

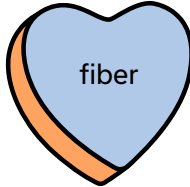
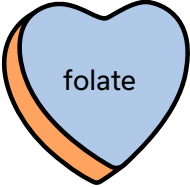
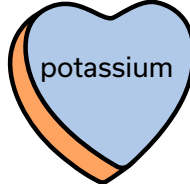


Nutrition and Heart Health

Key nutrient	How it helps	Foods to eat
 <p>omega-3 fatty acids</p>	<ul style="list-style-type: none">• regulates blood clotting• helps artery elasticity• anti-inflammatory	fatty fish (tuna, salmon, mackerel, sardines, anchovies, lake trout), nuts (walnuts), ground flaxseed, leafy greens
 <p>mono- unsaturated fats</p>	<ul style="list-style-type: none">• lowers cholesterol• maintains cell health• full of antioxidants	avocados, olives, nuts, seeds, nut butters and olive, avocado, walnut or flaxseed oils
 <p>fiber</p>	<ul style="list-style-type: none">• lowers blood pressure• lowers cholesterol• controls blood sugar	whole grains, fruits, vegetables, legumes, nuts, seeds
 <p>folate</p>	<ul style="list-style-type: none">• breaks down homocysteine, an amino acid that causes inflammation	whole grains, leafy greens, citrus fruit, legumes, eggs
 <p>potassium</p>	<ul style="list-style-type: none">• lowers blood pressure by relaxing blood vessels and mitigating effects of sodium	vegetables and fruits, milk, yogurt, legumes, nuts, seeds, poultry, seafood, tomato products

Nutrients of concern:



Added sugars and refined carbohydrates: Excessive consumption can increase triglycerides, as well as promote inflammation and insulin resistance. Minimize intake of added sugars and emphasize whole grains, legumes, fruits and dairy as healthy carbohydrate sources.

Trans fats (also known as partially hydrogenated oils): Found primarily in fried foods, bakery goods, margarine and ultra-processed foods, trans fats can increase cholesterol levels, as well as promote inflammation and plaque deposits in blood vessels.

Non-nutritive sweeteners: Aspartame (NutraSweet, Equal) and erythritol (a sugar alcohol) are linked to a higher risk of stroke, while acesulfame potassium (Sunnett, Sweet One) and sucralose (Splenda) are associated with higher coronary artery disease risk.

Questions remain about: ?

Saturated fat: Initial recommendations to reduce saturated fat were based on weak, correlational evidence. To date, clinical trials have failed to establish a causal link between saturated fat and heart disease. If you do consume foods with saturated fat, emphasize choices that provide other valuable nutrients such as beef and dairy products.

Sodium: The evidence is inconclusive that lowering sodium intake will reduce blood pressure. This is partly because we are learning there are person-to-person differences in how sodium affects blood pressure. There may be no benefit to lowering sodium intake below 3 g per day, even though the current US recommendation is 2.4 g per day.

Alcohol: Whether or not moderate drinking is good for your heart is open to debate. If you don't drink, don't start. If you choose to drink alcohol, stick to moderate levels of drinking, and don't overdo it.