



NUTRITION (HEART HEALTHY EATING)

INTRODUCTION

Was there anything that you did not understand or was not clear about our last teaching? If yes, write down your question(s) to ask the nurse or doctor on your next visit.

My question(s):	Reason why I am asking:

Let's talk about heart healthy eating today. Refer to <https://mbacsnetwork.ca/education> (or scan the QR Code on page 2) or see Chapter 3 in the *Living Well with Heart Disease* or click here: <https://tinyurl.com/38hzaz9e>

Healthy eating is good for everyone. It can make you feel better and help lower your risk of another heart attack. How much food your body needs depends on your height, weight, age and how active you are. What you eat is as important as how much you eat. Canada's Food Guide "Eat Well. Live Well" is easy to follow and promotes good eating habits that will help you recover after your heart attack.

Eat a balanced meal that covers half of your plate with vegetables and/or fruit, a quarter of your plate with whole grains, and a quarter of your plate with protein. For more information: Visit Health Canada's website: <https://tinyurl.com/j2zkv27v>

KNOW THE FAT FACTS

Choosing foods that are low in fat, particularly those that are lower in saturated fat and trans fat will help to reduce cholesterol levels and help to maintain a healthy heart. Low fat means no more than 3 grams of fat per serving (a little more than half a teaspoon).

THERE ARE DIFFERENT TYPES OF FAT:

- **Saturated fats** raise blood cholesterol levels.
- **Trans fat/trans fatty acids** raise "bad" (LDL) cholesterol levels as well as lower "good" (HDL) cholesterol.
- **Unsaturated fats** help to lower "bad" (LDL) cholesterol levels.

Tip: Although unsaturated fats are a good replacement for saturated fats, remember it's important to reduce your total fat intake.

CHOOSE LOW SODIUM/SALT FOODS

Sodium is needed to maintain water balance in our bodies. Usually, your kidneys control the amount of sodium in your body so that water balance stays normal. Too much sodium on a regular basis can lead to water retention which can increase your blood pressure.

Tips to cut back on sodium:

- Allow a small amount of salt in cooking but take the saltshaker off the table.
- Limit packaged, processed, instant, and convenience foods.
- Check the label on canned or frozen vegetables to make sure there is no added salt
- Use seasonings such as fresh/dried herbs, spices, lemon juice or garlic instead of salt.

CHOOSE HIGH FIBRE FOODS

A healthy diet should include 25 to 38 grams of fibre a day. There are two types of fibre:

- **Soluble fibre** is a soft fibre that may help lower cholesterol and control blood sugar.
- **Insoluble fibre** (roughage) is bulky. It helps you feel fuller and promotes bowel regularity.

Tips to increase your fibre intake:

- Eat more vegetables and fruit
- Add All Bran Buds or ground flaxseed on top of rolls, muffins, breads, cereals, yogurts, soups, and casseroles, up to 2 tablespoons per day.
- Add barley, beans, peas, or lentils to soups and casseroles.

AVOID EXCESS SUGAR

Eating too much sugar can be bad for your health. It can increase triglycerides (a type of fat found in the blood) and decrease HDL ("good") cholesterol. The extra calories can lead to weight gain. Heart and Stroke Foundation recommends limiting added sugar to 6-12 teaspoons (24-48 grams) per day. Eating or choosing foods that have natural sugars are better than adding sugar to your foods.



Learn to read food labels so you can judge which foods are best for you.

For more information, call “Dial-a-Dietitian” at 204-788-8248 (Winnipeg), 1-877-830-2892 (Manitoba). This is a free service. You may also visit the Heart and Stroke Foundation for more information at: <https://www.heartandstroke.ca/healthy-living/healthy-eating>

LEARN MORE ABOUT NUTRITION

At the MB ACS Network website at <https://mbacsnetwork.ca/education> or scan the QR Code:

