

# Heart Healthy Cooking & Restaurant Dining



Cardiopulmonary Rehabilitation  
Nutrition Class

**bellin**health

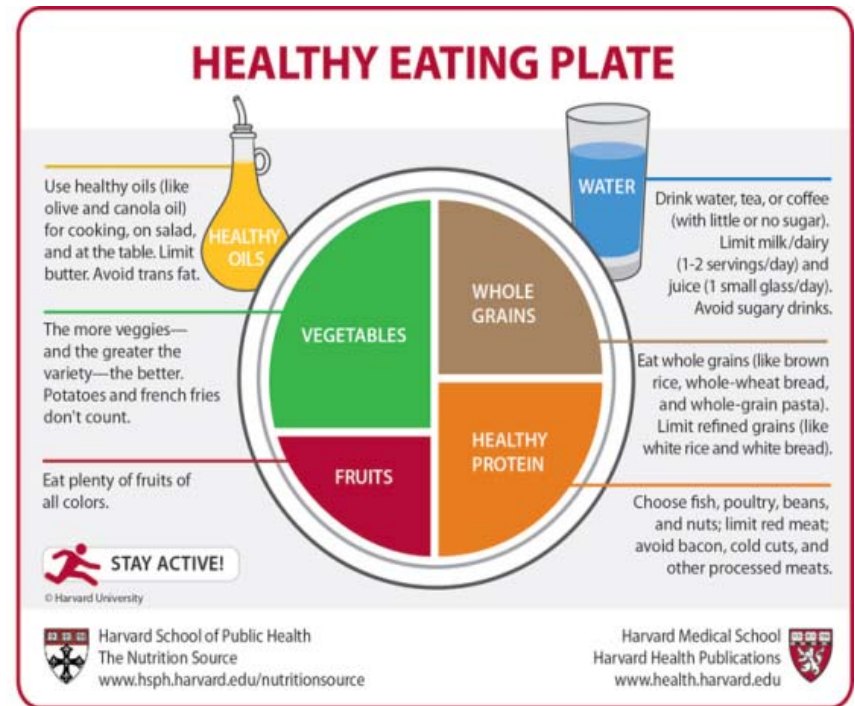
# Overview

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- 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

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## □ 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

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- 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

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- ❑ 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

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

# Stock Your Pantry

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- ❑ 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

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- 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

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- 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

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# Choosing a Restaurant

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- ❑ 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](http://Healthydiningfinder.com)
  - Dietitian-approved Healthy Dining menu choices



# Reading the Menu

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## ❑ Avoid foods served:

- Fried
- Au gratin
- Crispy
- Scalloped
- Pan-fried
- Buttered
- Creamed or stuffed



High in  
saturated "unhealthy"  
fat & calories

## ❑ 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...

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- ❑ 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

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- ❑ 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.)

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- ❑ 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:

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- Big Mac
  - Large Fries
  - Large (32oz) Coke
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**1350 calories**

**54g total fat**

**15g saturated fat**

**1410mg sodium**

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

**11.5g total fat**

**2g saturated fat**

**830mg sodium**

# Thank You

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