



The Heart Truth®
Discussion Guide #6
Eating a Heart Healthy Diet

Eating for heart health is an essential part of lowering your risk for heart disease. When combined with physical activity, eating well can also help achieve and maintain a healthy weight. Below are some guidelines for a heart-healthy diet:

- ♥ Make half your plate fruits and vegetables. Buy fresh fruit and vegetables in season when they're cheaper. Opt for frozen vegetables over canned to avoid added salt. Choose fruit canned with 100% juice or water instead of syrup that has a lot of added sugar. Use a low-fat salad dressing or dip to give raw veggies more flavor if desired.
- ♥ Make at least half your grains fiber-rich whole grains such as oatmeal, whole wheat bread, or brown rice. Be sure whole grain is the first ingredient (or second ingredient after water) in the ingredient list to be sure the food is whole grain.
- ♥ Consume fat-free or low-fat milk and milk products. When buying yogurt, keep in mind that flavored yogurts often have added sugar. Consider buying plain yogurt and flavoring it with fresh or dried fruit, crunchy unsweetened cereal, or trail mix.
- ♥ Choose fish, lean meats, poultry, beans, eggs, and nuts. Trim excess fat off cuts of meat.
- ♥ Choose foods that are low in saturated fats, trans fats and cholesterol such as vegetable oils. Applesauce can substitute for oil in many recipes.
- ♥ Compare sodium in foods like soup, bread, and frozen foods, and choose the foods with the lowest numbers.
- ♥ Drink water instead of sugary drinks.

Avoid over-sized portions. Here are some objects that can help you estimate how much you are eating:

- ♥ 1 cup portion = size of 1 baseball—Use for vegetables, cereal, pasta, popcorn, apples, strawberries, soup, lasagna
- ♥ ½ cup portion = size of light bulb—Use for mashed potatoes, rice, beans, grapes
- ♥ ¼ cup or 1 ounce portion = size of golf ball—Use for nuts, dried fruit
- ♥ 3 ounce portion = size of deck of cards—Use for meat, tofu
- ♥ 1 tablespoon = size of 1 poker chip—Use for butter, margarine, salad dressing, mayonnaise, olives, peanut butter

Discussion Questions and Activities:

- Which foods do you eat enough of on a daily basis? Which foods should you eat more of? Which foods should you eat less of?

- What do you plan to do to avoid oversized portions?

Adapted by Catherine Becker, Community Health Intern, UW-Extension, June 2011 from:

The Heart Truth® for Women: A Speaker's Guide. *The Heart Truth®*, National Heart Lung and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services. Revised December 2007. Information available at www.hearttruth.gov.

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American Heart Association, 2011. Information available at www.heart.org.

United States Department of Agriculture, 2011. Information available at www.choosemyplate.gov.

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Reviewed by Jackie Carattini, Marathon Co FLE; Gayle Coleman, WNEP Nutrition Specialist; Connie Eisch, Wood Co FLE; Marma McIntee, Washington Co FLE.

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Hidden Salt

Adapted from information found at http://www.health.com/health/gallery/0,,20365078_1,00.html

The salt in your diet doesn't just come from your fries or the salt you add to your meat. Most of the salt we eat is hidden away in the processed foods we buy.



Kellogg's Raisin Bran (1 cup)—350 milligrams



DiGiorno For One Pepperoni Thin Crust Crust (1 pizza)—1170 milligrams

Slim Jim Original Beef Jerky (1 stick)—500 milligrams



Rice-A-Roni Spanish Rice (1 cup prepared)—1250 milligrams



Heinz Ketchup (1 tablespoon)—190 milligrams



Duncan Hines Moist Deluxe Devil's Food Cake (1/12 cake)—380 milligrams



Kraft Singles (1 slice)—277 milligrams

Campbell's Homestyle Chicken Noodle Soup (1/2 cup)—940 milligrams



V8 Spicy Hot Vegetable Juice (8 oz)—480 milligrams



Lean Cuisine Baja Style Chicken Quesadilla (1 meal)—690 milligrams

Green Giant Canned Mushrooms (1/2 cup)—440 milligrams



Vlasic Kosher Dill Whole Pickles (1 pickle)—880 milligrams



Lender's Whole Grain Plain Bagel (1 bagel)—490 milligrams



Ramuchen Roast Chicken Ramen Noodle Soup (1/2 package)—790 milligrams

Ken's Steakhouse Lite Italian Dressing (2 tablespoon)—440 milligrams



Lunchables Ham and Swiss with Crackers (1 package)—1130 milligrams

