

## **HONEY-DO LIST FOR HEALTHY HEART**

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- ✓ **PHYTOCHEMICALS:** These are helpful plant chemicals found only in plants. For every additional serving of fruits and vegetables you have per day, you can reduce your risk for cardiovascular disease by 5%. Aim for at least 5 servings of fruits and vegetables per day. One serving: ½ cup chopped fresh, cooked or frozen fruits or vegetables OR 1 cup leafy vegetables.
  
- ✓ **FIBER: ADD A SOLUBLE FIBER SOURCE TO YOUR DAY.** Soluble fiber has been shown to help lower cholesterol by absorbing extra cholesterol in the blood stream and taking it out of the body. Some dietary sources include oats, oat bran, rice, nuts, seed, canned or cooked dried beans, apples, pears and berries. Breakfast is the easiest meal to obtain soluble fiber so reach for your oats with berries.
  - Add oat bran to cereal, eat oatmeal, cold oat cereal and oat bread
  - Have ½ cup beans every day. It is a super food.
  - Eat split pea soup.
  - Add 5 prunes to your day.
  - Aim for 2½ cups vegetables and 2 servings fruit per day
  - Replace ½ flour in recipes with oat flour
  - Sprinkle ground flaxseed on toast, oatmeal, yogurt, cookies and casseroles
  
- ✓ **FISH: INCREASE OMEGA-3 FATTY ACIDS.** Omega-3 Fatty Acids are a special kind of polyunsaturated fat that may help prevent blood platelets from clotting together and clogging your arteries. Omega-3s are found in salmon, tuna, shrimp, haddock, lake trout, canola oil, walnuts and flax seed. Cold water fatty fish are the best sources. Buy flaxmeal or grind the flaxseed in a coffee grinder to reap the benefits.
  - Aim for 2 meals of fish a week. Choose cold-water fish like wild salmon, trout, mackerel or lower fat fish like haddock, pollock, canned light tuna or shrimp.
  - Include 10-12 walnuts
  - Use 1 T ground flaxseed
  - Take 1 g fish oil if don't get fish at least once a week and if okayed by physician (*Polaris Omega-3s* and *Ultimate Omega EPA Formula from Nordic Naturals*, high amount of EPA/DHA amounts)
  
- ✓ **FOLATE: EAT MORE FOODS HIGH IN B VITAMINS.** Folic acid is a B vitamin, and along with vitamin B6 and B12, is essential for the breakdown of an amino acid called homocysteine in your blood. Recent studies have shown that excess homocysteine in the blood can increase your risk of cardiovascular disease. Fill your grocery cart with folic acid found in citrus fruits, dark green

vegetables, legumes and look for food fortified with folic acid. Grab B6-rich foods like white-fleshed meats, bananas whole grains and vitamin B12 sources like milk, cheese and lean beef.

- Folate: Leafy greens, grains, fortified cereal, oranges and juice
- B6: whole wheat, brown rice, barley
- B12: lean meat with words round or loin, low-fat dairy

✓ **PHYSICAL ACTIVITY:** Aim for 30 minutes per day. This can mean 3, 10 minute increments.