Eat for Your Heart’s Content

Know Your Lipid Profile

<table>
<thead>
<tr>
<th>Bloodwork</th>
<th>My Value Today</th>
<th>My Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>LDL Cholesterol, L=&quot;Lousy&quot;</td>
<td></td>
<td>Less than 2.0</td>
</tr>
<tr>
<td>HDL Cholesterol, H=&quot;Healthy&quot;</td>
<td></td>
<td>Greater than 1.0</td>
</tr>
<tr>
<td>Triglycerides</td>
<td></td>
<td>Less than 1.7</td>
</tr>
<tr>
<td>Total Cholesterol / HDL Ratio</td>
<td></td>
<td>Less than 4.0</td>
</tr>
</tbody>
</table>

Lifestyle Strategies to Help Improve Your Profile

I can lower my LDL by:
✓ Achieving a healthy body weight
✓ Increasing fibre, especially from dried beans, peas and lentils, whole grains, oats, barley, fruits and vegetables
✓ Choosing healthy oils in cooking and at the table
✓ Choosing leaner meats and lower fat dairy products

I can increase my HDL by:
✓ Stopping smoking
✓ Achieving a healthy body weight
✓ Being physically active

I can reduce my Triglycerides by:
✓ Achieving a healthy body weight
✓ Limiting alcohol consumption
✓ Limiting intake of sugars by eating less desserts, candy, sweetened drinks and juice
✓ Limiting fruit to 3-4 servings per day

♥ Target values from Canadian Guidelines for people with heart disease and/or diabetes.
A Closer Look at the Foods to Choose and Enjoy

The Space on Your Plate

- Eat a variety of foods from each food group every day.
- Eat 3 small meals daily with small snacks, instead of 1 to 2 large meals.
- To achieve and maintain a healthy body weight, remember that “How much you eat” counts. Choose smaller servings (i.e. a small potato, instead of large, ¾ cup of rice instead of 1 cup, 4 oz chicken breast instead of 6-8 oz).

Fruits and Vegetables (Aim to fill ½ of your plate)

- Choose more dark green, red and orange fruits and vegetables daily. Enjoy tomatoes, red, yellow or green peppers, sweet potatoes, broccoli, peas, carrots, red cabbage, apricots, oranges, mango, all berries, dried fruit, kiwi, melons.
- Include fruit when choosing a dessert or snack.
- Choose fresh or frozen vegetables.

Grain Products (Starch: Aim to fill ¼ of your plate)

- Choose high fibre cereals such as oatmeal, shredded wheat, All Bran Buds™ with psyllium.
- Choose whole grain breads such as whole wheat, multigrain, pumpernickel or rye breads.
- Choose brown rice, barley, quinoa, bulgur, whole wheat pasta.
- Add 1 tbsp ground flax seed to salads, cereal, soups, yogurt, casseroles or baking daily. Purchase as flax meal or grind the seeds in a coffee grinder and store in an airtight container in the freezer.
- Enjoy air-popped popcorn or light microwave popcorn, unsalted pretzels, homemade bagel or pita chips, vanilla wafers and ginger snaps.
- Choose rarely these commercial products: cream filled or shortbread cookies, pies, croissants, donuts, pastries, cake like muffins, and salty snack foods.
Meats and Alternatives (Protein: Aim to fill ¼ of your plate)

- Select only lean cuts of meat and trim all visible fat. Remove skin from poultry before cooking.
- Choose fish 2 – 4 times per week. Avoid deep fried batter coated fish.
- Include meatless meals a few times a week. Enjoy vegetarian chili, burritos with beans, split pea or lentil soups, hummus, meatless curries, baked beans, tofu, soy burgers and Veggie Ground Round™.
- Choose omega-3-eggs more often than regular eggs to a maximum of 2-3 eggs per week.
- Healthy cooking methods include: baking, broiling, stir frying, steaming, roasting, poaching, grilling and barbecuing.
- Choose rarely deli meats, such as bologna, salami, sausage, bacon, hot dogs and pepperoni.

Milk Products

- Choose lower fat varieties including skim milk or 1%, plain or fruit yogurt with 1% Milk Fat (M.F.) or less, frozen yogurt or ice milk, lower fat cheese with 15% M.F. or less.
- Choose rarely regular milk products, such as whole milk, butter, cheese, sour cream and cream cheese.

Fats and Oils

Healthy unsaturated fats can help to improve your lipid profile.
- Choose olive or canola oils, safflower, sunflower, corn, sesame, walnut or peanut oil.
- Choose non-hydrogenated margarines.
- Choose lower fat varieties of mayonnaise, salad dressings and sour cream.
- Choose natural nut butters (i.e. peanut, almond, hazelnut).
- Enjoy nuts and seeds as an accent to food i.e. sprinkle 1 tbsp on top of salads or stir fry.
- Choose rarely butter, lard, and hydrogenated fats such as shortening and hard margarine.
- Read the nutrition labels, compare similar items and choose foods with less saturated and trans fat.
- Choose rarely all deep fried foods, including snack foods made with hydrogenated vegetable oils.

A Word about Salt

- Use fresh or dried herbs, unsalted spices, lemon juice and flavored vinegars for flavouring during food preparation. Try Mrs. Dash™ or McCormack’s No Added Salt™ seasoning blends.
- Reduce or limit salt in cooking and avoid adding salt at the table.
- Prepare meals using fresh ingredients.
- Choose rarely: processed foods such as deli meats, canned/packaged soups, pickles, soy sauce, salted snack foods, commercial coatings for meats, frozen dinners, vegetable juices, canned vegetables, fast foods.
- Read the nutrition labels, compare similar items and choose foods with less sodium.

A Word about Alcohol

- Limit alcohol to a maximum 2 servings a day for men and 1 serving a day for women. One serving = 45 ml (1.5 oz.) liquor or 355 ml (12 oz) beer or 125 ml (4 oz) wine.
Heart Health Nutrition on the Internet

www.ottawaheart.ca/HHEC: University of Ottawa Heart Institute, Heart Health Education Centre.

www.heartandstroke.ca: Canadian Heart and Stroke Foundation

www.dietitians.ca: Dietitians of Canada

www.hc-sc.gc.ca: Health Canada

www.eatright.org: The American Dietetic Association

www.deliciousdecisions.org: American Heart Association

www.diabetes.ca: Canadian Diabetes Association

Heart Healthy Cookbooks

The New Lighthearted Cookbook. Recipes for Heart Healthy Cooking. Lindsay, Anne, 2005.


Many of the cookbooks are available to borrow at the Heart Health Education Centre located on the second floor of the Ottawa Heart Institute.

Nutrition classes are held weekly at the Ottawa Heart Institute.
For information on classes check the website at www.ottawaheart.ca/HHEC or call 613-761-4753.