

**Cardiac Nutrition Content
Lewis CH 33
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ON-LINE CONTENT (1 H)

Learning Objectives

- Understand nutrition as it relates to heart disease.

Assignment Instructions:

Review chapter content. Visit the following website: www.heart.org and review the “healthy living” section on this website. After you have reviewed the information above, **create an infographic for a patient who has just been diagnosed with coronary artery disease (CAD).**

Infographics are graphic visual representations of information, data, or knowledge intended to present information quickly and clearly. They can improve cognition by utilizing graphics to enhance the human visual system's ability to see patterns and trends.

(<https://en.wikipedia.org/wiki/Infographic>)

- **You can access infographic templates by completing the following steps:**
 - o PowerPoint → New → Infographic
- **You can also search for a free template online.**
 - o See examples on page 2 of this document.
- **Or you can use your creative skills to create your own.**

Use the “Nutritional Therapy” content in Lewis CH 33 (page 705) and information from www.heart.org to assist you with creating the infographic.

I encourage you to use your creative skills when completing this assignment. There are several infographic examples related to nutrition on the www.heart.org site to use as a guide. **Have fun with it!**

Place your completed assignment in the Unit 5 Nutrition drop box by 0800 on 02/20/2023.

In order to receive full credit (1 H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.

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FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.



BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT [HEART.ORG/HEALTHYFORGOOD](https://heart.org/HealthyForGood)

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5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

- 1. Lots of the Good**

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.


- 2. Less of the Bad**

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!


- 3. Won't Weigh You Down**

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.


- 4. Super Flexible Super Foods**

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.


- 5. A Whole Body Health Boost**

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



EAT SMART MOVE MORE BE WELL

heart.org/HealthyForGood

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