you to your heart health goal. Your trip will take planning, commitment and maybe even a few rest stops, but it does not have to be a difficult journey. Small changes along the way will bring you closer to your destination... heart healthy eating.

The American Heart Association's Diet and Lifestyle recommendations for healthy eating are based on the latest advice of medical and nutrition experts. By following this plan, you can reduce three of the major risk factors for heart disease – high blood cholesterol, excess body weight and high blood pressure. The American Heart Association recommendations include:

- Balance calorie intake and physical activity to achieve or maintain a healthy body weight.
 - Consume a diet rich in vegetables and fruits.
 - Choose whole-grain, high-fiber foods.
 - Consume fish, especially oily fish, at least twice a week.
 - Choose a diet low in fat, saturated fat, trans fat and cholesterol.
 - Minimize your intake of beverages and foods with added sugars.
 - Choose and prepare foods with little or no salt.
 - If you consume alcohol, do so in moderation.
-





A Heart Healthy Roadmap

- Destination Point 1** Achieve a desirable cholesterol level
- Destination Point 2** Achieve an overall healthy eating pattern
- Destination Point 3** Achieve a healthy body weight
- Destination Point 4** Achieve a desirable blood pressure level

Your Primer On Blood Lipids

Your blood levels of cholesterol, lipoproteins (LDL and HDL) and triglycerides provide a good gauge of your heart health. These are commonly measured during a blood lipid profile test.

CHOLESTEROL is a waxy substance produced by the liver and supplied in the diet through animal foods (meat, poultry, eggs, fish and dairy products). Your body needs some cholesterol to insulate nerves, form cell membranes and make certain hormones. Too much cholesterol in the blood can lead to build-up in the arteries – a major risk factor for heart disease and stroke.

LIPOPROTEINS are formed when our liver “bundles” fat and cholesterol with protein.

Two key kinds of lipoproteins are:

LDL, the “bad” cholesterol, has the tendency to build up on the walls of arteries.

HDL, the “good” cholesterol, helps remove cholesterol from the arteries.

TRIGLYCERIDES. Fat is carried in the blood in the form of triglycerides. High levels of triglycerides are associated with increased blood cholesterol levels.

CHOLESTEROL



ACHIEVE A DESIRABLE CHOLESTEROL LEVEL

On the road to heart health, your first destination is a healthy cholesterol level. Some foods contain cholesterol, or cause your body to produce it, while others will help you lower your blood cholesterol levels. You can help achieve a desirable cholesterol level by:

- Limiting saturated fat, trans fat and dietary cholesterol
- Adding foods containing soluble fiber
- Including foods and beverages made with soy protein
- Choosing foods with added plant sterols

WOMEN AND HEART HEALTH

Nearly twice as many women in the US die of heart disease and stroke as they do from all forms of cancer. While heart disease is the #1 cause of death among women, it's also largely preventable. All across the country, women are taking control of their heart health by making heart healthy choices. You can begin your journey toward heart health by taking the small, heart saving steps suggested in this booklet.



DIETARY FAT AND BLOOD CHOLESTEROL

Saturated fat, trans fat and dietary cholesterol can raise your blood cholesterol level. Saturated fats are usually solid at room temperature, and come from animal foods such as butter or meat fat. A few plant oils, such as coconut and palm oil, are also high in saturated fat. Trans fat is primarily found in foods that contain “hydrogenated” oils such as margarine, shortening, and some processed foods. You can cut back on these cholesterol-raising fats with some simple changes.

Tips For Reducing Cholesterol-Raising Fats In Your Diet

- ✓ **Use low-fat or fat-free milk, yogurt, cheese, and sour cream rather than full-fat varieties.**
- ✓ **Limit foods that contain hydrogenated vegetable oils or tropical oils such as palm kernel and coconut oils.**
- ✓ **Select lean beef and pork, poultry with the skin removed, or fish instead of fatty meats and sausage.**
- ✓ **Eat tofu, nuts and legumes (dry beans) for delicious, meatless meals.**
- ✓ **Choose foods that are baked, broiled or steamed, rather than fried.**
- ✓ **Substitute liquid oils or trans-fat free soft margarine for shortening, butter, stick margarine, lard, or other solid fats.**
- ✓ **Top salads with low-fat or fat-free salad dressing, or select dressing made with unsaturated liquid oils such as olive, canola, safflower or soybean.**
- ✓ **Choose vegetable- or broth-based soups more often than cream soups.**
- ✓ **Read food labels for the amount of saturated fat, trans fat and dietary cholesterol.**

Figuring out Fats

According to the American Heart Association, adults with heart disease, diabetes or high cholesterol should get no more than 12-17 grams of saturated fat per day, depending on calorie needs, and should avoid trans fat. Use this chart to get started, then look for the amount of saturated fat and trans fat on food labels.

| FOOD | Serving Size | Calories | Total fat (grams) | Saturated fat (grams) |
|---|------------------|-------------|-------------------|-----------------------|
| Grains | | | | |
| Biscuit (made with Heart Smart Bisquick® and skim milk) | 1 biscuit | 120 | 2 | 0.5 |
| Bread (whole wheat or white) | 1 slice | 60 | 1 | 0 |
| Cheerios® | 1 cup | 100 | 2 | 0 |
| Doughnut-raised, glazed | 1 med | 240 | 13.5 | 3.5 |
| Honey Nut Cheerios® | ¾ cup | 110 | 1.5 | 0 |
| Milk, Dairy products, Soy milk | | | | |
| 2% milk | 1 cup | 123 | 5 | 3 |
| Soy milk, unsweetened, all flavors | 1 cup | 80 | 4 | 0.5 |
| Cheddar cheese | 1 ounce | 114 | 10 | 6 |
| Ice cream – French Vanilla | ½ cup | 180 | 12 | 7.5 |
| Low-fat Cheddar cheese | 1 ounce | 50 | 2 | 1 |
| Skim milk | 1 cup | 86 | 0.5 | 0 |
| Whole milk | 1 cup | 150 | 8 | 5 |
| Yoplait® Light yogurt | 6 ounce carton | 100 | 0 | 0 |
| Spreads and Dressings | | | | |
| Butter | 1 tsp | 36 | 4 | 2.5 |
| Light Mayonnaise | 1 Tbsp | 50 | 5 | 1 |
| Mayonnaise | 1 Tbsp | 100 | 11 | 1.5 |
| Ranch dressing | 2 Tbsp | 150 | 16 | 2.5 |
| Tub margarine-vegetable oil spread | 1 tsp | 25 | 3 | 0.5 |
| Fruits and Vegetables | | | | |
| Most fruits such as apples, plums, oranges, bananas, pears, etc | 1 piece or ½ cup | About 60 | 0 | 0 |
| Most vegetables such as green beans, broccoli, carrots, tomatoes and greens | ½-1 cup | About 25-50 | 0 | 0 |
| Meat and Beans | | | | |
| Beef sirloin | 3 ounces | 160 | 6 | 2 |
| Black beans, canned | ½ cup | 100 | 0 | 0 |
| Canned white tuna | 3 ounces | 115 | 2 | 0.5 |
| Chicken breast, skinless | 3 ounces | 140 | 3 | 1 |
| Ground beef, lean, broiled | 3 ounces | 238 | 15 | 6 |
| Orange Roughy | 3 ounces | 75 | 1 | 0 |
| Peanuts | ¼ cup | 215 | 18 | 2.5 |
| Pork sausage | 3 links (1.4 oz) | 145 | 12 | 4 |
| Salmon | 3 ounces | 175 | 10.5 | 2 |
| Sunflower seeds | ¼ cup | 210 | 19 | 2 |
| Veggie burger | 1 patty | 140 | 4 | 1.5 |

SOLUBLE FIBER AND BLOOD CHOLESTEROL

Eating foods that contain soluble fiber can help you lower your cholesterol. A variety of foods contain soluble fiber. These include:

Whole grain foods made from
oats, barley and rye

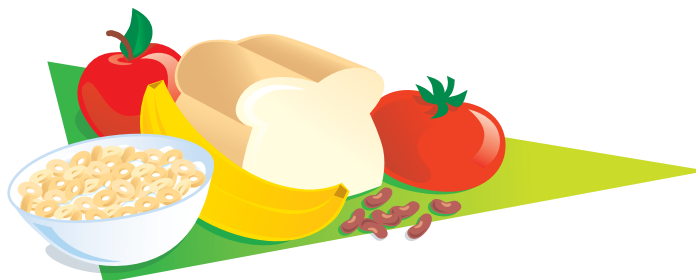
- Cheerios® cereal
- oatmeal
- whole grain rye bread

Legumes and nuts

- chickpeas
- kidney beans
- almonds

Fruits and vegetables

- apples
- oranges
- green beans
- sweet potatoes

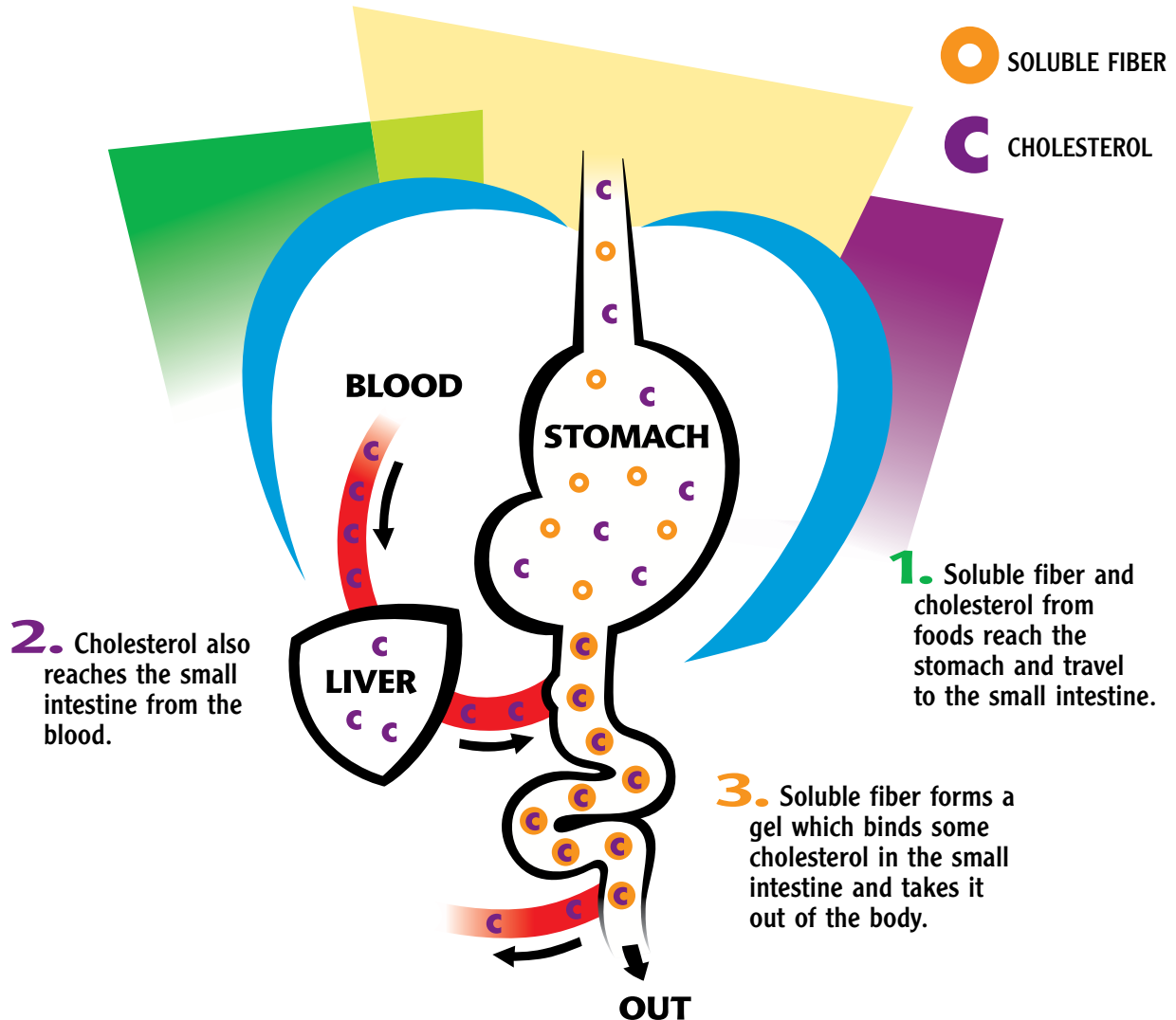


Tips To Increase Soluble Fiber In Your Diet

- ✓ **Make whole grain cereals that contain soluble fiber a part of every breakfast.**
- ✓ **Eat fresh fruit with breakfast and for snacks.**
- ✓ **Switch to whole grain bread made from rye or oats.**
- ✓ **Add more vegetables to sandwiches, pizza, pasta and other entrees.**
- ✓ **Make soup, chili and enchiladas with kidney beans, black beans or other legumes.**

How Soluble Fiber May Lower Your Cholesterol

While scientists are still unraveling the details, this picture shows how the soluble fiber from the foods you eat can help lower the cholesterol in your blood.



Sizing Up Your Soluble Fiber



| Food | Serving Size | Total Fiber (grams) | Soluble Fiber (grams) |
|--------------------------------|--------------|---------------------|-----------------------|
| Grains-Cereals | | | |
| Cheerios® | 1 cup | 3 | 1 |
| Honey Nut Cheerios® | ¾ cup | 2 | 0.75 |
| Oatmeal, cooked | ½ cup | 2 | 1 |
| Grains-Bread | | | |
| Rye Bread | 1 slice | 1.5 | 1 |
| White Bread | 1 slice | 0.5 | 0 |
| Whole Wheat Bread | 1 slice | 2 | 0.5 |
| Grains-Rice, Pasta | | | |
| Brown Rice, long grain cooked | ½ cup | 2 | 0 |
| Macaroni, cooked | ½ cup | 1 | 0.5 |
| Macaroni, whole wheat, cooked | ½ cup | 2 | 0.5 |
| Wild Rice, cooked | ½ cup | 1.5 | 0 |
| Fruits | | | |
| Apple, with skin | 1 medium | 3.5 | 1 |
| Apple, without skin | 1 medium | 2.5 | 1 |
| Banana | 1 medium | 3 | 0.5 |
| Orange | 1 medium | 3 | 2 |
| Pear, Bartlett | 1 medium | 4 | 2 |
| Prunes | ½ cup | 6 | 3 |
| Vegetables | | | |
| Beans, green, cooked | ½ cup | 2 | 1 |
| Broccoli, cooked | ½ cup | 1.5 | 0.5 |
| Brussels Sprouts, cooked | ½ cup | 4.5 | 3 |
| Carrots | ½ cup | 2 | 1 |
| Collard Greens, cooked | 1 cup | 5.5 | 3 |
| Peas, sweet, cooked | ½ cup | 4.5 | 1.5 |
| Potato, with skin, cooked | 1 medium | 3 | 1 |
| Soybeans, green, cooked | ½ cup | 4 | 1.5 |
| Squash, butternut, cooked | ½ cup | 1.5 | 0.5 |
| Sweet Potato, with skin, baked | ½ cup | 4 | 1.5 |
| Tomato, fresh | ½ cup | 1 | 0 |
| Dried Beans and Nuts | | | |
| Almonds, roasted with skin | ⅓ cup | 5 | 0.5 |
| Chickpeas | ½ cup | 6 | 1.5 |
| Kidney Beans | ½ cup | 6 | 3 |
| Lentils | ½ cup | 8 | 0.5 |
| Pinto Beans | ½ cup | 7 | 2 |
| Soynuts, roasted | ¼ cup | 8 | 3.5 |
| Sunflower Seeds | ¼ cup | 3.5 | 0.5 |

Pay Attention To Packages

Nutrition labels and food packages can provide important health clues about heart health.

- 1 Look for health claims on the label about the connection between whole grain, soluble fiber, and risk for heart disease. These claims are approved by the FDA and only certain foods can display any of these claims.
- 2 Look on the Nutrition Facts panel for the amount of soluble fiber, saturated fat, trans fat, and sodium. Find foods with less saturated and trans fat, more soluble fiber, and those that are lower in sodium.

2 Soluble Fiber in the Nutrition Facts Panel



1 The Health Claim

Three grams of soluble fiber daily from whole grain oat foods, like Cheerios, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios has 1 gram per serving.



SOY PROTEIN AND BLOOD CHOLESTEROL

Soy protein has also been shown to help lower blood cholesterol levels. According to the Food and Drug Administration (FDA), 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering cholesterol levels. Soy beans, soy milk, soy cheese, soy burgers, and other soy products can be easy and flavorful choices for heart health.

Tips To Increase Soy Protein

- ✓ **Drink soy milk, or pour it on cereal. Some varieties of soy milk can be a tasty and lactose-free way to get calcium and Vitamin D.**
- ✓ **Look for veggie burgers that contain soy protein for a great alternative to hamburgers.**
- ✓ **Try veggie crumbles instead of ground meat in spaghetti sauce.**
- ✓ **Enjoy the crunch of roasted soy nuts at snack time.**
- ✓ **Blend tofu into vegetable dips and cracker spreads.**
- ✓ **Add fresh or frozen green soybeans to your favorite stir fry.**

PLANT STEROLS AND BLOOD CHOLESTEROL

Plant sterols are cholesterol-reducing food ingredients that come from plant-based foods such as vegetables, nuts and seeds. Plant sterols lower your body's cholesterol levels by competing with dietary cholesterol for absorption.

Plant sterols are another healthy addition to a heart healthy eating plan. According to the FDA, when eaten as part of a heart healthy diet, 0.4 grams of plant sterols twice a day with meals can reduce LDL (or “bad”) cholesterol. You can add plant sterols to your eating plan by looking for food products that contain added plant sterols*, such as granola bars, orange juice or vegetable oil spreads.

*Foods may contain plant sterols or a similar substance, plant stanols. Both can help lower blood cholesterol levels.

MYPLATE POWER



ACHIEVE AN OVERALL HEALTHY EATING PATTERN



Your second destination point is to strive for an overall healthy diet. All foods can fit into a healthy eating pattern if they are eaten in moderate amounts, and balanced by lower-fat or lower-calorie options.

To help Americans eat healthier the United States Department of Agriculture launched ChooseMyPlate.gov, which replaces the previous food pyramid, called MyPyramid. MyPlate is based on the 2010 Dietary Guidelines for Americans. Main messages of MyPlate include balancing calories, foods to reduce, and foods to increase. MyPlate is designed to remind you to eat healthfully and illustrates the five food groups using a familiar mealtime visual, a place setting. The illustration includes fruits, vegetables, grains, protein and dairy. The design is intended to help you build a healthy plate and eat the right amount of calories throughout the day.

Since one size doesn't fit all, different people need a different number of servings from each food group. The above messages and ideas are a starting point. You will find a wealth of suggestions that are right for you at www.ChooseMyPlate.gov.

MAKE HALF YOUR GRAINS WHOLE

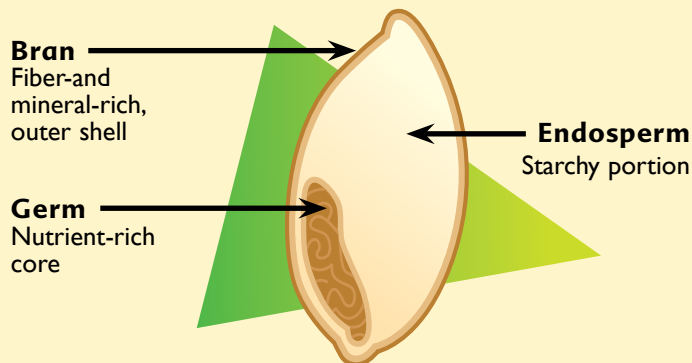


It is important to select whole grain foods. To eat more whole grain, substitute a whole grain product for a refined product—such as eating whole wheat bread or ready-to-eat cereals that contain at least 8 grams of whole grain per serving. Check the Ingredient List on product labels for the words “whole” or “whole grain” before the grain’s name. Choose products that name whole grain as the first ingredient. For a 2,000 calorie daily food plan, most adults need 6 ounce equivalents of grains every day. In general, 1 ounce equivalent is equal to 1 slice of bread; 1 cup of ready-to-eat cereal; or ½ cup of cooked rice, cooked pasta or cooked cereal. Making at least half your grains whole would mean 3 ounces of whole grain each day for a 2000-calorie diet.

* For more information on portion sizes see page 19 Get a Grip on Portions.

The Whole Grain Bonus

When you choose at least half of your grain choices as whole grains, you get a unique combination of substances that promote health including vitamins, minerals, phytonutrients and fiber. The diagram below shows the three natural parts of a whole grain kernel. All three parts work together to provide whole grain health benefits.



As part of a health lifestyle, including a heart-healthy diet, a diet rich in whole grain foods may help reduce the risk of heart disease and cancer, and is associated with a healthier body weight. In addition, the American Diabetes Association recommends eating whole grain as part of a diabetic diet (see page 6 for more on soluble fiber).

Tips To Increase Whole Grain

- ✓ **Start your day with a cereal listing a whole grain as the first ingredient on the Ingredient List.**
- ✓ **Try whole grain side dishes such as brown rice, barley, kasha or buckwheat.**
- ✓ **Munch on popcorn, whole grain granola bars, and whole grain cereal as wholesome snack options.**
- ✓ **Trade in your usual bread, rolls or pasta for the whole grain version.**
- ✓ **Wrap up sandwich fixings in a corn or whole wheat tortilla.**

Finding Whole Grain

Finding foods made with whole grain is easy, once you know what to look for. Discover whole grain foods in your supermarket with these quick tips.

- 1 Look for statements** on the package that indicate a product is made with whole grain. When you see these statements you can be assured that the item is a whole grain food.
- 2 Look at the Ingredient List** to find whole grain, such as whole wheat or whole grain oats, as the first ingredient. Don't be misled, however. Foods that claim to be "multi-grain," "100 percent wheat" or "high fiber" are not necessarily whole grain.

1 Whole grain label statements



MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

Fruits and vegetables partner with grains to please your palate and help your heart. A diet with plenty of fruits and vegetables can help reduce your risk of heart disease, stroke, certain cancers and even diabetes. Eating enough fruits and vegetables is also an important part of eating to lower blood pressure.

Fruits and vegetables give you many important nutrients:

- Vitamins and minerals
 - Vitamin C Folate
 - Iron Potassium
 - Vitamin A Magnesium
- Fiber
- Phytonutrients and antioxidants

Buy fruits and vegetables in all forms: fresh, frozen and canned. They are also naturally low in calories and an easy way to add more soluble fiber each day.

For a 2000-calorie eating plan, 2½ cups of vegetables and 2 cups of fruit are recommended each day.

Vary Your Veggies

Getting a variety of colorful vegetables is a key to good health. Vary your choices by painting your plate with a palette of colorful choices including:

- ✓ **Dark green lettuce, spinach, cabbage or other leafy greens.**
- ✓ **Orange squash, carrots or sweet potatoes.**
- ✓ **Dry beans and peas such as black beans, garbanzo beans (chickpeas), pinto beans or soy beans.**
- ✓ **Starchy vegetables including corn, green peas or potatoes.**
- ✓ **Your other personal favorites such as, asparagus, broccoli, cauliflower, green beans, okra, onions or tomatoes.**



Focus On Fruits

Whether fresh, canned, frozen or dried, fruit adds natural sweetness and color to any meal or snack. Try using fruit as snacks, in salads and as dessert. At breakfast, top your cereal with bananas and berries. Choose a variety of colorful fruits such as:

- Apples, bananas or pears
- Oranges, peaches or mangos
- Berries, melon or mixed fruit



Tips to Add Fruits and Vegetables

- ✓ **Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.**
- ✓ **Try raw broccoli dipped in a low-fat salad dressing, or grapes dipped in low-fat yogurt.**
- ✓ **Keep ready-to-eat fruits and vegetables in see-through containers in the refrigerator for a healthy snack in seconds.**
- ✓ **Top your cereal with sliced fruit.**
- ✓ **Pile pizza with onions, spinach, pineapple and mushrooms.**
- ✓ **Blend together frozen fruit chunks with soy milk and yogurt for a healthy treat.**



2

GET YOUR CALCIUM-RICH FOODS

Dairy products such as milk, yogurt and cheese are an important part of a healthy eating plan. Getting enough dairy products helps keep bones strong. Dairy products provide:

- Calcium
- Potassium
- Protein
- Vitamin D
- Vitamin A
- Other Nutrients

Select low-fat and fat-free dairy products. These foods are similar in nutrient content to their higher-fat counterparts but are lower in total fat, saturated fat, cholesterol and calories.

Try topping fruit salads and baked potatoes with low-fat yogurt. For adults, MyPlate recommends 3 cups of milk, yogurt, low-fat cheese, or soymilk every day.



GO LEAN WITH PROTEIN

Lean meat, poultry, fish, dry beans, eggs and nuts provide important nutrients. Eat a variety of foods from the protein food group each week such as seafood, beans and peas, nuts, lean meats, poultry and eggs.

Foods in this group supply:

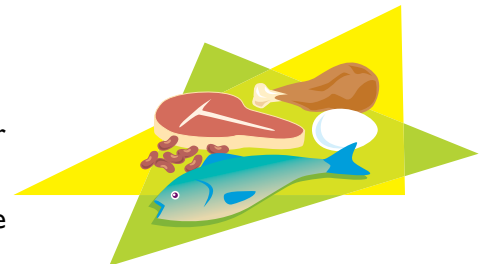
- Protein
- Vitamin B6
- Vitamin B12
- Iron
- Other Minerals

Select lean cuts of meat and poultry (without skin) rather than fatty meat, high in saturated fat and cholesterol.

Fish rich in omega-3 fatty acids, such as salmon, may reduce the risk of heart disease. At least twice a week, make seafood the protein on your plate.

Dry beans, tofu, nuts and seeds are also heart healthy substitutes for meat and poultry.

For most adults MyPlate recommends 5 ½ ounces for a 2000-calorie daily food plan. In general, an ounce of protein rich foods is 1 ounce of lean meat, poultry, or fish; 1 egg; 1 tbsp peanut butter; ½ ounce nuts or seeds; and ¼ cup cooked beans or peas.



WEIGHT



ACHIEVE A HEALTHY BODY WEIGHT

Achieving and maintaining a healthy body weight is a crucial destination for good health. A healthy weight range is associated with healthy blood lipid levels and lowers your risks for heart disease, diabetes and some cancers.

If you are overweight, decreasing body weight by as little as 5% (as little as 10 pounds for someone who weighs 200 pounds), can significantly reduce risk factors for heart disease and stroke.

Is My Weight Healthy?

BMI, or body mass index, is a measure of your weight compared to your height. Your healthcare provider may use it as an indication of whether you are at a healthy body weight.

Your **waist measurement** also provides a means for tracking your weight changes and risk for heart disease.

Creating A Heart Healthy Road Map











Designing a meal pattern that fits your needs and lifestyle is an important part of a successful plan to manage body weight and improve health.

As you develop your pattern, consider this:

- ✓ Fruits and vegetables are generally more filling and lower in calories than other choices.
- ✓ Including three servings of low-fat yogurt or milk may help with weight loss as part of a reduced-calorie diet.
- ✓ Pay attention to portion sizes. Many so-called single servings of foods may be larger in size than the amount recommended by MyPlate.
- ✓ People who eat cereal regularly tend to have healthier body weights, lower cholesterol and higher nutrient intakes.
- ✓ Make small changes. Gradual weight loss promotes behavioral changes necessary to maintain weight loss.

(The table on the following page shows MyPlate portion sizes).

Get A Grip On Portions

| | |
|---|---|
|  ½ cup | Fruit or vegetable that fits in the palm of your hand; the size of a tennis ball |
|  1 cup | About the size of a woman's fist; cereal that fills ½ a standard cereal bowl; broccoli the size of a light bulb |
|  1 oz. cheese | About the size of a computer floppy disk or 2 dominoes |
|  1 teaspoon butter or peanut butter | About the size of the top half of your thumb |
|  1 oz. of nuts | Fits in the palm of your hand |
|  2 oz. meat | Small chicken leg; ½ cup cottage cheese or tuna |
|  3 oz. meat | About the size of a deck of playing cards or cassette audiotape ½ chicken breast, small leg and thigh, 1 medium chop, 1 small hamburger, 1 unbreaded fish fillet |
|  1 medium apple or orange | The size of a tennis ball |
|  1 small banana | About the size of an eyeglass case |
|  1 grain ounce | 1 slice of bread, 1 cup of ready-to-eat cereal, ½ regular bagel, or ½ cup of cooked rice, cooked pasta, or cooked cereal |

EATING IS ONLY HALF THE JOURNEY: EXERCISE

Revvng up your motor is the other half!

Physical activity is important to achieve a healthy body weight. Before starting a program of physical activity, make sure to check with your healthcare provider.

Exercise:

- Improves blood lipid levels, which decreases the risk of heart disease and stroke.
- Helps in weight loss and in keeping weight off.
- Improves blood pressure.
- Increases confidence and decreases stress.
- Lessens sadness and depression.
- Increases energy.

To avoid soreness and injury, start out slowly and increase the amount of activity gradually.



Kick Into High Gear!

It's easy to incorporate activity into your daily routine.

- ✓ **Take 10-minute brisk walks several times a day.**
- ✓ **Climb the stairs as often as possible.**
- ✓ **Take a walk in a community center or shopping mall.**
- ✓ **Hop off the bus a stop or two early and walk briskly to your destination.**
- ✓ **Turn household chores into calorie burners. Move with a purpose.**
- ✓ **Gardening is great exercise and fun, too!**
- ✓ **Buddy-up with a friend – it's good for your body and your spirits.**
- ✓ **Take advantage of parks – enjoy walking, biking, swimming, tennis and other sports.**

BLOOD PRESSURE



ACHIEVE A DESIRABLE BLOOD PRESSURE LEVEL




WAYS TO LOWER YOUR BLOOD PRESSURE

There are several ways you can lower blood pressure and lighten the load on your heart.

- Shed some pounds. A healthy weight is less work for the heart.
- Include plenty of fruits and vegetables, and three servings of low-fat dairy foods each day.
- Consume less than 2300 mg of sodium per day--or 1,500 mg if you are 51 years or older, are African American, or have high blood pressure, diabetes or chronic kidney disease. Use herbs, spices, lemon juice and wine to flavor foods instead of salt since approximately 1 tsp of salt equals 2300 mg of sodium.
- Exercise. A strong heart muscle lowers blood pressure.
- Relax! Let off steam with stress management techniques throughout the day.

BEFORE YOU EMBARK



There are many steps on the road to a healthier heart. Road signs to heed, decisions to make, progress to check. Now is the time to look at the big picture and draw up your game plan.

DEVELOP YOUR MASTER PLAN FOR A HEALTHY HEART

- **Set achievable goals.** Choose 1 big or 2-3 small changes at a time. Work on these changes until they become habits before you move on.
- **Build in rewards.** Give yourself a pat on the back and a simple pleasure each time you reach a goal.
- **Plan rest stops.** Change is hard work. And hard work deserves a rest. Decide ahead of time how and when you will take small breaks from the routine.
- **Expect detours and roadblocks.** That's life! Recognize that setbacks happen and resolve to get back on track as soon as possible.

ASK THE EXPERTS

Every trip presents roadblocks. You can find additional resources on heart disease from the American Heart Association by visiting www.americanheart.org or, for a registered dietitian in your area, call your local hospital or contact the Academy of Nutrition and Dietetics (1-800-877-1600 or www.eatright.org).



Cheerios

