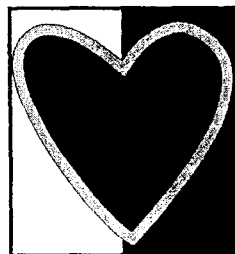


THE CARDIOVASCULAR  
CARE INITIATIVE



Changing Practice to Save Lives

# CVCI Guidelines for a Healthy Diet

## General Tips

### **Calories: How low should you go?**

You can roughly estimate your daily calorie requirements using this simple formula if you want to remain at your current weight:

**For sedentary people:** Weight x 14 = estimated cal/day

**For moderately active people:** Weight x 17 = estimated cal/day

**For active people:** Weight x 20 = estimated cal/day

### **Weight Loss**

If you want to lose some weight you will need to stay close to your **basal metabolic rate (BMR)**. That is where most of the body's energy, about 60% to 70%, goes to supporting the ongoing metabolic work of the body's cells. This includes such activities as heart beat, respiration and maintaining body temperature. To determine your BMR:

**For adult males** - Multiply the body weight by 10; add double the body weight to this value.

(eg, for a 150-lb male,  $1500 + (2 \times 150) = 1800$  cal/day BMR)

**For adult females** - Multiply body weight by 10; add the body weight to this value.

(eg, for a 120-lb female,  $1200 + 120 = 1320$  cal/day BMR)

### **Know Your Fats**

Choose fats and oils with 2 grams or less saturated fat per tablespoon. Canola and olive oils are good choices. Avoid trans fats (hydrogenated and partially hydrogenated oils). Read the ingredients list carefully.

### **The Truth About Carbohydrates**

Forty-five percent of your daily intake should be carbohydrates. On a 1600-calorie/day diet, 720 calories, or about 180 grams, should come from carbohydrates,

### **Protein**

Choose lean sources of protein such as skinless chicken and turkey, tofu, soy, pork, and on rare occasions beef.

### **Grains**

Eat a variety of grain products, including whole grains.

### **Salt - It's Everywhere!**

Sodium intake should be less than 2400 milligrams per day, which is about 1 teaspoon of sodium chloride (salt).  
Read your labels!

### **Alcohol**

Have no more than one alcoholic drink per day if you're a woman and no more than 2 if you're a man. "One drink" means no more than 1/2 ounce of pure alcohol. Examples of one drink are 12 oz of beer, 4 oz of wine, 1-1/2 oz of 80-proof spirits or 1 oz of 100-proof spirits.

### **Exercise**

Balance the food you eat with physical activity. Get a buddy to walk with you. Join a gym. Walk in place during your favorite television show. When shopping, park your car far away from the store. Always take the stairs. Get up and get moving! Make it social and make it fun. You will have a better chance at success! Work up to 30 minutes every day. See your doctor before beginning any exercise program.

## How to Understand and Use the “Nutrition Facts” Panel on Food Labels

### Serving Size and the Number of Servings in the Package

Serving sizes are provided in familiar units, such as cups or pieces. Beware! Pay attention to the serving size, including how many servings there are in the food package, and compare it to how much you actually eat.

### Calories

Calories provide a measure of how much energy you get from a serving of this food. Eating too many calories per day is linked to overweight and obesity.

### The Nutrients

The nutrients listed first on food labels are the ones Americans generally eat in adequate amounts, or even too much. *Limit these nutrients.*

The nutrients listed further down are the ones Americans often don't get enough of, such as dietary fiber, vitamin A, vitamin C, calcium, and iron. Choose foods high in these nutrients.

### The Percent Daily Value (%DV)

%DVs are based on recommendations for a 2000 calorie diet. The %DV shows you the percent (or how much) of the recommended daily amount of a nutrient there is in a serving of food. By using the %DV, you can tell if this amount is high or low. Try to limit your total daily intake of fat, saturated fat, sodium, and cholesterol to less than 100%DV.

This may be confusing so here is a quick guide. 5%DV or less is low and 20%DV or more is high. Try to eat a low percentage of the nutrients you want to limit and a high percentage of the nutrients you want to consume in larger quantities.

### Why Eat Right?

A good diet combined with exercise can help your body stay healthy, but a diet high in fat and calories and low in key nutrients can lead to obesity and increase your risk of heart disease, cancer, stroke, osteoporosis (a condition characterized by weak and breakable bones), and other illnesses.

### Miscellaneous

- Include fat-free and low-fat milk products, fish, legumes (beans), skinless poultry, and lean meats.
- Eat a variety of food and be conscious of your choices!

### Simple Healthy Snack Ideas

- Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms, or zucchini may be served with a lowfat dip.
- Fresh fruit in season, cut in slices or halves, such as apples, oranges, bananas, peaches, grapefruits, grapes, melons, pears, plums, or strawberries
- Lowfat quick breads and muffins, such as pumpkin, zucchini, banana, or bran
- Unsweetened cereals, snack mixes made with popcorn and whole grain cereal
- Lowfat yogurt with fresh, frozen, or canned fruit
- Shakes with lowfat milk or yogurt and fruit
- Unsweetened fruit juices

### Tips for Eating Out

- Fried, basted, braised, au gratin, crispy, escaloped, pan-fried, sautéed, stewed, or stuffed foods are high in fat. Instead, look for steamed, broiled, baked, grilled, poached, or roasted foods. If you're not sure about a certain dish, ask your server about how it is prepared.
- Even if dishes low in saturated fat and cholesterol aren't on the menu, you may still be able to get a low-fat meal. Many restaurants will prepare foods to order. If you're not sure about a particular restaurant, phone before you go.
- High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus, in a tomato base, or in soy or teriyaki sauce. Steer clear of these.

**Growing children, teenage girls, and women have higher needs for some nutrients!**

#### References:

1. American Heart Association; Dietary Guidelines for Healthy American Adults.
2. USDA (United States Dept. of Agriculture).
3. USDA; Center for Nutrition Policy and Promotion.