

# HEALTHY YO UNIVERSITY

## HEART DISEASE

**Welcome to Healthy yoUniversty!** For 8 weeks we will be exploring ways to exercise our mind and body with skills that will enable us to reclaim a healthy balance in our lives. Each week, you will receive a packet of information that focuses on a different health topic. The first page of the packet has four tickets with activities based on the information in the rest of the packet. Complete as many of these activities as you like. Then fill out the tickets for the completed activities, cut them apart, and submit them in the box located at our Information Desk. For every ticket you submit, you will receive an entry in to our drawing to win a \$50 Amazon Gift Card. Good Luck!

Read the Entire Heart Disease Packet

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Eat 10 of the foods on the heart-healthy food allies throughout the week.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

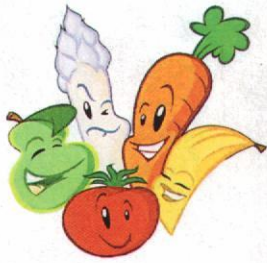
Eat the one-day heart healthy menu one day of the week.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Floss your teeth every day for the entire week.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_





# HEALTHY YOU UNIVERSITY

## HEART DISEASE

### What is Heart Disease?

Heart disease describes a range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

The term "heart disease" is often used interchangeably with the term "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease. (taken from <http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/definition/con-20034056>)

### How does Heart Disease Happen?

While cardiovascular disease can refer to different heart or blood vessel problems, the term is often used to mean damage to your heart or blood vessels by **atherosclerosis** (ath-ur-o-skluh-ROE-sis), *a buildup of fatty plaques in your arteries*. Plaque buildup thickens and stiffens artery walls, which can inhibit blood flow through your arteries to your organs and tissues.

Atherosclerosis is also the most common cause of cardiovascular disease. It can be caused by correctable problems, such as an unhealthy diet, lack of exercise, being overweight and smoking.



Common causes of **abnormal heart rhythms (arrhythmias)** or conditions that can lead to arrhythmias include:

- Heart defects you're born with (congenital heart defects)
- Coronary artery disease
- High blood pressure
- Diabetes
- Smoking
- Excessive use of alcohol or caffeine
- Drug abuse
- Stress
- Some over-the-counter medications, prescription medications, dietary supplements and herbal remedies
- Valvular heart disease

In a healthy person with a normal, healthy heart, it's unlikely for a fatal arrhythmia to develop without some outside trigger, such as an electrical shock or the use of illegal drugs. That's primarily because a healthy person's heart is free from any abnormal conditions that cause an arrhythmia, such as an area of scarred tissue.

However, in a heart that's diseased or deformed, the heart's electrical impulses may not properly start or travel through the heart, making arrhythmias more likely to develop.

The cause of **cardiomyopathy**, *a thickening or enlarging of the heart muscle*, may depend on the type:

**Dilated cardiomyopathy.** The cause of this most common type of cardiomyopathy often is unknown. It may be caused by reduced blood flow to the heart (ischemic heart disease), infections, toxins and certain drugs. It also may be inherited from a parent. It usually enlarges (dilates) the left ventricle.

**Hypertrophic cardiomyopathy.** This type, in which the heart muscle becomes abnormally thick, usually is inherited. It can also develop over time because of high blood pressure or aging.

**Restrictive cardiomyopathy.** This least common type of cardiomyopathy, which causes the heart muscle to become rigid and less elastic, can occur for no known reason. Or it may be caused by diseases, such as connective tissue disorders or excessive iron buildup in your body (hemochromatosis), or by some cancer treatments, such as chemotherapy and radiation.



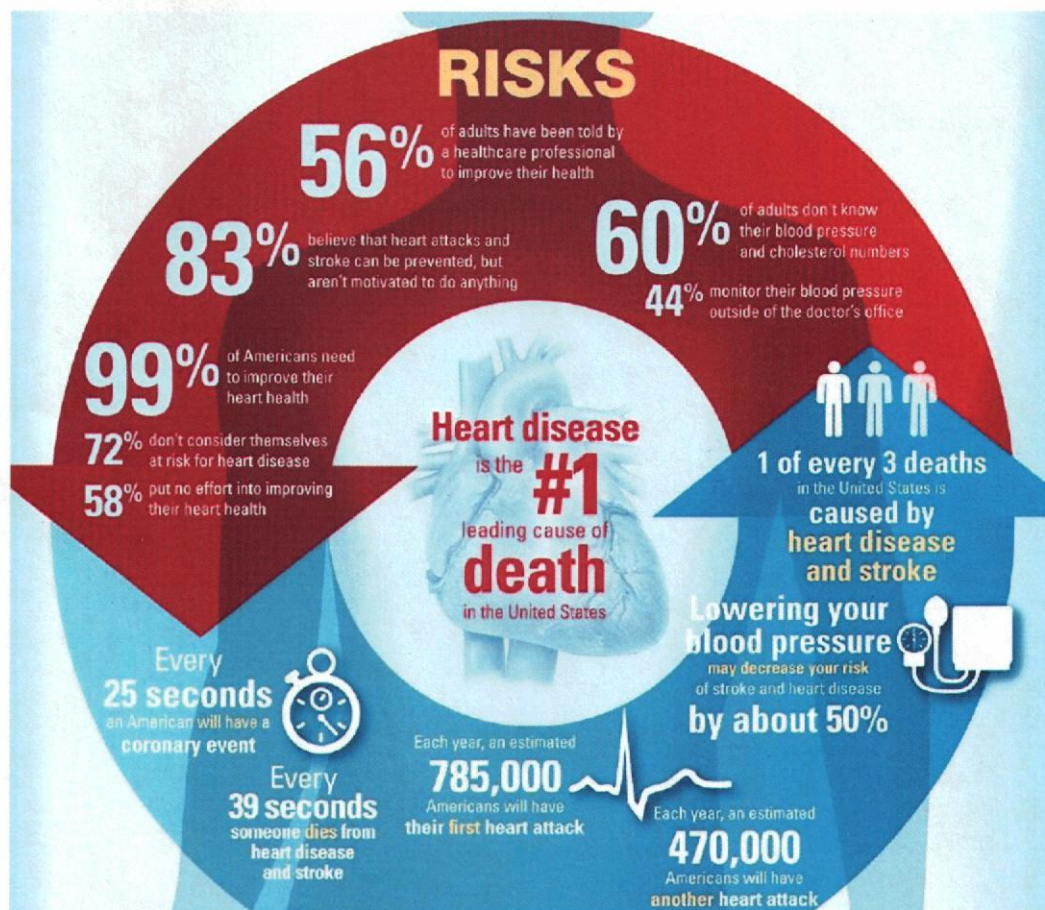
**Heart infections**, such as *pericarditis*, *endocarditis* and *myocarditis*, are caused when an irritant, such as a bacterium, virus or chemical, reaches your heart muscle. The most common causes of heart infections include:

- Bacteria
- Viruses
- Parasites

There are many causes of **valvular heart disease** (diseases of your heart valves). You may be born with valvular disease, or the valves may be damaged by conditions such as:

- Rheumatic fever
- Infections (infectious endocarditis)
- Connective tissue disorders

(taken from: <http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/causes/con-20034056>)





## Contributing Factors

Factors like **age** (aging increases your risk of damaged and narrowed arteries and weakened or thickened heart muscle), **gender** (men are generally at greater risk of heart disease) and **family history** (a family history of heart disease increases your risk of coronary artery disease) can't be changed, but they can be mitigated by choosing a healthy lifestyle. The following table shows the controllable risk factors for heart disease.

<b>Smoking</b> Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. Heart attacks are more common in smokers than in nonsmokers.	<b>Stop smoking</b> Smoking is a major risk factor for heart disease, especially atherosclerosis. Quitting is the best way to reduce your risk of heart disease and its complications.
<b>High blood pressure</b> Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows.	<b>Control your blood pressure</b> Ask your doctor for a blood pressure measurement at least every two years. He or she may recommend more frequent measurements if your blood pressure is higher than normal or you have a history of heart disease.
<b>Poor diet</b> A diet that's high in trans fats, salt, sugar and refined carbohydrates can contribute to the development of heart disease.	<b>Eat healthy foods</b> A heart-healthy diet based on fruits, vegetables and whole grains and low in saturated fat, cholesterol, sodium and added sugar, can help you control your weight, blood pressure and cholesterol.
<b>Diabetes</b> Diabetes increases your risk of heart disease. Both conditions share similar risk factors, such as obesity and high blood pressure.	<b>Keep diabetes under control</b> If you have diabetes, tight blood sugar control can help reduce the risk of heart disease.
<b>Obesity</b> Excess weight typically worsens other risk factors.	<b>Maintain a healthy weight</b> Being overweight increases your risk of heart disease. A BMI of less than 25 and a waist circumference of 35 inches (88.9 centimeters) or less is the goal for preventing and treating heart disease.
<b>Stress</b> Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.	<b>Manage stress</b> Reduce stress as much as possible. Practice techniques for managing stress, such as muscle relaxation and deep breathing.
<b>Physical inactivity</b> Lack of exercise also is associated with many forms of heart disease and some of its other risk factors, as well.	<b>Move</b> Exercise helps you achieve and maintain a healthy weight and control diabetes, elevated cholesterol and high blood pressure. With your doctor's OK, aim for 30 to 60 minutes of physical activity most days of the week.
<b>Poor hygiene</b> Not regularly washing your hands and not establishing other habits that can help prevent viral or bacterial infections can put you at risk of heart infections, especially if you already have an underlying heart condition. Poor dental health also may contribute to heart disease.	<b>Practice good hygiene</b> Stay away from people with infectious diseases such as colds, get vaccinated against the flu, regularly wash your hands, and brush and floss your teeth regularly to keep yourself well.
<b>High blood cholesterol levels</b> High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis	<b>Check your cholesterol</b> Ask your doctor for a baseline cholesterol test when you're in your 20s and then at least every five years. You may need to start testing earlier if high cholesterol is in your family. If your test results aren't within desirable ranges, your doctor may recommend more frequent measurements.





## How Much Exercise Do You Need to Prevent Heart Disease?

### Find this article at:

<http://www.health.com/health/condition-article/0,,20188246,00.html>

Experts say exercise flushes cholesterol from your arteries. The old thought was that vigorous exercise could be dangerous to people at risk for heart disease. Emerging evidence suggests that the more vigorous the workout, the more value to your heart—though short, 15-minute spurts of exercise may be as beneficial as one marathon session. One cardiovascular death

per year may be preventable for every 145 people with diabetes who are persuaded to walk at least two hours a week, according to researchers at the Centers for Disease Control and Prevention in Atlanta.

### Exercise keeps you ticking

David Cullen's brother Steve died of a heart attack in 1995 at age 40. In 2002 two more of his brothers died of the same fate, one day apart. Cullen, a state representative from Milwaukee, doesn't expect to die young.

At 5'11", he weighs only 165 pounds and has low cholesterol. He credits his good health to running six to eight miles each day.

### How exercise clears arteries

Exercise helps dilate the body's blood vessels and enables blood to circulate more freely, said Byung-il William Choi, MD, a professor of cardiovascular medicine at the Medical College of Wisconsin in Milwaukee. In one study Harvard researchers found up to a 20% reduction of heart-disease risk for those who most frequently got vigorous exercise.

This category included running or jogging, swimming laps, playing tennis, or doing aerobics. Walking three miles or more a week resulted in a 10% reduction in risk. Other moderate exercises include walking, golf, and yard work. "The benefits of physical activity seem to be independent of other coronary factors," Howard D. Sesso, ScD, of the department of epidemiology at the Harvard School of Public Health, said when the study was published.

### How much exercise is enough?

The amount of exercise it takes to help prevent heart disease is a matter of debate. Some experts urge people to exercise more frequently and moderately; others push for longer, more vigorous workouts. "The sad fact is, most Americans are sedentary," says Matthew Sorrentino, MD, a cardiologist at the University of Chicago. "One-quarter don't exercise at all. So getting them to move at all is an improvement." Some studies show that regular exercise—30 to 60 minutes a day—lowers blood sugar and blood pressure, boosts HDL (good cholesterol), and can reduce the protein that contributes to blood clots.

A study of more than 44,000 men found that even moderate exercise can shield against heart disease. Compared with men who got little or no exercise, those who walked briskly for at least 30 minutes each day were about 20% less likely to develop heart disease. Lifting weights—a type of exercise once dismissed by cardiologists for people with high blood pressure—also reduced risk by about 25%. Running at least an hour each week cut the risk by 40%.

Exercise helps people lose weight, though a surprising study by researchers at the Cooper Institute for Aerobics Research in Dallas found it is better for your heart for you to be fit than thin. Unfit, lean men had a higher risk of death from cardiovascular disease than men who were fit and obese. Exercise is also associated with other healthy behaviors, like not overeating and not smoking, Dr. Choi says. David Cullen, 47, has found that his choice to exercise prompts him to make other healthy choices. "The more I run, the less likely I am to want junk food," he says.

### Never too late to start

A German study found that people who exercised regularly during their lifetimes were 60% less likely to be diagnosed with coronary heart disease than sedentary people. But those who became physically active only after the age of 40 were around 55% less likely to be diagnosed with heart disease than those who had been inactive all their lives.



For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity  At least **5** days per week for a total of **150** minutes

OR



At least **25** minutes of vigorous aerobic activity  At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity  At least **2** days per week for additional health benefits 

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity  **3-4** days per week 



# HEART-HEALTHY FOOD ALLIES

## Omega 3 Fatty Acids & Unsaturated Fats

### How They work

Unsaturated fatty acids when substituted for saturated fatty acids may lower your cholesterol. Omega-3 fatty acids are a type of unsaturated fatty acid that may reduce inflammation throughout the body. Inflammation in the body can damage your blood vessels and lead to heart disease. Omega-3 fatty acids may decrease triglycerides, lower blood pressure, reduce blood clotting, decrease stroke and heart failure risk, reduce irregular heartbeats, and may improve learning ability in children.

**What to Eat:** flax seeds, flax seed oil, chia seeds, sardines, cod liver oil, salmon, butternuts, walnuts, herring, mackerel, basil & oregano (fresh leaves), grape leaves, olive oil, avocados, tofu

## Fiber

### How It Works

One of the ways soluble fiber may lower blood cholesterol is through its ability to reduce the amount of bile reabsorbed in the intestines. When fiber interferes with absorption of bile in the intestines, the bile is excreted in the feces. To make up for this loss of bile, the liver makes more bile salts. The body uses cholesterol to make bile salts. So in order to obtain the cholesterol necessary to make more bile salts, the liver increases its production of LDL receptors. These receptors are responsible for pulling cholesterol out of LDL molecules in the bloodstream. Therefore, the more bile salts are made from the liver, the more LDL cholesterol is pulled from the blood. Fiber also helps regulate glucose, also known as blood sugar, by causing food to stay in your stomach longer increasing the time it takes for your blood sugar to rise after you eat and reducing the risk of diabetes. According to the American Diabetes Association, people with diabetes have double the risk of non-diabetics of suffering a heart attack.

**What to Eat:** oat bran, wheat bran, flax seeds, rye flours, barley, dried herbs & spices, beans, peas, lentils, cocoa powder, peppers, dried cloud-ear fungi, popcorn

## Potassium

### How It Works

Potassium is a chemical which helps to lower blood pressure by balancing out the negative effects of salt. Your kidneys help to control your blood pressure by controlling the amount of fluid stored in your body. The more fluid, the higher your blood pressure. Your kidneys do this by filtering your blood and sucking out any extra fluid, which it then stores in your bladder as urine. This process uses a delicate balance of sodium and potassium to pull the water across a wall of cells from the bloodstream into a collecting channel that leads to the bladder. Eating salt raises the amount of sodium in your bloodstream, wrecks the balance and reduces your kidneys' ability to remove the water. By eating more fruit and vegetables, you will increase your potassium levels and help to restore the balance.

**What to Eat:** sun-dried tomatoes, tomato paste, peppers, beans, dried apricots, plantains, beet greens, yams, potatoes, palm hearts, shiitake mushrooms, orange juice, carrot juice, prunes, soybeans, yogurt, dried herbs & spices

## Antioxidants

### How They Work

Antioxidants are natural substances that exist as vitamins, minerals and other compounds in foods. They are believed to help prevent disease by fighting free radicals, substances that harm the body when left unchecked. Free radicals are formed by normal bodily processes such as breathing, and by environmental contaminants like cigarette smoke. Without adequate amounts of antioxidants, these free radicals travel throughout the body, damaging cells. Part of this cellular damage leads to one of the major known factors in the development of heart disease, oxidation of cholesterol. Oxidation, meaning the addition of oxygen to low-density lipoproteins (LDL or "bad" cholesterol), contributes to the build up of fatty plaque on artery walls (atherosclerosis), which can eventually slow or block blood flow to the heart.

**What to Eat:** blackberries, strawberries, cranberries, blueberries, raspberries, kidney beans, pinto beans, apples, artichokes, plums, prunes, pecans, russet potatoes, dark chocolate, green tea, coffee, pomegranates, popcorn, dried herbs & spices



# ONE-DAY HEART HEALTHY MEAL PLAN

## BREAKFAST

### Oatmeal-Rhubarb Porridge

#### Ingredients

- 1 1/2 cups nondairy milk, such as soymilk or almond milk
- 1/2 cup orange juice
- 1 cup rolled oats
- 1 cup 1/2-inch pieces rhubarb, fresh or frozen
- 1/2 teaspoon ground cinnamon
- 2-3 tablespoons brown sugar, maple syrup or agave syrup
- 2 tablespoons chopped pecans or other nuts, toasted, if desired



#### Directions

Combine milk, juice, oats, rhubarb and cinnamon in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes. Remove from the heat and let stand, covered, for 5 minutes. Stir in sweetener to taste. Top with nuts. **Tip:** To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

#### Nutrition Facts

Amount per serving:

Calories **336**

- 8 g fat (1 g sat, 4 g mono)
- 4 mg cholesterol
- 56 g carbohydrates
- 9 g added sugars
- 13 g protein
- 6 g fiber
- 153 mg sodium
- 772 mg potassium

**Nutrition Bonus:** Vitamin C (60% daily value), Magnesium (38% dv), Calcium (30% dv), Potassium (22% dv), Zinc (16% dv).

## LUNCH

### Collard Green Wraps with Roasted Yams and Chipotle

#### Black Beans

#### Ingredients

- 4 large collard green leaves
- 1 large yam, peeled, diced, drizzled olive oil
- 1 cup baked tofu
- 1/4 teaspoon chipotle powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 teaspoon maple syrup or agave or honey
- 1 1/2 cup cooked black beans
- 1 avocado, sliced
- Cilantro sprigs

For chipotle lime vinaigrette:

- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 pinch salt
- 1/4 teaspoon chipotle powder

#### Directions

1. To prep collard greens, slice off stem and remove thickest part of the large vein with a sharp knife. Drop into a pot of boiling, generously salted water for about 45 seconds. Remove and place in a bowl of ice cold water. Blot dry.
2. Roast yam in a 425-degree oven until tender and a little crispy, about 25 minutes.
3. Season black beans with chipotle powder, cinnamon, salt, and maple syrup or agave.
4. Whisk together all ingredients for vinaigrette.
5. Place all ingredients for wrap at bottom end of collard green. Top with tofu, avocado, and cilantro sprigs. Roll up like a burrito. Cut in half and serve with vinaigrette.

#### Nutrition Facts

Amount per serving:

Calories: **396**

- 553mg Sodium
- 40g Carbs
- 14g Fiber
- 21g Fat
- 3g Saturated Fat
- 18g Protein
- 150mg Calcium
- 3mg Iron



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# ONE-DAY HEART HEALTHY MEAL PLAN

## SNACK

### Hummus Dip with Raw Veggies

#### Ingredients

- 2 cans chickpeas, drained and rinsed
- 1/2 cup extra-virgin olive oil
- 1/2 lemon, juiced
- 2 tablespoons roughly chopped fresh parsley leaves
- 2 cloves garlic, peeled
- 1 1/2 teaspoon salt
- 1/2 teaspoon dark Asian sesame oil
- 1/2 to 1 teaspoon ground cumin
- 12 to 15 grinds black pepper
- 1/4 cup water
- Paprika, for garnish
- Cut veggies for dipping

#### Directions

In a blender combine all the ingredients except the parsley and paprika to be used for garnish. Blend on low speed until smooth. You'll have to stop the blender often to push down the ingredients. If the mixture is too dry and you're having trouble blending it, add a few more tablespoons of olive oil to help things along.

Scrape the hummus onto a plate. Sprinkle the paprika over the top, drizzle lightly with olive oil, scatter some parsley on top, and serve. You can make the hummus up to a couple of hours before you serve it. Cover the top with plastic wrap and leave it at room temperature.

#### Nutritional Facts (Hummus Dip)

Amount per tablespoon serving:

Calories: **57**

- Total Fat: 4 grams
- Saturated Fat: 0.5 grams
- Protein: 1 gram
- Carbohydrates 5 grams
- Sugar: 0 grams
- Fiber: 1 gram
- Cholesterol: 0 milligrams
- Sodium: 96 milligrams



## DINNER

### Quinoa-Stuffed Peppers

#### Ingredients

- 1 onion, finely chopped (1 cup)
- 2 Tbs. olive oil
- 1/2 cup finely chopped celery
- 1 Tbs. ground cumin
- 2 cloves garlic, minced (2 tsp.)
- 1 cup spinach leaves
- 2 15-oz. cans diced tomatoes, drained, liquid reserved
- 1 15-oz. can black beans
- 3/4 cup quinoa
- 3 large carrots, grated (1 1/2 cups)
- 1 1/2 cups grated pepper Jack cheese
- 4 large red bell peppers, halved lengthwise

#### Directions

1. Heat oil in saucepan over medium heat. Add onion and celery, and cook 5 minutes, or until soft. Add cumin and garlic, and sauté for 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes, or until most of liquid has evaporated.
2. Stir in black beans, quinoa, carrots, and 2 cups water. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes, or until quinoa is tender. Stir in 1 cup cheese. Season with salt and pepper.
3. Preheat oven to 350°F. Pour liquid from tomatoes in bottom of baking dish.
4. Fill each bell pepper half with heaping 3/4-cup quinoa mixture, and place in baking dish. Cover with foil, and bake 1 hour. Uncover, and sprinkle each pepper with 1 Tbs. remaining cheese. Bake 15 minutes more, or until tops of stuffed peppers are browned. Let stand 5 minutes.

#### Nutritional Facts

Amount per serving:

Calories: **279**

- Protein: 14 g
- Total Fat: 10 g
- Saturated Fat: 3 g
- Carbohydrates: 36 g
- Cholesterol: 15 mg
- Sodium: 518 mg
- Fiber: 10 g
- Sugar: 9 g







# HEART-ATTACKERS: FOOD VILLAINS

## Trans Fats

### **How They Hurt**

High levels of trans-fats cause atherosclerosis by reducing the responsiveness of a key protein, transforming growth factor (TGF)-beta, that controls growth and differentiation in cells. Trans-fat is also known to increase blood levels of low density lipoprotein (LDL), or "bad" cholesterol, while lowering levels of high density lipoprotein (HDL), or "good" cholesterol. Trans-fats even interfere with your body's use of beneficial omega-3 fats, and have been linked to an increase in asthma. The American Heart Association recommends limiting the amount of trans fat you eat daily to less than 1 percent of your total calories. If you eat 2,000 calories a day, that translates to about 2 (or fewer) grams.

**What to Avoid:** Foods that contain "hydrogenated oil" or "partially hydrogenated oil" in their ingredient lists, packaged snacks, crackers, bakery goods (cookies, pies, doughnuts, etc), margarine, shortening, fried / battered foods, cake mixes & canned frostings, non-dairy creamers, microwave popcorn, frozen ice cream beverages, meat sticks, processed meats, frozen dinners, packaged pudding, canned chili, fast food

## Refined Carbohydrates & Sugars

### **How They Hurt**

Both good carbs and bad carbs turn into sugar, but their nutritional value and how fast they digest in the body is what makes them different. Your body breaks down all carbohydrates into sugar. The outcome is glucose, and this is what gives your body energy. Food with complex, good carbohydrates, such as quinoa and oatmeal, contain a lot of fiber so your body breaks them down slowly. This keeps you feeling full and stabilizes your blood sugar levels. Your body digests simple, refined carbohydrates very quickly. This causes increased inflammation in the body and raises your blood sugar levels. In addition to inflammation, too much sugar in your bloodstream can damage your artery walls, which leads to added inflammation. Your arteries carry oxygen-rich blood to your heart. Inflammation is a risk factor for coronary artery narrowing, which makes it difficult for blood to make it to your heart. Having high blood sugar levels increases your risk for heart disease.

**What to Avoid:** sugars, sweeteners, candy, sweetened cereals, baked goods (cookies, pies, pastries, breads, muffins, cakes etc.) fast foods, packaged snacks (chips, pretzels, cheese curls, etc.), ice cream, sweetened drinks (sodas, juices, sweet tea, specialty coffee drinks, energy drinks), pasta, white rice, some energy bars

## Salt / Sodium

### **How It Hurts**

Americans on average take in 3,400 milligrams of sodium each day. That's a third more than the daily recommended limit of 2,300 mg (about 1 teaspoon salt) and more than double the 1,500 mg suggestion for adults age 51 and older and for anyone who is salt-sensitive (e.g., people who are African-American, those with high blood pressure, diabetes or chronic kidney disease)—about half the U.S. population. Cutting your sodium intake can help lower high blood pressure and also reduce your risk of developing high blood pressure.

**What to Avoid:** lunch meats, hot dogs, ham, fast food, pizza (except homemade with homemade crust), packaged snacks (chips, pretzels, cheese curls, etc.), some breads, processed foods (frozen dinners, boxed dinners), packaged macaroni & cheese, processed cheeses, canned soups & vegetables, canned / jarred sauces, instant soups & sauces, salad dressings



## What Is Trans Fat?



Consumption of trans fat raises low-density lipoprotein (LDL), or *bad cholesterol*, increasing the risk of coronary heart disease. Most authorities say the safe amount to eat is 0.



Source: fda.gov

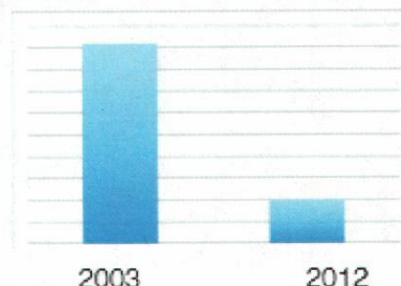
Industrial Trans Fatty Acids are synthetic. They are created by a process that adds hydrogen to liquid vegetable oils to make them more solid.

### Trans fat in food:

Cake frosting: 2 g  
Chicken pot pie: 2 g  
Graham crust: 2.5 g  
Stick margarine: 1-3 g  
Kettle popcorn: 5 g

Source: manufacturer's data

Consumption of trans fat from products containing partially hydrogenated oils has declined dramatically from 4.6 grams per day in 2003 to about 1 gram per day in 2012, according to FDA estimates.



## How to Find Trans Fat:

### Nutrition Facts Label on Food Packages

#### Nutrition Facts

Serving Size 1 CUP  
Servings Per Container 3

#### Amount Per Serving

Calories 100 Calories from Fat 110

% Daily Value\*

Total Fat 13g 20%

Saturated Fat 3g 15%

Trans Fat 5g

Cholesterol 0mg 0%

Sodium 0mg 5%

Potassium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 12%

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 4%

### Internet Research for Restaurants

	Trans Fat (g)	Saturated Fat (g)	Total Fat (g)	Calories
McDonald's	0.5	1.5	2.0	230
Wendy's	0.5	1.5	2.0	230
Chick-fil-A	0.5	1.5	2.0	230
Arby's	0.5	1.5	2.0	230
Jack-in-the-box	0.5	1.5	2.0	230
Hardee's	0.5	1.5	2.0	230
Wendy's	0.5	1.5	2.0	230
Chick-fil-A	0.5	1.5	2.0	230
Arby's	0.5	1.5	2.0	230
Jack-in-the-box	0.5	1.5	2.0	230
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Jack-in-the-box	0.5	1.5	2.0	230
Hardee's	0.5	1		





## Did You Know?

- Growing scientific evidence shows that eating too much added sugar over time is linked to health problems, including serious diseases such as heart disease, diabetes and liver disease.
- Every day, the average American consumes almost three times more sugar than is recommended. That adds up to an average of 66 pounds of added sugar each year.
- Added sugar is hiding in 74% of packaged foods, including foods that many of us think are healthy, like yogurt and energy bars, and even in savory foods, like pasta sauce, breads, salad dressing and ketchup.
- In an effort to make foods "low-fat," many food companies replaced added fat with added sugar.
- There are at least 61 names for added sugar on food labels.
- Liquid sugar, like that in soda and sports drinks, is the largest source of added sugar in the American diet (36%).
- Too much added sugar from soda and sports drinks can overload critical organs over time, leading to serious diseases.
- When you consume sugar as a beverage, you don't feel as full. It's easy to down 9 teaspoons of sugar in a single 12-oz. soda. The American Heart Association recommends no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men.
- Drinking just one 12-oz. soda every day, or 7 sodas per week, can increase your risk of dying from heart disease by almost 1/3. Heart disease is the leading cause of death in the U.S.
- Fructose is a common type of sugar found in soda, sports drinks and many packaged foods. Too much fructose can damage your liver, just like too much alcohol.



FACE FEEL PUFFY?

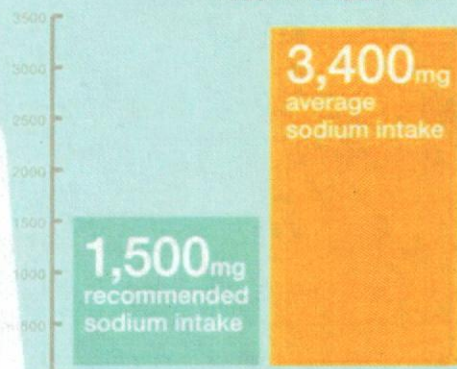
JEANS FIT TIGHTER?

In **3** weeks you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating

**CHANGE**  
**your**

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit.



IN ONLY

**SALTY**  
**WAYS**

21 DAYS

Nutrition Facts	
Serving Size 1 (144g)	
Servings Per Container 2	
Amount Per Serving	% Daily Value
Calories 310	Calories from Fat 130
Sodium 560mg	26%
Cholesterol 115g	39%
Total Fat 15g	21%

Learning to read & understand food labels can help you make healthier choices.

[heartcheckmark.org](http://heartcheckmark.org)



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

## WEEK ONE

Breads  
& Rolls

Cold Cuts  
& Cured  
Meats

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

## WEEK TWO

Pizza

Poultry

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

## WEEK THREE

Soups

Sandwiches

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

## KNOW THE SALTY 6

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches



Choose wisely, read nutrition labels & watch portion control.



American  
Heart  
Association

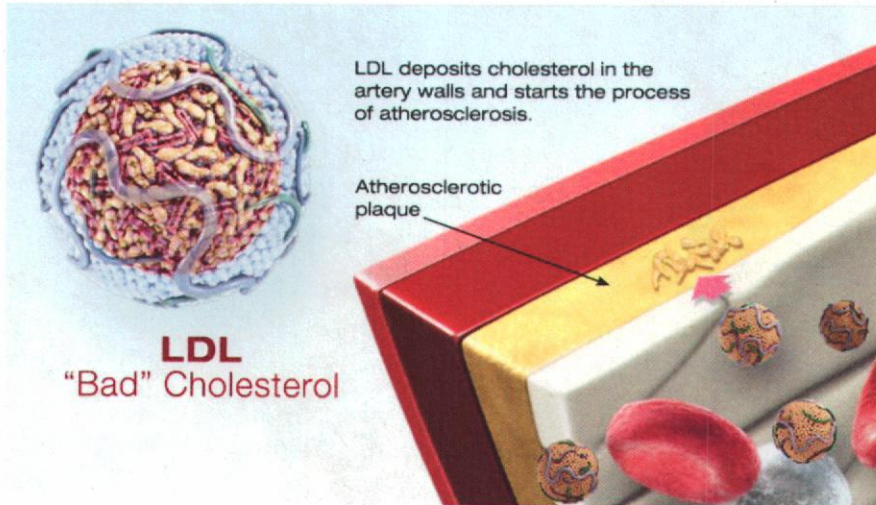
American  
Stroke  
Association

life is why™



## Understanding Cholesterol

**Cholesterol** is a waxy substance produced and released into the bloodstream by cells in the liver. The body uses cholesterol to form cell membranes, aid in digestion, convert Vitamin D in the skin and develop hormones. Cholesterol is stored inside a waterproof envelope of lipids (fat), along with specific proteins that weave in and out of the envelope's outer shell. These particles are called lipoproteins. While there are several types of lipoproteins, your cholesterol score measures just Low Density Lipoproteins and High Density Lipoproteins.

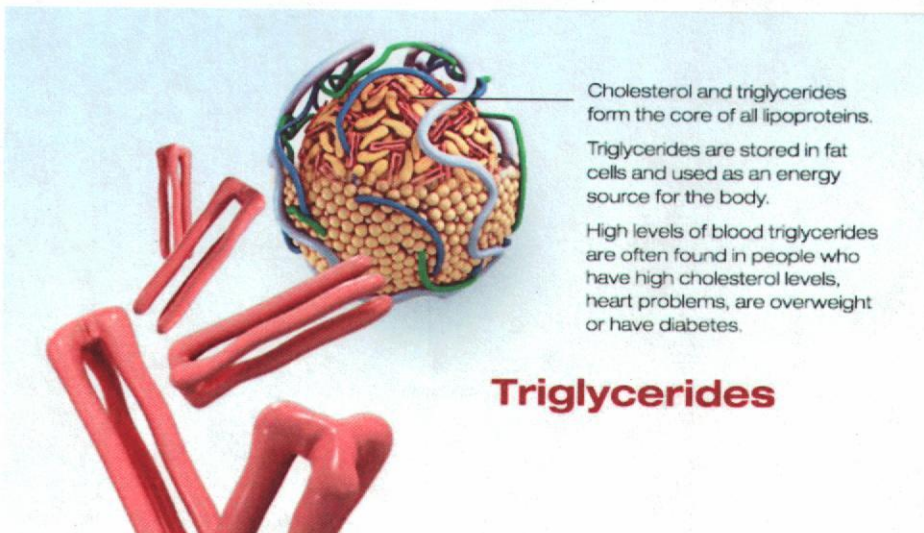


### **Low density lipoproteins (LDL)**

are considered "bad" cholesterol. While they carry needed cholesterol to all parts of the body, too much LDL in the system can lead to coronary artery disease, due to the buildup of LDL deposits in the artery walls.

### **High density lipoproteins (HDL)**

are called "good" cholesterol because they remove cholesterol from the bloodstream and the artery walls. A higher HDL score is desirable and will improve your overall cholesterol score.



**Triglycerides** are a type of fat that is packaged with cholesterol when the lipoproteins form in the liver cells. Triglycerides are stored in fat all over the body and can be an energy source, like carbohydrates.





$$\begin{array}{ccccccc} \text{HDL} & + & \text{LDL} & + & \text{Triglycerides} & = & \text{Total cholesterol score} \\ \text{"Good"} & & \text{"Bad"} & & & & \\ \text{cholesterol} & & \text{cholesterol} & & & & \end{array}$$

### Reading the Results of Your Cholesterol Test

#### Low Density Lipoproteins (LDL) - Bad Cholesterol

Optimal	Acceptable to Borderline	Borderline	High Risk	Extremely High Risk
less than 100 mg/dL ( 2.6 mmol/L)	between 100 – 129 mg/dL (2.6–3.34 mmol/L)	between 130 – 159 mg/dL (3.36–4.13 mmol/L)	between 160 – 189 mg/dL (4.14 - 4.90 mmol/L)	at or above 190 mg/dL (4.91 mmol/L)

#### Triglyceride Levels

Optimal	Borderline	High Risk	Extremely High	
below 150 mg/dL (1.69 mmol/L).	between 150 mg/dL (1.69 mmol/L) and 199 mg/dL (2.25 mmol/L)	between 200-499 mg/dL (2.26-5.63 mmol/L)	above 500 mg/dL (5.64 mmol/L)	

#### High Density Lipoproteins (HDL) - Good Cholesterol

Optimal	Acceptable to	High Risk		
above 60 mg/dL (1.56 mmol/L)	between 40- 60 mg/dL (1.04–1.56 mmol/L)	below 40 mg/dL (1.04 mmol/L)		

#### Total Cholesterol

Optimal	Acceptable to	High Risk		
less than 200 mg/dL (5.17	between 200 mg/dL and 239 mg/dL (5.17–6.18	at or above 240 mg/dL (6.21		



**Want to learn more about heart disease? The following is a list of resources available at the Olean Public Library or online.**

### **Books**

#### **General Heart Disease Resources:**

616.12D *The Buena Salud Guide for a Healthy Heart* by Jane Delgado

This invaluable guide details everything readers need to know about the leading cause of death in the U.S.: how the heart works how heart problems develop and what can be done to avoid them what we know about heart disease in Hispanics Dr. Delgado's 10-point, life-changing program for maintaining heart health a quick-reference guide on the most common conditions, diagnostic tools, and procedures key questions for your health provider tools to help you monitor your own health where to get information you can trust in both English and Spanish on the Internet.

616.12 G *Women Are Not Small Men: Life-saving Strategies for Preventing and Healing Heart Disease in Women* by Nieca Goldberg

This book presents comprehensive instructions on what you can do to maintain or improve your heart health, including how to spot the warning signs of heart disease, the exercises and diet to follow for prevention and recovery, how to assess risk factors, techniques for reducing stress, the truth about estrogen and hormone replacement therapy, which supplements and herbal remedies really work, and how to become your own advocate in dealing with the medical profession.

616.12 O *Healing From the Heart: a Leading Heart Surgeon Explores the Power of Complementary Medicine* by Mehmet Oz

Oz, a noted cardiovascular surgeon and director of the Complementary Care Center at Columbia-Presbyterian Medical Center in New York City, relates his experiences in combining complementary medicine with more traditional treatments. Today, his scientific approach is setting the standard for measuring outcomes and benefits of various complementary healing modalities in pre-operative, intra-operative, and post-operative cardiac surgery patients. His multidisciplinary team of nurses, energy healers, and various health practitioners continues to integrate and investigate the roles of music therapy, hypnotherapy, nutrition, massage therapy, yoga, and therapeutic touch in allopathic medicine.



616.12 P *The Women's Heart Book: The Complete Guide to Keeping Your Heart Healthy* by Frederic Pashkow

Heart disease is the leading cause of death in American women. As public awareness of this fact grows, women are paying more attention to the risks of heart disease. In this revised edition of the originally published, highly successful guide to women's heart health, an internationally renowned cardiologist, Dr. Pashkow, and a survivor of open heart surgery, Charlotte Libov, cover every aspect of heart care, heart surgery, and the prevention of heart disease. Drawing from their combined experience, the authors offer information on calculating the risk for heart disease; finding a good doctor; detecting congenital defects; what a pregnant woman needs to know about potential heart problems; and state-of-the art treatments, surgery, and drug therapies. In addition, the book features an effective diet and exercise life-plan that can dramatically reduce the risks of heart disease, especially in women with high blood pressure, high cholesterol, or cardiovascular problems.

616.2 S *Exercises for Heart Health: The Complete Plan for Heart Attack, Heart Surgery, and Cardiovascular Disease Recovery and Prevention* by William Smith

Heart disease is the #1 health problem for both women and men in the United States. Physical inactivity is a major risk factor for heart disease and is linked to heart failure. Exercise is essential for a healthy heart, especially if you are at risk for or are recovering from heart disease. *Exercises for Heart Health* features an easy to follow exercise plan for both cardiac health and muscle strength. The book reviews the causes of heart disease, the effects of heart disease on your overall health and well-being, and practical exercise routines for treatment.

616.12 W *Back to Life After A Heart Crisis: A Doctor and His Wife Share Their 8-Step Cardiac Comeback Plan* by Marc K. Wallack

In *Back to Life After a Heart Crisis*, Dr. Wallack and his wife, journalist Jamie Colby, offer their moving personal story along with a one-of-a-kind, prescriptive guide for reclaiming your life after confronting the issues of mortality and vulnerability raised by a traumatic heart event—whether it be a heart attack or a surgical procedure. Brimming with inspiration and encouragement, this unique book shows readers how to regain emotional strength in tandem with healing physically by working through eight important milestones.



## Nutrition/Cookbooks:

616.12 B *Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease* by Janet Bond Brill

If you're one of the 13 million Americans who have survived a heart attack or been diagnosed with heart disease, Dr. Janet Bond Brill offers a delicious and foolproof plan that can lower your risk of a second heart attack by up to 70 percent. Inspired by the heart-healthy Mediterranean diet, the Prevent a Second Heart Attack Plan is based on satisfaction, rather than deprivation.

616.12 P *The Road to a Healthy Heart Runs Through the Kitchen* by Joseph Piscatella

Coronary bypass survivor Piscatella (*Don't Eat Your Heart Out Cookbook*) champions the benefits of a Mediterranean-style diet for both preventing heart disease and promoting good health in general. The first half of his hefty book surveys all things heart related, with an emphasis on what causes heart problems and how to prevent or reverse them. Though not a physician or a Ph.D., Piscatella presents the material well, using simple graphics to stress key points, such as the fact that a New England Journal of Medicine report suggests that eating only two servings of fish per week may cut the risk of dying from heart attack in half. The latter portion of the book contains practical, family-friendly recipes prepared by Piscatella's wife, Bernie.

641.563 K *WomenHeart's All Heart Family Cookbook: Featuring the 40 Foods Proven to Promote Heart Health* by Kathy Kastan

The introduction explains that scientists have identified 40 foods that can help reduce, prevent, and even reverse heart disease. Those 40 foods—among them chocolate, red wine, tropical fruits, almonds and avocados—are the focus of this health-conscious cookbook. All 175 recipes include one or more of them, and the first section details, food by food, in easily understandable (even occasionally funny) language, why they're good for you.

641.563 N *The New American Heart Association Cookbook*

In print for more than thirty-five years and with three million copies sold, *The New American Heart Association Cookbook* remains the ultimate resource on achieving a healthy diet. It includes over 600 mouthwatering recipes and the latest heart-health information.

641.563 P *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook* by Bonnie Sanders Polin

The author has developed outstanding recipes that taste too good to be good for you (but are), ranging from Cajun Grilled Shrimp with Fresh Pineapple Salsa to Chipotle Chicken and Corn Tamale Pies, All-American Meatloaf, and even New York-Style Cheesecake. The author also provides a week's worth of menus for each of three caloric plans to take the guesswork out of eating from morning to night.



**Subjects to search for in the library catalog (oleanlibrary.org)**

*You can expand your search by looking in the catalog under these subject headings in all of the libraries of the Chautauqua-Cattaraugus Library System. You can request a book be sent here from another library in the System.*

Cardiovascular Diseases  
Cardiovascular System—Diseases  
Cardiovascular System—Diseases—Prevention  
Heart—Diseases  
Heart—Diseases—Alternative Treatment  
Heart—Diseases—Diet Therapy  
Heart—Diseases—Diet Therapy—Recipes  
Heart—Diseases—Exercise Therapy  
Heart—Diseases—History  
Heart Diseases in Women  
Heart Diseases in Women—Prevention  
Heart—Diseases—Nutritional Aspects  
Heart—Diseases—Popular Works  
Heart—Diseases—Prevention  
Heart—Diseases—Prevention—Popular Works  
Heart—Diseases—Psychological Aspects  
Heart—Diseases—United States

**Magazines:**

The following magazines are available in the library to check out (the current month's issue does not circulate, but you are free to look at it in the library):

*Cooking Light*  
*Healthy Aging*  
*Men's Health*  
*NIH MedlinePlus*  
*Prevention*  
*Self*

**eMagazines:**

The following magazines are available on our Zinio platform. You can access these magazines by clicking on the Zinio link found on the library's webpage (oleanlibrary.org). You can download the magazine (including the current issue) and you never have to return it.

*Men's Health*  
*Prevention*



*Weight Watchers*  
*Women's Health*

**DVDs:**

The following DVD is available to check out from the library:

DVD 616.1 H *The Hidden Epidemic: Heart Disease in America*

**Websites:**

*American Heart Association*

<https://www.heart.org/HEARTORG/>

*Mayo Clinic: Heart Disease Prevention*

<http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502>

*MedLine Plus: Heart Disease Prevention*

<https://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html>

*National Heart Lung & Blood Institute*

<http://www.nhlbi.nih.gov/health/health-topics/topics/cad/>

*Million Hearts*

<http://millionhearts.hhs.gov/index.html>

*Vegetarian Times: Heart-Felt Meals*

<http://www.vegetariantimes.com/article/heart-felt-meals/>