

Fitting Heart-Healthy Eating into Your Life

Being Heart Healthy at the Grocery Store

Stick to your List:

Make a shopping list and stick to it! This will help you avoid purchasing snacks that you do not need.

Shop on a Full Stomach:

Make sure to eat before you head to the grocery store. An empty stomach will leave you craving everything you see!

Shop the Perimeter:

Product, meat and dairy can usually be found along the perimeter of the store while the processed, canned foods usually fill the aisles in the middle.

Vote Whole Wheat:

When you have the option, choose whole wheat (usually brown) over refined wheat products (usually white). Eating whole grains can reduce the risk of heart disease. The label must state “whole wheat,” “100% whole wheat” “Wheat flour” is not whole wheat flour.

Buy Fresh:

Avoid canned vegetables and processed foods that are often high in sodium.

Read Labels:

When deciding what to choose, be conscious of ingredients, especially of fat, sodium and calories. Also look closely at serving sizes. If you eat an entire can of soup or drink a full bottle of soda, you are probably consuming 2-3 servings. On the next page you will find a guide to help you better understand Nutrition Facts Labels.

Have it your way:

Select a restaurant where food is cooked to order and request that no salt be added. Be alert for ingredients, cooking styles and labels that may indicate a dish is high in sodium (e.g. pickled, cured, smoked, soy sauce and broth).

Say “No” to Condiments:

Mustard and ketchup are high in sodium and should be avoided. Garnishes like pickles and olives also have a high salt content. Some alternatives include vinegar, citrus juice or freshly diced hot peppers.

On the Side, Please:

Ask for your salad dressing on the side or choose olive oil and vinegar to add yourself. For an especially healthy option, try squeezing a fresh lemon on your salad.

Overfill is Overkill:

We all hate seeing good food go to waste and most restaurant meals are more than twice the recommended serving size. When you are served an oversized meal, ask your waiter to put half of it in a to-go bag before you begin to eat. This will help you resist the temptation to eat it all and allow for a tasty meal later!

Being Heart-Healthy...During your lunch break

Bring leftovers for lunch:

To get out that doggie bag from dinner last night. Whether you brought it home from your favorite restaurant or prepared it this morning, you are more likely to have a healthier lunch when you pack it yourself.

Buy Easy-to-Pack Foods:

Packing portable snacks like yogurts, baby carrots, and granola bars makes it easy to have something healthy on hand for lunch. Toss a variety in your bag and include extras for snacking to avoid trips to the vending machine.

Eating Out:

If you must eat out while at work, take time to find places near your job that have healthy options. Many fast food chains now offer salads, but be wary of high-fat additions such as cheese, meats and creamy salad dressings. Be sure to ask for their nutrition charts before you order to see the calorie, salt and fat content ahead of time. You can even check online before you leave the office.

Being Heart-Healthy...In the kitchen

Recipe Makeover:

Collect and keep quick and easy recipes that combine healthy ingredients and great flavor. For some low-salt, high-flavor recipes ask your physician for some of the recipes or visit www.GETBPDOWN.com.

Shake Away That Salt:

Leave it out and remove it from the table. Remove temptations to use salt by removing salt shakers from the table. Try making a "flavor shaker" instead of a salt shaker. Fill a shaker with oregano or other herbs to add flavor without adding sodium.

Stir Frying:

Fill a spray bottle with extra virgin olive oil and lightly "mist" your pan or wok for a stir-fry that is light on oil and high in flavor. Don't be afraid to experiment! Try garlic or ginger shallots to flavor your foods instead of soy sauce or teriyaki, which can be high in sodium.

No More Frying or Deep-Frying:

Bake, grill, roast, steams or broils instead.

No More Frying or Deep-Frying:

Although eating vegetables in general always a heart-healthy idea, boiling diminishes some of the calcium content in vegetables. When you can, try eating your veggies raw, lightly steamed or stir-fried.

Flavor It:

Toast, roast and grind your spices and herbs to release ore natural Flavor. Keep a selection of spices like chili powder, oregano and cumin on hand. Avoid high-sodium seasonings like garlic salt.

Your Own Secret Recipe:

Make your own dressings and seasoning mixes to control the salt and fat content. Try marinating your fish and meats with a homemade blend of olive oil, vinegar, fruit juices or wine for a healthy alternative.

Don't Beef Up Your Burgers:

Replace all or some of the ground beef with ground lean turkey meat to reduce the fat content in your burgers. When you do eat beef, choose "select" grade for a leaner cut. Limit the portions by keeping your burger to 3 to 4 ounces versus 5 to 8 ounces. You can even try venison or buffalo for very lean meat options.

Just a Drizzle:

Try drizzling olive oil on your bread instead of using butter spread or tries hummus (a chickpea spread) or tapenades (an olive spread).

Beverages: Think Before Drink

There are many misconceptions about beverages about beverages. Recent research shows that when it comes to high blood pressure, some beverages may be better or worse than most people realize.

Caffeine:

Caffeine may boost energy, but it has not been linked to increased blood pressure.

Diet Soda:

To make up for the loss of sugar, many diet sodas are high in sodium. Recent studies have also suggested than any soda may be responsible for increased blood pressure.

Alcohol:

Research shows that people who drink too much alcohol tend to have high blood pressure. Up to one drink a day for women and two drinks per day for men in considered a moderate intake. However some people may do better with less or none.