

HEALTHY EATING FOR A HEALTHY HEART

People with diabetes are at increased risk of heart disease and stroke. The good news is that with heart-healthy eating you CAN control your blood pressure and blood cholesterol! Let's see how.

CHOOSE FIBER-RICH FOODS

Dietary fiber is an essential part of a healthy diet. Fiber is classified as

- **Insoluble fiber.** Increases the movement of food through your digestive system and found in whole-wheat flour, wheat bran, nuts and many vegetables.
- **Soluble fiber.** Dissolves in water to form a gel and can help lower both your cholesterol and blood sugar levels. Oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium are good sources.

LIMIT SATURATED FAT, TRANS FATS AND DIETARY CHOLESTEROL

- Eat less saturated fat (this will also help you limit dietary cholesterol).
 - It is typically found in whole milk, fatty meat, cheese, ice cream, cream, cream cheese and solid fats butter, margarine and shortening.
 - Plant food sources are coconut oil, palm oil and palm kernel oil.
- Avoid trans fat completely
 - It is typically found in commercially packaged foods containing hydrogenated or partially hydrogenated vegetable oil, deep-fried foods and hard stick margarine.
- Consume no more than 200 milligrams of dietary cholesterol a day.
 - It is typically found in organ meats, egg yolks and whole milk products (use lean cuts of meat, egg substitutes and skim milk instead).
 - Focus more on fish! These delightful creatures will make your heart sing, as long as they're not fried or swimming in fatty sauces!

EAT MORE "HEART HEALTHY UNSATURATED FATS"

- When you do use fat, focus on monounsaturated fats:
 - Olive, canola and peanut oil.
 - Olives, avocado, peanut butter.
 - Macadamia nuts, hazelnuts, peanuts, almonds, pistachios, cashews, filberts.
- Polyunsaturated fats:
 - Walnuts and sunflower seeds.
 - Corn, soy, safflower, sunflower oils.

Moderation is essential. All types of fat are high in calories.

EAT FOODS HIGH IN OMEGA 3 FATTY ACIDS MORE OFTEN

Besides improving the health of your arteries and boosting your immune system, omega 3's also decrease:

- Risk of arrhythmias (abnormal heart rhythms).
- Blood clot formation.
- Blood triglyceride levels.
- Growth rate of plaque in arteries.
- Blood pressure.

Excellent sources of omega-3 fatty acids are:

- Salmon, mackerel, herring, bluefish, cod, pollack, flounder, lake trout, tuna, sardines (contain DHA and EPA, two types of animal-based omega 3's).
 - Try to eat fish at least 3 times a week (but not fried!)
 - Avoid fish with high levels of mercury (tilefish, shark, swordfish, king mackerel).
- Fish-oil supplements with DHA and EPA.
 - Look for a statement that the mercury has been removed.
- Plant sources (omega 3 is referred to as “ALA” which is converted to DHA inside the body): canola oil, flax seeds and flaxseed oil, wheat germ, soy bean oil and walnuts.

Your health is your wealth! Protect it as if it were gold!

These guidelines are not meant to replace the medical care and advice of your physicians and/or other healthcare providers. See your doctor regularly.