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Nutrition news

NUTRITION EDUCATION IN EASY TO DIGEST BYTES!



Diet and Heart Disease



The American Heart Association reports that coronary heart disease (CHD) is the single leading cause of death in America. Heart disease may affect anyone. So everyone should take steps to lower their risk for CHD. Here are some easy steps to reduce your risk:

Prevent and control high blood cholesterol: High blood cholesterol is a major risk factor for heart disease. Eating a diet that is low in saturated fat and cholesterol and high in fiber, keeping a healthy weight, and getting regular exercise are important steps to control high cholesterol levels.

Prevent and control high blood pressure: Lifestyle factors such as healthy diet, regular physical activity, not smoking, and healthy weight will help you to keep normal blood pressure levels and all adults should have their blood pressure checked on a regular basis.

Prevent and control diabetes: People with diabetes have an increased risk of heart disease. People can take steps to reduce their risk for diabetes with weight loss and regular physical activity.

Manage stress: Change how you respond to difficult situations. Be positive, not negative. Learn to say "no." Don't promise too much. Give yourself enough time to get things done.

No tobacco: Smoking increases the risk of high blood pressure, heart disease, and stroke. Quitting smoking will help lower a person's risk of heart disease. If you smoke, your doctor can suggest programs to help you quit smoking.

Moderate alcohol use: Excessive alcohol use increases the risk of high blood pressure, heart attack, and stroke. People who drink should do so only in moderation and always responsibly.

Maintain a healthy weight: Proper diet and regular physical activity can help to maintain a healthy weight.

Here are some tips on heart healthy nutrition:

1. **Limit unhealthy fats and cholesterol:** The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats (butter, margarine and shortening) you use. When you do use fats, choose fats like olive oil or canola oil. Also, keep cholesterol intake to less than 300 milligrams a day for healthy adults and less than 200 milligrams for adults with high cholesterol levels. Read the food labels to see how much you are getting per serving.
2. **Choose lean protein.** Lean meat, poultry and fish, low-fat dairy products and egg whites or egg substitutes are better choices of protein. Fish, Legumes — beans, peas and lentils — also are good sources of protein and contain less fat and no cholesterol.
3. **Eat more colors.** Vegetables and fruits are good sources of vitamins and minerals; they are low in calories and rich in dietary fiber. A diet high in soluble fiber, the kind found in fruits and vegetables can help lower your cholesterol and reduce your risk of heart disease.
4. **Choose 100% whole grains:** Whole grains are good sources of fiber and other nutrients. Whole grains are also a source of vitamins and minerals. Various nutrients found in whole grains play a role in regulating blood pressure and heart health.
5. **Put down the salt shaker.** Eating a lot of salt can contribute to high blood pressure. Reducing the salt in your food is an important part of a heart-healthy diet. The American Heart Association recommends that healthy adults eat less than 2,300 milligrams (2.3 grams) of sodium a day (about a teaspoon). Don't forget to read the labels on processed foods like soups and frozen dinners.
6. **Practice moderation and balance:** Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories, fat and cholesterol than you should. Portions served in restaurants are often more than anyone needs. Keep track of the number of servings you eat — and use proper serving sizes — to help control your portions.
7. **Plan ahead, creating daily menus:** When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein sources and limit high-fat and salty foods. Watch your portion sizes and add variety to your menu choices. Variety also makes your meals and snacks more interesting.

By practicing these healthy tips you will soon be on your way to a healthier heart!

CAN YOU FIND THE HIDDEN FAT?



Did you know that there is a lot of hidden fat in packaged foods? Make sure to read the food label to ensure that you are not loading up on fat, especially Trans fat and/or saturated fat! These two fats are directly linked to increased risk for heart disease!

Macular Degeneration

Keeping your eyes healthy!

Macular degeneration or age-related macular degeneration (AMD) is a leading cause of vision loss in Americans 60 and older. It is a disease that destroys your sharp, central vision. You need central vision to see objects clearly and to do tasks such as reading and driving. Regular comprehensive eye exams can detect macular degeneration before the disease causes vision loss. Treatment can slow vision loss. It does not restore vision.

Listen to your elders! When Grandma said, "Eat your carrots, they're good for your eyes", she knew what she was saying. (Eat your carotenoids!)

The role of antioxidants in the development of age-related macular degeneration (AMD) has received a great deal of interest. Antioxidant substances are found naturally in food and include vitamin C (ascorbic acid), vitamin E (alpha-tocopherol), carotenoids, anthocyanidins, selenium, and zinc. Carotenoids, nutrients that are not classified as vitamins, include beta-carotene, alpha-carotene, the lycopenes, lutein, and zeaxanthin.

The carotenoids are found in leafy green vegetables, corn, kiwi, and many other green, red, orange or yellow fruits and vegetables. The anthocyanidins are responsible for the blue color of blueberries and bilberries. Eggs are an important source of lutein. Dr. Blumberg at Tufts University says, "One egg yolk provides approximately 200 micrograms of lutein, and lutein in eggs is 200-300 percent more bioavailable than vegetable sources of lutein." Antioxidants neutralize the damage to cells caused by free radicals, and may be relevant if oxidative damage to the retina leads to AMD.

Eat your colors! Those antioxidants may be just the protection you need to boost your vision.

Tips for Reading the Nutrition Facts Label

- The first area to look in the food label is the serving size and the number of servings in that particular item. Serving size is provided in familiar units, such as cups, ounces, or pieces.
- The calories and the calories from fat will let you know how many calories you are consuming in one serving of that food. The calories from fat are based on a 2000 calorie diet.

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 Start Here

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High



- This area shows nutrients that we have to limit in our diet. For example, total fat tells you how much fat is in 1 serving of the food. A low-fat food has 3 grams (g) or less of fat per serving. Try to keep trans fat to a minimum. Cholesterol, together with saturated and trans fats, can cause different chronic diseases such as heart disease and different types of cancer. High sodium (Salt) diets can cause hypertension (high blood pressure).
- These nutrients are good for your health and they may help reduce the risk of some diseases and conditions. Getting enough calcium may reduce the risk of osteoporosis (weak bones that fracture easily). Eating a diet high in dietary fiber (mainly soluble fiber) helps prevent constipation, and may reduce the risk of heart disease by helping to lower cholesterol.
- This area is called the footnote and explains that the Percent Daily Values are based in a 2000 calorie diet. The values in the red circle represent the amounts of each nutrient recommended by experts.
- The Percent Daily Value (%DV) helps you determine if a serving of food is high or low in a nutrient. It is based on the Daily Value recommendations for key nutrients for a 2,000 calorie diet. %DV tells you that **5%DV or less is low** and **20%DV or more is high** for a nutrient. Therefore, the %DV is a very quick guide to assess if the food you are about to eat is high or low in different nutrients.

Information provided by the FDA

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