

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!**



Healthy For Good™

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

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Healthy for Good™



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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Retrieved from www.heart.org

Nutrition Therapy for CAD

Focuses on a diet rich in fruits, vegetables, whole grains, lean protein such as fish, chicken, no saturated fats and trans fats, no added sugars, and low-to-none sodium intake.

Fruits and vegetables: you want to incorporate the color of the rainbow to ensure you are getting enough vitamins, minerals, and fiber,

Whole grains: brown rice, quinoa, chick pea pasta, whole grain bread

Lean protein: salmon, boneless skinless chicken breasts, lean ground turkey, lean ground chicken, beans, eggs, tofu, lean cuts of different meats.

Healthy fats: olive oil, avocado oil, coconut oil, nuts in moderation (1 serving size)

Low fat dairy: low fat, fat free milk, skim milk, coconut milk, almond milk, Greek yogurt.

Benefits of a heart healthy diet: lowering LDL (bad cholesterol), sticks to the arteries and clogs them, increasing risk for heart attacks and strokes. Reducing blood pressure as it helps to alleviate added stress to the heart. Improving blood sugar control (hyperglycemia) makes the blood very viscous and overall isn't healthy as it increasing risks of heart attacks and strokes.

Want to incorporate exercise at least 30min 5 days a week even if its is walking around your house or neighborhood.

Foods to Avoid

Saturated fats: red meat, full fat dairy, fatty fish, processed meats such as bacon, sausage, deli meats

Trans fats: fried foods, processed baked goods, margarine containing trans fats, tv dinners

Added sugars: star bucks, dunkin donuts, sugary drinks, candy, baked goods

High sodium food: processed foods, canned, deli meats, fast food

Preferred ways of cooking

Grilling, baking, air frying, steaming

Full day of eating example

Breakfast 08:00

2 hard boiled eggs, 1 cup of green grapes, 1 cup of skim milk, 1 cup of black coffee

Lunch 12:00

Side salad with romaine lettuce, carrots, green bell peppers, cucumbers, ¼ low fat shredded colby jack cheese, low fat ranch (per serving size)

Boneless skinless chicken breast

Greek yogurt with 1 small apple & cinnamon

Dinner 17:00

Lean ground turkey (per serving size)

1 carb control tortilla

¼ low fat shredded colby jack cheese

Iceburg lettuce

Salsa

½ black beans

Low fat sour cream per serving size

½ cup of steamed corn

Dessert

1 apple sliced

2 tbsp of low-fat caramel drizzle

2 tbsp low fat cool whip

