

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

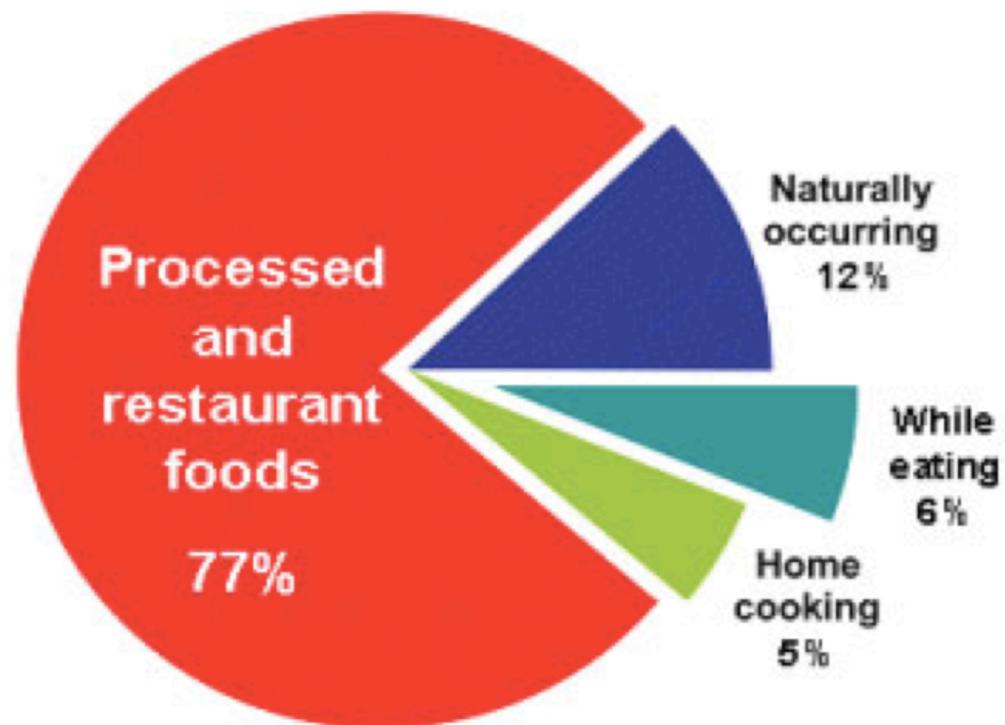
Salt Content

1/4 teaspoon salt	600 mg sodium
1/2 teaspoon salt	1200 mg sodium
3/4 teaspoon salt	1800 mg sodium
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



Nutrition Facts

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

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g	15%
Saturated Fat 2.5g	11%
<i>Trans Fat</i> 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%

NC-Nutrition Facts label

Protein 3g

Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

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

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

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

Questions?