



Brockton Area and Kincardine
Family Health Teams



Nicole Ballantine, RD

Registered Dietitian, Cardiac Program



Nutrition at Cardiac Rehab

Session 1 Dietary fats

Session 2 Sugar and salt

Please bring grocery shopper/cook



Other topics during Q&A/gym sessions

- fibre, caffeine, alcohol, dining out

Nutrition at Cardiac Rehab

- **Individual assessment**

- bring completed 3-day food records
- customized goal-setting
- review of cholesterol blood work and targets
- body fat measurements and targets



Session 1: Dietary Fats

- **Why?**
 - For your heart health
- **What?**
 - Amounts we eat vs recommendations
- **How?**
 - Ideas on how less is more!!
 - less processed fat = more fresh, whole and real!

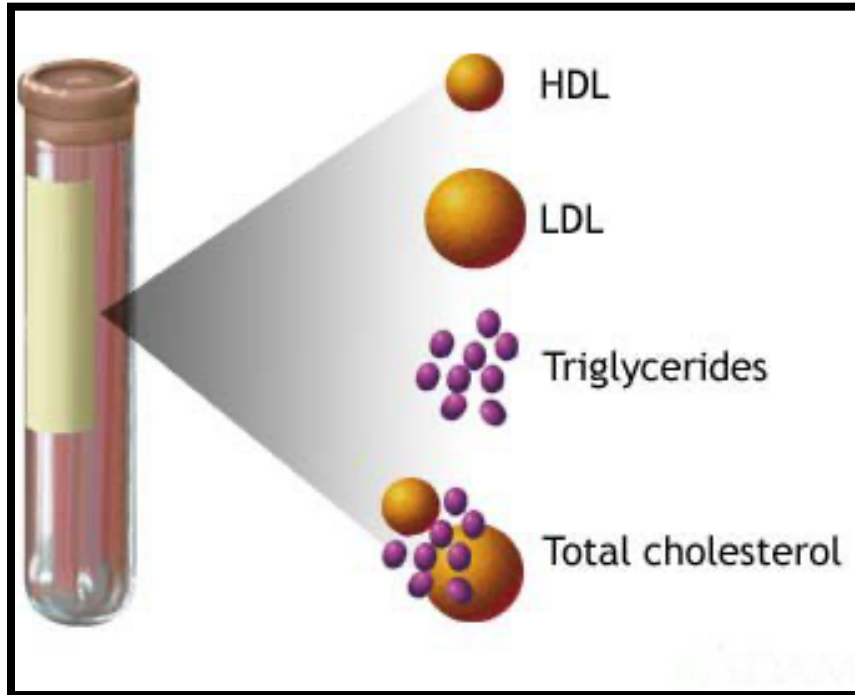
Why?...for your heart health

- Fat (trans) and blood fats
 - decreases HDL
 - increases LDL
 - increases TG
 - increases belly fat



inflammation in body cells

Blood Fats: Know your target



- **HDL:** more than 1.1 mmol/L
(good cholesterol)
- **LDL:** less than 2 mmol/L
(bad cholesterol)
- **Triglycerides:**
less than 1.7mmol/L
(storage-form of fat)
- **Total cholesterol/HDL ratio:**
less than 4 mmol/L

Dietary Fats



♥ Healthiest fats:

- plant sources in oils, nuts and seeds, soy
- animal sources in fish, lean meats, poultry, dairy, eggs



♥ Unhealthy fats:

- trans fat sources in processed foods



Monounsaturated Fats

- WHY? Lower LDL and protect HDL
- olive, canola, high oleic safflower, avocado oils
- non-hydrogenated olive/canola oil margarines,
- avocado
- almonds, filberts,
- cashews, pecans, peanuts,
- all natural peanut/almond/cashew butters



Polyunsaturated Fats

- WHY? Lower LDL and Triglycerides
- grapeseed, sunflower, corn, soybean, sesame seed oils
- walnuts, pine nuts, brazil nuts,
- pumpkin and sunflower seeds
- ground flaxseeds, chia seeds, hemp seeds
- fatty fish like salmon, trout, sardines, tuna, mackerel, herring
 - (source of omega 3 fish oils)



Omega 3 fats

Target 1000mg per day

- Eat fish, especially fattier fish, 2-3 times a week



- Add 2 tbsp. ground flaxseed daily to cereal, yogurt, smoothie



Saturated Fat

- WHY? Raise LDL cholesterol
- coconut oil
- butter, lard
- meat fat, dairy fat
- processed foods
- vegetable shortening



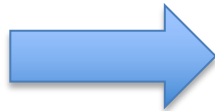
Fat comparison per Tbsp/15ml

	Olive oil	Coconut Oil	Butter	Margarine
Cal.	119kcal	117kcal	100kcal	105kcal
Total	14g	14g	11g	12g
Sat.	2g	12g	7g	1.5g

♥ Extra virgin cold-pressed olive/coconut oil

♥ Non-hydrogenated margarine

Trans Fat



- WHY? Raises LDL and lowers HDL
- Partial hydrogenation
 - cheaper
 - prolonged shelf life
 - improved texture and taste

Sources of Trans fat

- baked goods
- microwave popcorn
- cookies, crackers
- dough, crusts, donuts
- fast food, fried food



Where's the Trans fat?

Nutrition Facts
Serving Size: 5 Croutons (7g)
Servings Per Container: About 20

Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS: SALT, MALTED BARLEY, CORN GRITS, WHEY, ROMANO AND PARMESAN CHEESE (PASTEURIZED MILK, PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTER, MILK, SOYBEAN OIL, DISODIUM PHOSPHATE, CITRIC ACID, SOY FLOUR, NATURAL FLAVORS, MALTODEXTRIN, GARLIC, PARSLEY, SPICES, PAPRIKA, DISODIUM INOSINATE AND GUANYLATE, CALCIUM SULFATE, ENZYMES, CALCIUM DIOXIDE, SOYLECITHIN. CONTAINS: WHEAT, MILK AND SOYBEANS.

**NO PRESERVATIVES
NO CHOLESTEROL
0g TRANS FAT**

Enjoy Our Other
Marie Callender's
Delectable Gourmet Croutons

- Whole Grain Caesar
- Cheese & Garlic
- Garlic & Butter
- Ranch
- Fat Free Caesar
- Fat Free Herb Seasoned
- Multi-Grain Organic Seasoned
- Classic Seasoned

Visit
mccroutons.com
for salad recipes
and more.

513121 WS1163608

How much do I get?



Trans Fat

- 8.4 g daily, 2005; 3.5 g daily, 2009
- **Target** = 0 g or <2 g per 2000 calories

Total Fat

- 80-100g daily
- **Target** = 60 g per 2000 calories

What is a 60g fat target?

5 g = 1 tsp

15 g = 1 tbsp

60 g = 4 tbsp

Added vs hidden fat

Daily target:

- Keep ***added*** fats to 30 g or 2 Tbsp
- Other 30 g or 2 Tbsp is ***hidden*** fat

How do I get less?

Choose fresh!



Choose whole!

Less is More!

Choose lean!



Choose plant!





Choose colour!



Where do I start?

♥ Self-check up for busyness syndrome!

- Eat regular meals
- Plan weekly meals/grocery list
 - food categories vs labor-intensive recipes

Prepare food at home using plate method!

Choose simple...



Paradigm shift



Summary!

- Think fresh!
- Think whole!
- Think real!
- **Less is more!**
- Establish your WHY!
- Process vs project!



Top 3 website picks

www.nutritionaction.com



www.healthcastle.com



www.sodium101.ca