



# Heart Healthy Habits

By Ronnie Romo



# Heart Health & Heart Disease Risk

What is Heart Disease?

How dangerous is it?

- 1 in every 5 deaths in the US are from heart disease; in 2021, 695,000!

Risk Factors

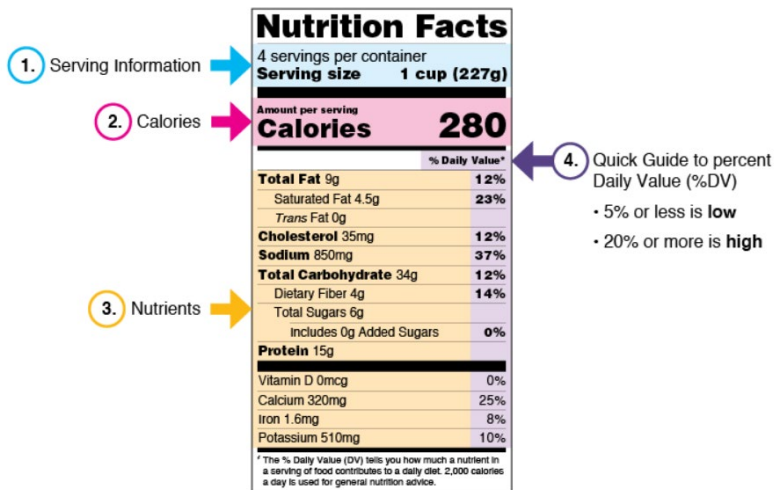


# Nutrition Labels: What to look for

Areas to Focus on:

1. Serving Size
2. Calories
3. Nutrients
  - a. Total Fat
  - b. Sodium
  - c. Added Sugars

Sample Label for Frozen Lasagna



# Fat



## Saturated Fat

- Limit intake, but can still enjoy!

## Unsaturated Fat

- More often than not, choose these!



## Trans Fat

- As minimal intake as possible; less intake the better!



# Sodium

Completely Eliminate? **No!** But...

- Recommendations from American Heart Association are no more than 2,300 mg per day (~ 1 tsp a day)

Consider alternatives like:

Mrs. Dash (spice blends), lemon, lime, vinegar-based sauces & dressings

Some medications may increase or decrease sodium needs\*



# Added Sugars

## Added vs Naturally Occurring

- Table sugar, honey, syrup
- Fruit, unsweetened juice, milk

## Goal:

- FDA recommendations are 50g or less of total daily calories from added sugars



# Building a Heart Healthy Plate

Our goal is for our plate to look like this!

In order of importance for heart health:

1. Emphasis on Vegetables
2. Protein
3. Then Starch or Carbohydrate

Organize Your Plate

