



PETALUMA PEOPLE
SERVICES CENTER

Nutrition News You Can Use - September 2020

HEART HEALTH

Heart disease is a range of conditions that can affect your heart and also known as cardiovascular disease.

- Includes Coronary Heart Disease, Heart Attack or Congenital Heart Defects
- About **610,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**
- Heart disease is the leading cause of death for both men & women
- High cholesterol, high blood pressure and smoking are the key risk factors for heart disease

How to protect your Heart

Eat more Fruits & Vegetables: Split your plate up 1/2 vegetables, ¼ carbohydrate, ¼ protein

Fiber: Choose Whole Grains most of the time

Limit Unhealthy Fats

Saturated Fat

- Raises your bad fat
- Animal Fat
- Examples: Butter, Whole Milk, fats found on meats

Trans Fat (Hydrogenated Fat)

- Man-made fat
- Lowers your good fat
- Raises your bad fat
- Found in processed foods such as potato chips, chocolates, baked goods

Watch your Sodium

- Choose foods with less sodium
- Prepare foods with little or no salt.
- To lower blood pressure, aim to eat no more than 2,300 milligrams of sodium per day.
- Goal: 1500 mg/day

Omega-3's: Try to eat sources of Omega 3's (ie. Salmon, sardines, flaxseeds, walnuts)

Exercise

- 150 minutes/week
- Walking is a perfect form of exercise.

Medication: Your doctor may recommend medication at some point.

Limit Alcohol: 1 glass per day max if you're a woman or 2 glasses per day if you're a man

Suggestions

- Choose fresh fruits and vegetable because they are high in fiber and can slow down digestion.
- Choose lower fat sources of protein like lean meats, chicken, fish, low fat milk, yogurt, soy beverages, and tofu.
- Drink plenty of water.
- Consult your physician or registered dietitian if you have any questions.

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Employment and Petaluma Bounty Farms. www.petalumapeople.org **707-765-8488**

This information is provided by PPSC, with funding provided by the Sonoma County Human Services, Area Agency on Aging.
Prepared for you by Jessica Sherwood

1. Source:
 - i. CDC, NCHS. Underlying Cause of Death 1999-2013. Released 2015.
 - ii. 2018. (Mayo Clinic) Heart Disease.