

# Lab Results

**Triglycerides:** This is stored fat. Eating foods low in fat as well as fewer sweets and alcohol will help lower triglyceride levels. My triglyceride level is \_\_\_\_\_ (less than 150)

**Total Cholesterol:** This is a waxy, fat-like substance found in tissue and blood. Too much cholesterol may be deposited on blood vessel walls.

My total cholesterol level is \_\_\_\_\_ (less than 200)

**LDL - Low Density Lipoprotein:** This type of cholesterol sticks to the artery walls and causes blockage. Some LDL comes from excess fat in the body.

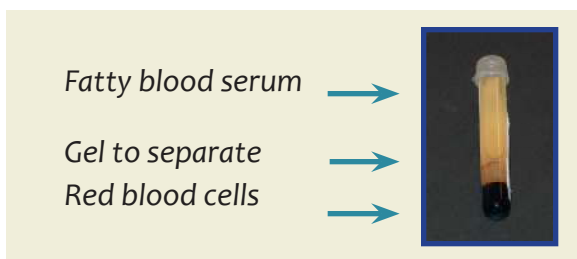
My LDL level is \_\_\_\_\_ (less than 100)

**HDL - High Density Lipoprotein:** This type of cholesterol helps remove some of the LDL cholesterol from artery walls. Physical activity can help raise HDL levels.

My HDL level is \_\_\_\_\_ (greater than 45 male)  
(greater than 55 female)

**Blood Pressure:** This is a measurement of the rate at which the heart pumps blood through the body and the pressure it has on the artery walls.

My blood pressure is \_\_\_\_\_ (less than 120/80)



# Cholesterol

- Cholesterol is found in animal products:  
Meat, eggs, milk, cheese, ice cream,  
butter, yogurt, cream cheese



- Cholesterol is also made naturally in the liver



# Fats

## The Good: Unsaturated Fats

Mostly found in vegetable products. Two types of unsaturated fats are monounsaturated, such as seal, peanut, canola, or olive oil, and polyunsaturated such as safflower, cotton and vegetable oil. These are liquid at room temperature.

## The Bad: Saturated Fats

Found in animal products like eggs (yolk), meat, poultry and dairy products. Plants with saturated fats are coconut, palm oil and cocoa. Also found in processed foods. These are solid at room temperature.

## The Ugly: Trans Fats

Created when oils are made into solids. Trans fats tend to raise total cholesterol more than other fats in the diet. These are found in shortening, hard margarine and processed foods. Look for “partially hydrogenated” or “hydrogenated oil” in the ingredient list.

A heart healthy meal plan for a person's daily intake should include:



- Less than 30 percent of calories from fat
- Less than 10 percent of calories from saturated fat
- As little trans fat as possible
- Less than 300 milligrams (mg) of cholesterol
- Less than 2,300 mg sodium
- 25-40 grams of fiber, depending on caloric needs

## Label Reading

- **Low fat** = three grams or less of total fat per serving
- **Low saturated fat** = one gram or less of saturated fat per serving
- **Low sodium** = less than 140 mg of total sodium per serving
- **Dietary fiber** = three grams or more of fiber per serving



## Nutritional Labels

### Nutrition Facts

Serving Size 1 piece (219g)

Servings Per Container 6

Amount Per Serving

**Calories 520**

**Calories from Fat 240**

% Daily Value\*

**Total Fat 27g 41%**

Saturated Fat 12g 61%

**Cholesterol 255mg 86%**

**Sodium 1110mg 46%**

**Total Carbohydrate 29g 10%**

Dietary Fiber 1g 5%

Sugars 1g

**Protein 39g**

Vitamin A 20%

Vitamin C 4%

Calcium 15%

Iron 25%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

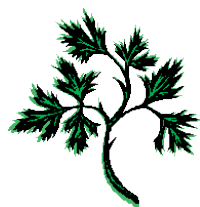
## Low Salt

Sodium is the primary component of salt. A low-salt diet can help control high blood pressure. By controlling high blood pressure, it can help relieve stress on the heart, blood vessels, kidneys and liver.



### Healthy Reminder:

Keep sodium under 2,300 mg per day



## Reduce Salt Intake

- Use herbs, spices and other salt-free seasonings
- Do not use salt at the table
- Do not add salt when cooking
- Avoid fast foods
- Rinse and drain canned vegetables, beans and tuna fish
- Before using salt substitutes consult with your provider

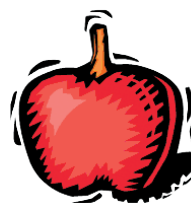


## High Fiber

Fiber is the non-digestible parts of fruits, vegetables, grains and beans. Fiber cannot be broken down in our intestines and will be passed through unchanged.

### Benefits of Fiber

- Helps lower blood cholesterol levels
- Helps you feel full and satisfied
- Helps with food digestion



### Healthy Reminder:

Adults 18 and older should eat 14 grams of fiber for every 1,000 calories

## Where is Fiber?

- Whole grain breads and cereals, dry beans, lentils, nuts, fruits and vegetables.
- Check food labels for good fiber sources
- Good sources of fiber have at least three grams
- One serving of fruit or vegetables is about three grams of fiber

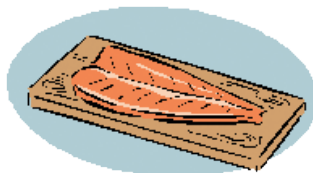


# Meat Guidelines

**Eat two servings a day of low fat meats**

**One serving = two-three ounces  
(the size of a deck of cards)**

- Lean beef or pork, reindeer, caribou, moose, whale and seal meat
- Salmon, halibut, needlefish, whitefish, tuna, scallops and clams
- Chicken, turkey, goose and ptarmigan



## Healthy Shopping:

- Plan a weekly menu
- Make a grocery list that includes a variety of foods
- Eat a snack before shopping to avoid impulse buying
- Choose whole foods instead of ready-made or processed meals
- Buy bagged rice instead of boxed rice mixes
- Buy natural peanut butter without added sugar and trans fat



# Tips for Meal Preparation

- Broil, boil, grill, bake or steam foods instead of frying
- Remove fat and skin from meats
- Cook with vegetable oil and/or cooking spray
- Cook with non-fat or 1% milk instead of whole or 2% milk
- Substitute two egg whites for one whole egg
- Try soy as an alternative

# Tips for Eating Out

- Avoid fried and breaded foods
- Ask for sauces, dressing and gravies on the side
- Avoid cream sauces
- Ask server how food is prepared
- Request a side salad instead of fries
- Watch for words like creamy, buttery, fried, white sauce, Au Gratin, casseroles, pot-pies and parmigiana



## Healthy Reminder:

Many restaurant meals, such as a cheeseburger, can have over 1,500 calories

## Daily Physical Activity

- Lowers your risk of heart disease and high blood pressure
- Strengthens bones, muscles and joints
- Helps manage weight
- Lowers cholesterol and blood sugar
- Gives you more energy



**Healthy Reminder:**  
Aim for at least 30 minutes of  
activity a day

## Any Activity is Beneficial

- Take the stairs instead of the elevator
- Park farther away from entrances
- Walk on your lunch break
- Lift weights or even cans of food for 10 minutes each day
- Rake leaves, shovel snow, vacuum, or mow the lawn

## Stress

Stress occurs in every day life and can lead to illness if not managed well.

**Learn the warning signs of stress:** Tense muscles, nightmares, racing heart and thoughts, headaches, feeling tired, change in appetite, unable to think clearly or concentrate.

**What is causing stress:** Try to understand what is causing stress. Realize there are some things you cannot control.

**Set goals and priorities:** Make a list, and allow yourself enough time to complete the tasks.

**Relax:** Take 15 minutes a day for yourself. Try muscle relaxation, meditation, deep breathing, bath or steam.

## When You are Relaxed You

- Feel more calm and at peace
- Feel more in control
- Problem solve better





# Heart Healthy Guide

Health Education

## My Goals for a Healthy Lifestyle:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Dietitian: \_\_\_\_\_

### Southcentral Foundation

Anchorage Native Primary Care Center  
4320 Diplomacy Drive  
Anchorage, Alaska 99508  
(907) 729-3300  
[www.southcentralfoundation.com](http://www.southcentralfoundation.com)



The Alaska Native Tribal Health Consortium and South Central Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

*Choose  
to be  
healthy*

