

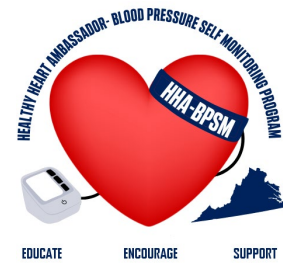


Virginia Healthy Heart Ambassador Blood Pressure Self-Monitoring Program (HHA-BPSM)

NUTRITION SESSION 3: SHOPPING, PREPARING AND COOKING FOOD FOR BETTER BLOOD PRESSURE MANAGEMENT



SHOPPING, PREPARING & COOKING FOOD FOR BETTER BLOOD PRESSURE MANAGEMENT

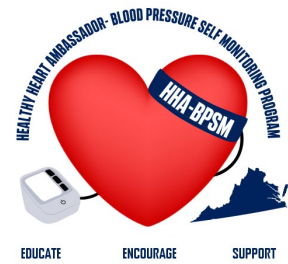


Overview

- Review of and discussion about DASH approach and sodium reduction
- Shopping for blood pressure friendly foods
- Reading nutrition levels
- Preparing and cooking food for better blood pressure management
- Recipe makeover



DASH APPROACH



Eat This



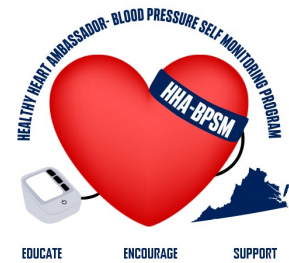
Limit This

	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

- Emphasizes eating nutritious foods from a variety of food groups
- Limits processed foods
- Naturally low in sodium and saturated fats
- Target sodium of less than 2300 mg a day, ideally under 1500 mg

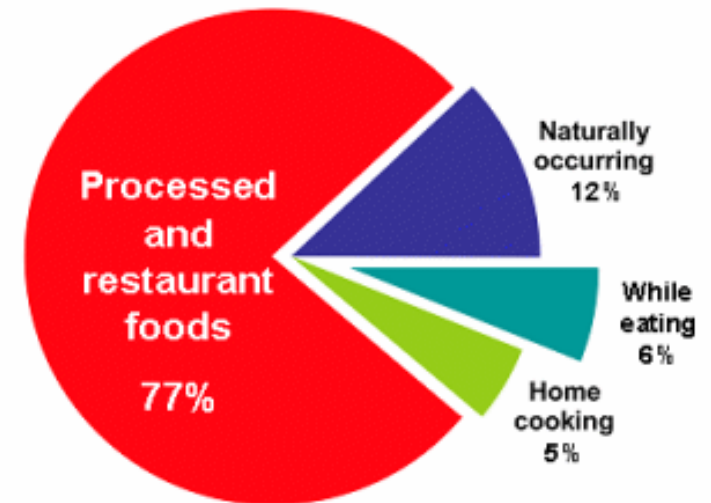


REDUCING SODIUM INTAKE



- Recommendation is that sodium intake should be less than 2300 mg/day and under 1500 mg/day for people at higher risk of heart disease
- Virtually all Americans consume too much sodium
- The average sodium intake for an American is 3,400 mg/day
- Majority of sodium intake comes from processed and prepared foods

Sources of dietary sodium in the American diet



DISCUSSION



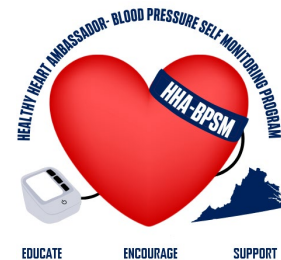
- How have you been doing following the DASH approach to eating and trying to decrease your sodium intake?
- What are some of the challenges that you have faced? Have you come up with strategies that have helped you overcome them?
- What are some things that you can do while grocery shopping and cooking that would support heart-healthy, low sodium eating?

SHOPPING FOR HEART HEALTHY FOODS

Set yourself up for success by making healthy choices at the grocery store

Before you shop:

- Plan out meals and make a grocery list
- Have a meal or snack – don't shop on an empty stomach
- Consider chewing sugar-free gum





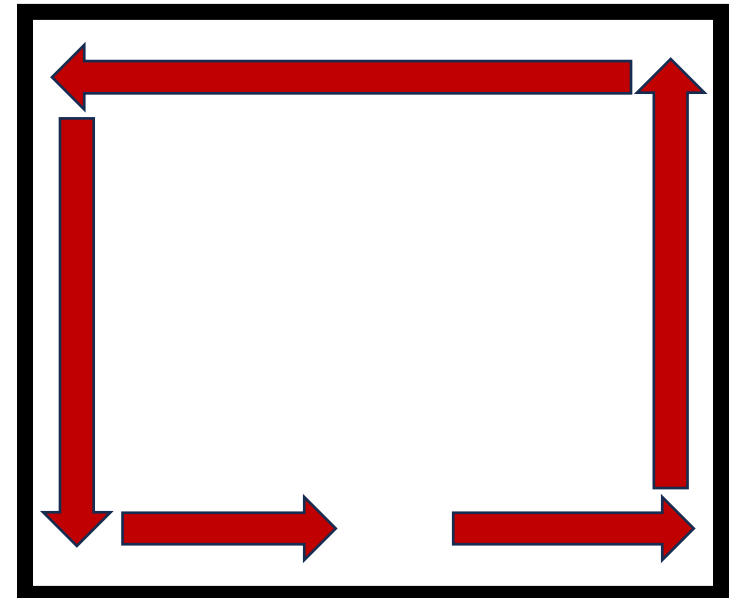
SHOPPING FOR HEART HEALTHY FOODS



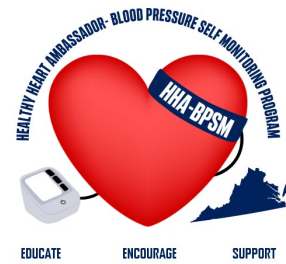
At the store:

- Commit to stick to your grocery list
- Stick mainly to the perimeter of the grocery store

GROCERY STORE



SHOPPING FOR HEART HEALTHY FOODS



At the store:

- Commit to stick to your grocery list
- Stick mainly to the perimeter of the grocery store
- Fill half your cart with vegetables and fruits
- Buy fresh foods or minimally processed foods if possible
- Look at nutrition labels on packaged foods
 - Choose low or no sodium versions
 - Choose low fat dairy products

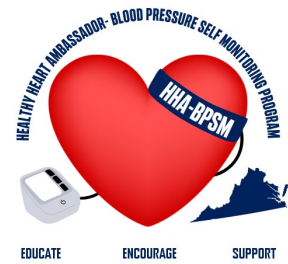


SHOPPING FOR BLOOD PRESSURE FRIENDLY FOODS

Choose More Often:	Choose Less Often:
<p>Grilled or baked chicken and turkey (with skin removed)</p>	<p>Smoked and cured meats such as bacon, ham, sausage, hot dogs, bologna, fatback, ham hocks, scrapple, and liver pudding</p>
<p>Fresh fish or rinsed canned fish such as tuna* or sardines</p>	<p>Canned fish</p>
<p>Low-sodium canned foods</p>	<p>Canned foods packed in broth or salt</p>
<p>Low-sodium or reduced-sodium cheeses</p>	<p>Most cheeses</p>
<p>Low-salt or salt-free chips, nuts, and pretzels</p>	<p>Salty chips, crackers, nuts, popcorn, and pretzels</p>
<p>Plain rice, noodles, or pasta</p>	<p>Quick-cooking rice and noodles</p>
<p>Homemade, low-sodium, or reduced-sodium soups</p>	<p>Regular canned and instant soups</p>
<p>Fresh, frozen, "no-salt-added," or rinsed canned vegetables</p>	<p>Canned vegetables</p>
<p>Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar, and chili powder</p>	<p>Condiments and seasonings such as soy sauce, monosodium glutamate (MSG), fish sauce, bouillon cubes, ketchup, and Cajun seasonings</p>



READING NUTRITION LABELS



By adopting the habit of reading food labels, you can choose foods more wisely.

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

READING NUTRITION LABELS



Nutrition Facts

About 11 servings per container

Serving size 2 Tbsp (33g)

Amount per serving
Calories 190

% Daily Value*

Total Fat 4g 21%

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 8g 3%

Dietary Fiber 2g **9%**

Total Sugars 3g

Includes 2g Added Sugars **4%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 0.5mg 2%

Potassium 184mg 4%

Vitamin E 2mg 10%

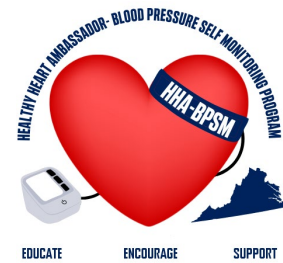
Niacin 5mg 30%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What to focus on for heart health:

- **Serving size** – compare to actual intake
- **Sodium** can increase blood pressure
- **Saturated fat and trans fat** can increase cholesterol levels
- **Fiber** can help decrease cholesterol and limit blood sugar spikes
- **Added sugars** contribute to weight gain, high blood pressure, and diabetes risk with no nutritional value

READING NUTRITION LABELS



Frozen vs. Canned

Nutrition Facts			
About 2.5 servings per container			
Serving size 1/3 cup (91g) frozen 1/2 cup prepared			
	Per serving	Per container	
Calories	70	160	
	% Daily Value*	% Daily Value*	
Total Fat	0g	0%	1g 1%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	95mg	4%	240mg 10%
Total Carbohydrate	12g	4%	30g 11%
Dietary Fiber	4g	14%	11g 39%
Total Sugars	6g		14g
Incl. Added Sugars	1g	2%	3g 6%
Protein	4g		10g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	20mg	2%	50mg 4%
Iron	1.1mg	6%	2.8mg 15%
Potassium	180mg	4%	460mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts			
About 3.5 servings per container			
Serving size 1/2 cup (125g)			
	Amount per serving		
Calories	60		
	% Daily Value*	% Daily Value*	
Total Fat	0g	0%	0%
Saturated Fat	0g	0%	0%
Trans Fat	0g		
Cholesterol	0mg	0%	0%
Sodium	380mg	17%	17%
Total Carbohydrate	11g	4%	4%
Dietary Fiber	3g	11%	11%
Total Sugars	4g		
Includes 1g Added Sugars		2%	2%
Protein	3g		
Vit. D	0mcg	0%	0%
Calcium	20mg	2%	2%
Iron	0.7mg	4%	4%
Potas.	130mg	2%	2%

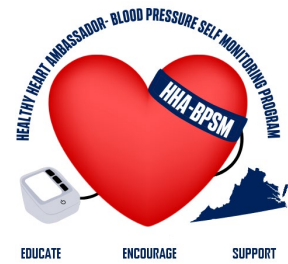
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INGREDIENTS: BEAN WATER SUGAR

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Our love for began over ago in I Minnesota farmers st crop at t
PERF
That's how vegetables
That's Gr
Questions c visit greengiantv
Green Giant registered tr under

READING NUTRITION LABELS

Which cereal is a healthier choice?



Medifast's Mixed Berry Cereal Crunch

Nutrition Facts	
Serving Size: 1 packet (30g)	
Servings per Container: 7	
Amount Per Serving	As Served
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 440mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 11g	22%
Vitamin A 20%	• Vitamin C 20%
Calcium 25%	• Iron 25%
Vitamin D 20%	• Vitamin E 20%
Vitamin K 20%	• Thiamin (B1) 20%
Riboflavin (B2) 20%	• Niacin (B3) 20%
Vitamin B6 20%	• Folate 20%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 25%
Iodine 20%	• Magnesium 25%
Zinc 20%	• Selenium 20%
Copper 20%	• Manganese 20%
Chromium 20%	• Molybdenum 20%

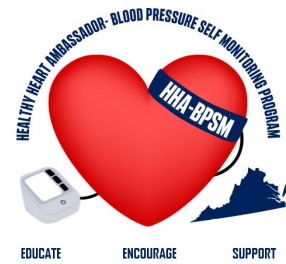
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Jenny Craig's Frosted Oats Cereal

Nutrition Facts	
Serving Size: 1 package (43g)	
Servings per Container: 1	
Amount Per Serving	As Served
Calories 170	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 2g	8%
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

READING NUTRITION LABELS

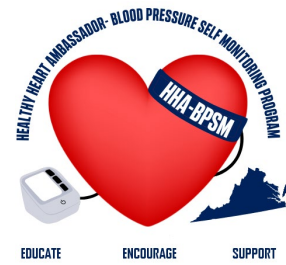


Short cuts:

- **Buy foods, like fresh fruits and vegetables, that don't require nutrition labels**
- **Look for the American Heart Association Heart-Check symbol**
 - Certified by AHA to be heart healthy
 - Low in sodium
 - Low in saturated and trans fats
 - Low in added sugars
 - Contain beneficial nutrients



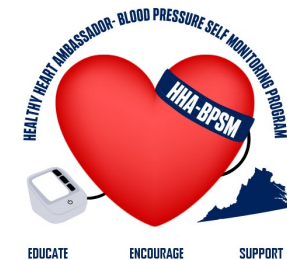
COOKING FOR BETTER BLOOD PRESSURE MANAGEMENT



- Rinse canned foods, such as tuna and beans, to remove some sodium
- Cook rice, pasta, and hot cereal without salt
- Flavor your foods with salt-free seasoning blends, fresh or dried herbs and spices, or fresh lemon and lime juice
- Remove the salt shaker from the prep area and dinner table
- If you use salt, try a potassium- enriched, sodium-reduced salt substitute



COOKING FOR BETTER BLOOD PRESSURE MANAGEMENT



How can we use herbs and spices
in foods we eat everyday?

TIPS FOR USING HERBS AND SPICES

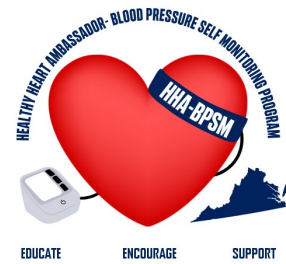
HERBS AND SPICES

USE IN

Basil	Soups and salads, vegetables, fish, and meats
Cinnamon	Salads, vegetables, breads, and snacks
Chili Powder	Soups, salads, vegetables, and fish
Cloves	Soups, salads, and vegetables
Dill Weed and Dill Seed	Fish, soups, salads, and vegetables
Ginger	Soups, salads, vegetables, and meats
Marjoram	Soups, salads, vegetables, beef, fish, and chicken
Nutmeg	Vegetables, meats, and snacks
Oregano	Soups, salads, vegetables, meats, and snacks
Parsley	Salads, vegetables, fish, and meats
Rosemary	Salads, vegetables, fish, and meats
Sage	Soups, salads, vegetables, meats, and chicken
Thyme	Salads, vegetables, fish, and chicken



COOKING FOR HEART HEALTH



Don't be afraid to experiment and modify recipes

- Use low sodium and low fat versions of ingredients when possible
- Try baking, broiling, and grilling instead of frying
- Use liquid oils (olive oil, canola oil) instead of solid fats (butter, margarine, shortening, lard)
- Try sautéing with water or low-sodium broths instead of oils
- Try using Greek yogurt in place of mayonnaise or sour cream
- Use spices and herbs instead of salt
- Add extra servings of vegetables



COOKING FOR HEART HEALTH



Helpful Cooking Tools

Colander



Non-stick Cookware



Steamer Insert



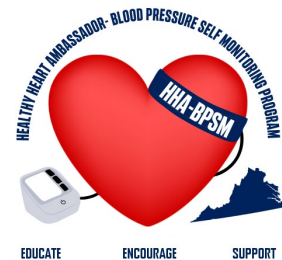
Spice Rack



Garlic Press



RECIPE MAKEOVER: TACO PIZZA



Taco Pizza Recipe

1 lb. ground beef

1 envelope taco seasoning mix

2 (8 oz.) cans Pillsbury crescent rolls

1 (16 oz.) can refried bean

2-3 cups shredded cheddar cheese
or Mexican blend

½ cup chopped tomatoes

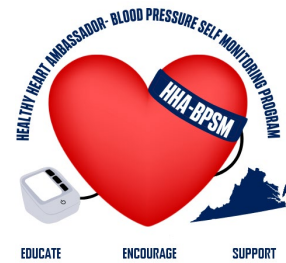
¼ cup sliced black olives

4 green onions, chopped

Can you identify 5 modifications that can be made to create a healthier, lower sodium version of taco pizza?



RECIPE MAKEOVER: TACO PIZZA



Original Recipe	Modified Recipe
1 lb. ground beef	1 lb. lean ground turkey
1 envelope taco seasoning mix	1 envelope reduced sodium taco seasoning mix (tip: use half the seasoning packet)
2 (8 oz.) cans Pillsbury crescent rolls	2 (8 oz.) cans reduced fat Pillsbury crescent rolls
1 (16 oz.) can refried bean	Make your own refried beans (olive oil, onion, garlic, peppers, 1 can pinto beans, low-sodium broth)
2-3 cups shredded cheddar cheese or Mexican blend	2-3 cups reduced fat shredded cheddar cheese (or any other reduced fat shredded cheese)
½ cup chopped tomatoes	½ cup chopped tomatoes
¼ cup sliced black olives	¼ cup sliced black olives (rinsed, drained)
4 green onions, chopped	4 green onions, chopped

DISCUSSION



DISCUSSION



Think about how you currently shop for food...

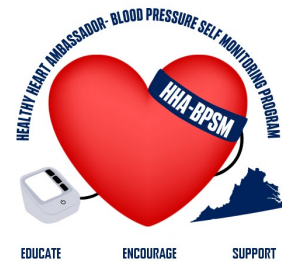
- Do you plan meals for the week ahead of time?
 - Do you make a grocery list?
 - What items can you substitute to make your choices more blood pressure friendly?
-

Think about how you currently prepare your food at home...

- What blood pressure friendly techniques would you consider using moving forward?
-

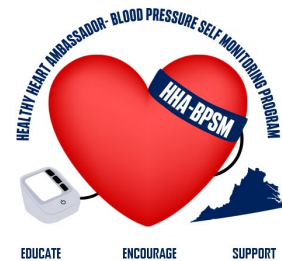
What are some of your favorite recipes?

- Which ingredients may contribute to higher blood pressure?
- How can the recipe be modified to be more blood pressure friendly?



PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

PHYSICAL ACTIVITY & BLOOD PRESSURE MANAGEMENT



Regular physical activity can lead to a significant reduction in blood pressure and improve other cardiovascular risks

Recommendation: At least 150 minutes of moderate intensity physical activity a week

Other benefits of exercise:

- Decreased anxiety, improved sleep
- Weight management
- Decreased risk of type 2 diabetes
- Decreased risk of 8 types of cancers
- Decreased risk of dementia
- Improved physical function and decreased risk of falls





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THANK YOU