

Cardiac Nutrition Content

ON-LINE CONTENT (1 H)

Unit Objectives

- Understand nutrition as it relates to heart disease. (*1,2,6)
- Teach patients to educate themselves about lifestyle modifications to promote positive patient outcomes. (*1,2,6)
(*Course Objectives)

Assignment Instructions:

Place your completed assignment in the Unit 5 Nutrition drop box by 0800 on 02/17/2025.

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.

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).**

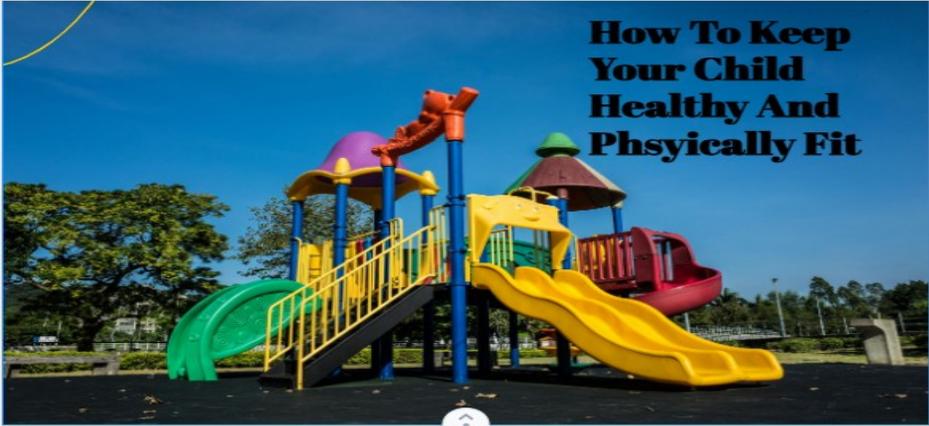
Infographics are graphic visual representations of information, data, or knowledge intended to present information quickly and clearly. They can improve cognition by utilizing graphics to enhance the human visual system's ability to see patterns and trends.

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

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

Use the “Nutrition Therapy” content in Lewis CH 37 (page 826-827) 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!**



How To Keep Your Child Healthy And Physically Fit



Keep screen time to a minimum



Help Them Find A Hobby They Like



Eat a healthy amount of fruits and vegetables



Be active and eat healthy with them!