Heart Healthy Cooking & Restaurant Dining

Cardiopulmonary Rehabilitation Nutrition Class
Overview

- What is considered Heart Healthy?
- How do I plan and prepare Heart Healthy meals?
- How do I grocery shop for Heart Health?
- Tips for dining out with a healthy heart.
Heart Healthy Eating Guidelines

- Reduce saturated fats & trans fats:
  - Includes fatty meats, poultry skin, bacon, sausage, whole milk, cream, butter, stick margarine, shortening, fried food
- Limit cholesterol (200-300mg/day)
  - Includes egg yolks, fatty meats, whole milk, cheese
- Limit sodium (2,000mg/day)
- Reduce total fat to:
  - 25-35% of daily calorie needs
- Increase dietary fiber
Cooking Meals at Home

- **Advantages**
  - **Better for your health** – foods are lower in salt, saturated fat, trans fat, cholesterol.
  - **Cost effective**
  - **You’re in control** – planning is a large part of success
  - **Enjoyable!** – you may find cooking a pleasant and relaxing experience.
Meal Planning Tips

- Create a list of favorite meals
  - Get family involved!

- Create a menu (1 week to 1 month)
  - plan a meal for each day
  - reuse menus by swapping out seasonal items or recipes

- Browse cookbooks & websites for ideas

- Create a grocery list – based on menu items

- Use fruits and vegetables in season
Grocery Shopping Tips

- Avoid shopping when you are hungry!
- Make a list and stick to it!
- **Shop the walls** – you’ll find “fresh” foods (dairy, fruits, veggies, fresh meats & fish)
- Limit or avoid foods with more than 5 ingredients, artificial ingredients, and those you cannot pronounce.
- Choose whole, fresh foods more often than processed foods.
Stock Your Refrigerator

- Eggs
- Skim or reduced-fat milk
- Low-fat tub margarine
- Salad greens
- Fresh vegetables
- Fresh fruit
- Yogurt (no sugar added)
- Garlic
Stock Your Pantry

- Pasta (whole grain)
- Pasta sauce
- Cans: beans, tuna, tomatoes, low-sodium soups and broth
- Brown or wild rice
- Whole wheat pancake mix
- Whole wheat crackers, kernel popcorn
- Unsalted nuts, peanut butter
- No-sodium spices
- Nonfat dried milk
- Olive or canola oil
- Canned pumpkin
- Whole wheat flour
- Flaxseed
Stock Your Freezer

- Frozen vegetables, fruit
- Frozen meat
  - turkey, chicken breasts
  - “loin” and “round” cuts of beef and pork
- Frozen fish, seafood
- Vegetarian foods
- Healthy frozen meals for one
Food Preparation Tips

- Use low fat cooking methods:
  - bake, broil, steam, stew, roast, poach, grill

- Use alternative seasonings to salt
  - pepper, dried or fresh herbs

- Reduce fat in cooked ground beef
  - drain fat and rinse in hot water

- Change your recipe to be lower in fat
Healthy Restaurant Dining
Choosing a Restaurant

- Avoid all-you-can eat buffets
- Decide what to order before you go
  - Many restaurants have their menu on-line
- Some offer nutrition information
- Healthydiningfinder.com
  - Dietitian-approved Healthy Dining menu choices
Reading the Menu

- Avoid foods served:
  - Fried
  - Au gratin
  - Crispy
  - Scalloped
  - Pan-fried
  - Buttered
  - Creamed or stuffed

- Choose foods served:
  - Steamed
  - Broiled
  - Baked
  - Grilled
  - Poached
  - Roasted

Look for menu items marked “healthy”
Ask server for healthier menu options
Eat smaller meat portions
Choose non-fried seafood and poultry more often than red meat
Ask the Server…

- To prepare your food to order - for example, leave off dressings, butter, cheese or other high-fat items

- For smaller portions of the entrée

- For healthy side substitutions – steamed vegetables instead of fries, salsa instead of sour cream for baked potato

- For salad dressings or sauce, on the side - use the fork “dipping” technique
Fast Food tips

- Visit the chain’s Web site to see nutrition information

- Avoid “value-size” servings. This increases the amount of fat, sugars, sodium and calories

- Skip the deep-fried sides. Try a side salad or fruit cup instead.

- Choose grilled over crispy chicken sandwiches – avoid deep fried foods as much as possible

- Avoid double-meat sandwiches
Fast Food tips (cont.)

- Avoid adding bacon to sandwiches. Order pickles, onions, lettuce, tomatoes, mustard and ketchup instead to add flavor without fat.

- Steer clear of fried fish sandwiches. Choose fish that is baked, broiled or grilled.

- Ask for a wheat or whole-grain bun if possible.

- Hold the mayonnaise and other (“special”) sandwich sauces.

- Drink water, diet soda, skim or low-fat milk. Regular sodas are high in sugar and empty calories.
Do the Math:

- Big Mac
- Large Fries
- Large (32oz) Coke

1350 calories
54g total fat
15g saturated fat
1410mg sodium

- Grilled Chicken Sandwich
- Side Salad with LF Balsamic dressing
- Ice water

405 calories
11.5g total fat
2g saturated fat
830mg sodium
Thank You