EUREST

for the love of your heart

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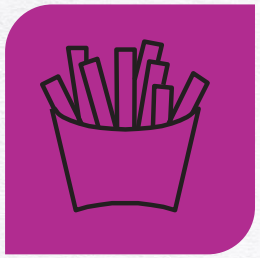
agenda

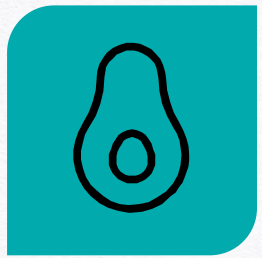


salt

high-salt diets and the “silent killer”

sugar

added-sugars are not so sweet



fiber

fiber to control cholesterol

exercise

get moving for your heart

salt

- consuming too much sodium can lead to hypertension (high blood pressure), a major risk factor and precursor for heart failure
- high sodium diets lead to water and fluid retention in the body
  - this can cause swelling and fluid build up in your feet, hands, legs, and arms
  - eventually, this can cause congestive heart failure

Quick note

AHA recommends 1,500 mg-2,300 mg of sodium per day

1 tsp of sodium is 2,300 mg

salt

know the salty 6

- the 6 common foods that may be high in sodium
  - breads & rolls
  - cold cuts & cured meats
  - pizza
  - burritos and tacos
  - soups
  - sandwiches
- read labels and be aware of what your choosing

Quick note

Look for the AHA heart check logo for products that are lower sodium

salt

- "I don't add table salt to my food"
  - the average American consumes around 4,000 mg of sodium per day
  - 75% of sodium consumed comes from processed foods, not the salt shaker
  - only 15% of sodium consumed occurs naturally in foods
- you're still probably consuming too much salt
  - 9 out of 10 Americans consume too much sodium

salt

- our taste buds have been trained to enjoy the flavor of salt
  - work on resetting your taste buds
- learn to flavor food with other things
  - spices, herbs, oils, vinegar, etc
- it can take up to 1 month to re-train your taste buds

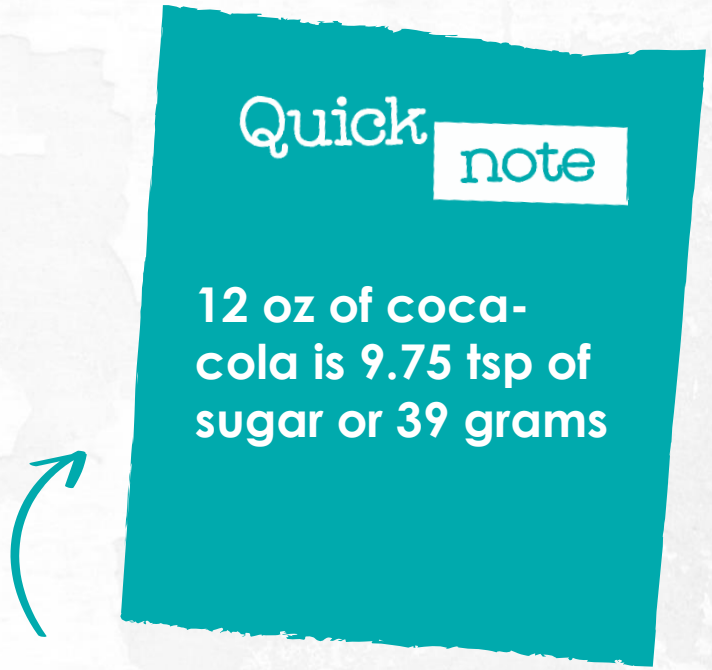
sugar

- what does sugar have to do with heart disease?
  - added sugars are not *needed* in the body, but add extra calories
    - these calories have no nutritional value and can contribute to excess weight and other poor health markers
  - it's important to "spend" you calories on foods that are nutrient-dense
    - ensures you're hitting requirements for all vitamins and minerals
    - variety is key

1 gram of sugar equals 4 calories
30 grams of sugar
30 X 4 = 120 calories

sugar

- AHA guidelines:
  - 6 tsp of added sugar for women and children (25 grams)
  - 9 tsp of added sugar for men (36 grams)
- the most common sources of added sugars for Americans include:
  - regular soft drinks, sugars, candy, cakes, cookies, pies, fruit drinks, ice cream, etc.



sugar – added vs. natural

added – sugars that are added to products during the processing

- cane sugar
- brown sugar
- high fructose corn syrup
- molasses
- corn sweetener
- raw sugar
- syrup – including maple syrup
- honey
- fruit juice concentrates

natural – sugars that occur naturally in foods

- fruits
- some vegetables
- milk

Original Label

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
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.

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sugar

- **nutrition labelling**
  - **sugar-free** – less than 0.5 g of sugar per serving
  - **reduced sugar or less sugar** – at least 25% less sugar per serving compared to a standard serving size of the traditional variety
  - **no added sugars or without added sugars** – no sugars or sugar-containing ingredient such as juice or dry fruit is added during processing
  - **low sugar** – not defined or allowed as a claim on food labels

** watch out for naturally sweetened – this it not a regulated claim

Eurest

fiber

- what?
  - fiber is a carbohydrate that your body can't digest
  - insoluble and soluble fibers
- why?
  - can help lower blood pressure and cholesterol
  - keeps you fuller for longer – less calories consumed
- how much
  - men – 38 grams
  - women – 25 grams

fiber

- good sources of fiber:
  - fruits and vegetables
  - beans and legumes
  - whole grains
    - brown rice, long grain rice, corn, quinoa, oats, farro, barley
- fiber is found in countless other foods – variety is key!

fiber

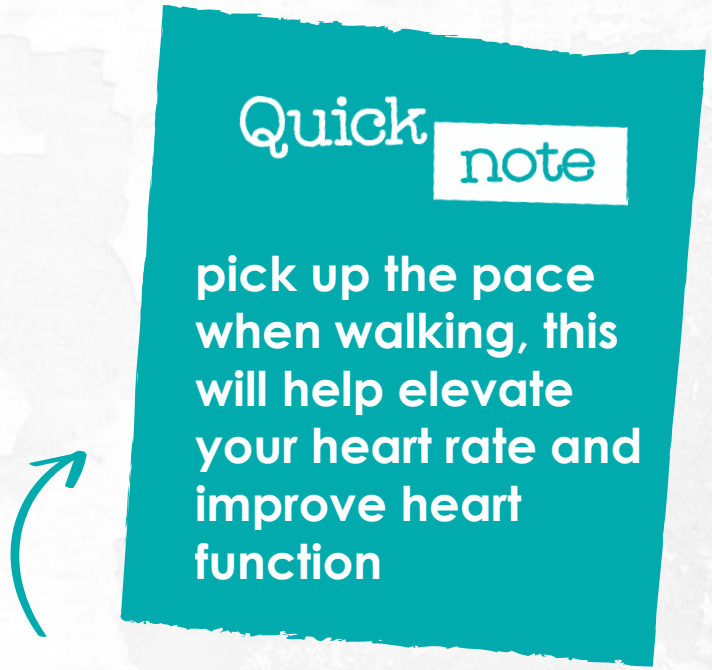
- whole grains vs. refined grains
  - whole grains mean the entire grain is still intact
  - refined grains have been processed and parts of the grain have been removed
- whole grains are a great source of not only fiber, but can also provide important B-vitamins, iron, protein, magnesium, selenium

fiber

- learn to identify whole grains in products
- look for the whole grain stamp
- read ingredients – these typically mean the grain has remained intact
  - whole grain, whole wheat, whole, stoneground whole wheat, brown rice, oats, oatmeal, wheatberries
  - enriched flour and wheat flour do not mean whole grains

exercise

- AHA guidelines recommend 150 minutes of moderate exercise per week (or 75 minutes of vigorous exercise)
- this can be broken up into 10-15 minute chunks throughout your week
  - its preferred that you spread your movement out throughout the entire week
- being active can improve sleep, memory, balance, mood as well as reducing the risk of disease and depression



exercise

- find activity you enjoy and what motivates you
  - you're more likely to stick to it
- walking counts
  - a brisk walk can have the same or more cardiovascular benefits compared to running
  - find ways to move more often like walking the dog, walking up and down every aisle at the grocery store, have group meetings while walking, etc
- don't forget strength training
  - builds muscle and stronger bones

questions?

thank you!