

Adopting a Heart-Healthy Diet

Limit the total fat

A balanced diet will help you to keep your cholesterol and triglyceride levels within healthy parameters, thus maintaining a healthy heart and reducing the risk of contracting cardiovascular diseases. It is very important to understand that nutrition is the basis of good health. Learn to purchase and cook heart-healthy foods, learn to read labels in order to choose healthy foods, and increase the amount of physical activity you perform daily.

Limit the total fat (including healthy fats!) that you consume daily.

And what do I have to do?

Select cooking methods that don't add fat to your foods. Instead of frying, try your food roasted or boiled.

Cook with oils derived from healthy vegetables, such as olive or canola oil.

Instead of pouring oil into a pan, use a brush, spray or aerosol. This considerably decreases the amount of oil you use.

Better still to use a non-stick pan, to avoid using any oil at all.

Adding beans to soup recipes is a good way to increase dietary fiber. Refrigerate cooked soup, use a spoon to remove the fat and grease that floats to the top, then reheat.

Choose cuts of meat without visible fat, and remove all of the visible fat from foods before preparation.

Make an egg-white omelet, making sure to add peppers, onions and spinach. This increases the volume of the recipe without adding calories.

Choose foods that contain less than 5 grams of fat per serving. When assessing the label, make



sure to avoid foods that contain partially hydrogenated or trans fats.

Choose dairy products that are low or non-fat to prepare dishes such as lasagna.



For more information

USDA National Agricultural Library

USDA National Nutrient Database for Standard Reference

<http://ndb.nal.usda.gov>

American Heart Association

Nutrition Center

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

NIH: NHLBI

Heart and Vascular Diseases, Latino Heart Healthy recipes

http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)

<http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>