Eat Well, Live Well
Cooking & Nutrition Demonstration
Oct 4th 12:00 – 1:00 pm
Today’s Topics:

- How to improve your heart health
- Heart healthy diet
- Fat 101
- Tricks to limit salt
- Review of the nutrition fact panel
Improving Heart Health

- Heart Healthy Diet
- Physical Activity
- Weight Management
- Stress Management
- Smoking Cessation
- Manage Blood Pressure
- Reduce Cholesterol Levels
Eat For Your Heart

- Heart Healthy Diet
  - Fruits and Vegetables (~4.5 cups a day)
  - Whole Grains w/ Fiber (1 oz a day)
  - Fish (3.5 oz x 2 a week)
  - Nuts/Legumes/Seeds (1 oz x 4 a week)
  - Low Sodium (<1,500 mg a day)
  - Low Saturated Fat (<7% a day)
Fat 101

- Dietary fat is essential for a healthy diet
- 4 types of fat:
  - Saturated fat
  - Trans-fat
  - Monounsaturated fat
  - Polyunsaturated fat
Fat 101

- Incorporate healthy fat into your daily diet
  - Honey Broiled Salmon
  - Other healthy fat sources:
    - Tuna, mackerel, sardines, trout or shellfish
    - Walnuts and flaxseeds
    - Canola oil, sunflower oil and olive oil
    - Avocados
Good vs. Bad Fats

GOOD FATS vs. BAD FATS
To Salt or Not to Salt?

- Aim for <1500 mg sodium/day
  - Reduce intake of processed foods
  - Try spices and herbs for seasonings
  - Limit salt when cooking at home
  - Read over nutrition fact labels
  - Try out a salt substitute
  - Cook at home instead of going out
Salt Content

<table>
<thead>
<tr>
<th>Amount</th>
<th>Sodium Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ teaspoon salt</td>
<td>600 mg sodium</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>1200 mg sodium</td>
</tr>
<tr>
<td>¾ teaspoon salt</td>
<td>1800 mg sodium</td>
</tr>
</tbody>
</table>
| 1 teaspoon salt   | 2300 mg sodium 

Sodium hides in:
- Processed meats
- Baked goods
- Canned goods
- Condiments
- Salad Dressings
- Take Out Foods
- Chips/Crackers
- Cottage Cheese
- Seasoning Mixes
Most Sodium Comes from Processed and Restaurant Foods

- Processed and restaurant foods: 77%
- Naturally occurring: 12%
- While eating: 6%
- Home cooking: 5%
### Nutrition Facts

**Serving Size:** 1 slice (47g)  
**Servings Per Container:** 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>160</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>10g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>300mg</td>
</tr>
<tr>
<td><strong>Total Carb</strong></td>
<td>15g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
</tr>
</tbody>
</table>

**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

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