

Eat Healthy and Stay Healthy

-Heart Disease-



*“Our health
always seems
much more
valuable after we
lose it.”*

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Heart Disease

Heart disease (cardiovascular disease) continues to be the #1 cause of premature death for both men and women in the U.S. Some 1,400 Americans die of heart disease every day. An estimated 61 million Americans have at least one form of cardiovascular disease (i.e., hypertension, coronary heart disease, stroke, rheumatic heart disease, or congestive heart failure). More than half of men and about 40 percent of women will develop cardiovascular disease in their lifetime. Coronary heart disease is the main form of heart disease and causes most deaths. A large portion of coronary heart disease cases in women are attributable to lack of a healthy life style: unhealthful diet, lack of activity, cigarette use, and overweight.

What are warning signs of heart attack, stroke, and cardiac arrest?

Heart Attack Warning Signs

Some heart attacks are sudden and intense -- the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort: most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body: symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath: may occur with or without chest discomfort.
- Other signs: these may include breaking out in a cold sweat, nausea or lightheadedness

Stroke Warning Signs

The American Stroke Association gives these warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Cardiac Arrest Signs

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

If you or someone you're with experiences any of these symptoms call 9-1-1 and go to a hospital right away. If cardiac arrest occurs, begin CPR immediately.

Relevant Web Sites: The American Heart Association: <http://www.americanheart.org>

Major Risk Factors of CVD

Prevention of CVD is key to reducing CVD death rates. The first step is to know the risk factors of CVD. If people have some risk factors, they need to manage those risk factors which include:

- Cigarette smoking
- High LDL Cholesterol (optimal: ≤ 100 mg/dl, borderline high risk: 100 to 159 mg/dl, high risk: 160-189 mg/dl, and very high risk: ≥ 190 mg/dl)
- Low HDL Cholesterol (for men: < 40 mg/dl, for women: ≤ 45 mg/dl)
- Hypertension (BP $\geq 140/90$ mm Hg or with antihypertensive medication)
- Family history of CHD
- Age (men ≥ 45 yr, women ≥ 55 yr)

Dietary Recommendation for CVD

Physical activity, with diet are the cornerstone to maintaining cardiovascular health. A simple guideline is to eat unsaturated fats including monounsaturated fats instead of saturated fats. It can improve the levels of cholesterol and other fat particles in your blood, fortify your heart against erratic heartbeats, or help counteract a number of processes that make up atherosclerosis—the gradual clogging and narrowing of arteries.

Another unhealthy fat is trans fat. Trans fats are abundant in many margarines, vegetable shortenings such as Crisco, fast-food French fries, commercial baked goods such as packaged breads and cookies, and countless other products that list “partially hydrogenated vegetable oil” or “vegetable shortening” on the label. It is better to use butter than margarines, but margarines are cheaper and keep longer.

Suggestions

- 1) Choose fats wisely – mono and poly unsaturated fats such as olive oil, canola oil, peanut oil, avocados, and most nuts may protect against heart disease and other chronic conditions.
- 2) Limit the amount of saturated fat in your diet (less than 10% of total calories).
- 3) Reduce saturated fat by limiting the amount of full-fat dairy products you eat and by replacing red meat with nuts, legumes, poultry, and fish whenever possible.
- 4) Use liquid vegetable oils in cooking and at the table.
- 5) Eat one or more good sources of omega-3 fatty acids every day – fish, walnuts, canola or soybean oil, ground flaxseeds or flaxseed oil.

Low Fat/Low Cholesterol Cooking Facts & Tips

- Heart disease is caused by narrowing of the coronary arteries that extend from the heart. When the coronary arteries become narrowed or clogged by cholesterol and fat deposits (atherosclerosis) they cannot supply enough blood to the heart and other body organs. The result is coronary heart disease. Symptoms of CHD include chest pain (angina), and shortness of breath. If the blood supply to a portion of the heart is completely cut off by total blockage of a coronary artery, the result is a heart attack.
- Based on the 2005 Dietary Guidelines, fat intake should be limited to 30% or less of our daily calories. The average intake for Americans is 37% of calories per day.
- Cholesterol is a natural compound that is made in our liver and found in animal products. It is needed for cell membranes. Your body uses cholesterol to produce many hormones, Vitamin D, and the bile acids that help digest fat. Too much cholesterol in your bloodstream leads to fatty deposits in the arteries. This causes narrowing and hardening of the artery wall and can cause a heart attack or stroke.
- The body usually makes the cholesterol it requires. In addition, cholesterol is obtained from food. Dietary cholesterol comes from animal sources such as egg yolks, meat (especially organ meats such as liver), poultry, fish, and high fat milk products. Many of these foods are also high in saturated fats. Choosing foods with less cholesterol and saturated fat will help you lower your blood cholesterol levels. You can maintain or even lower your cholesterol levels further by eating more grain products, vegetables and fruits, and limiting intake of high cholesterol foods.
- For every 1% decrease in blood cholesterol, there is a 2% reduction in the risk of developing or dying from cardiovascular disease.
- Saturated fats and trans fats are associated with increased blood cholesterol. Saturated fats include butter, lard, animal fat, whole milk, cream, cocoa butter, palm oil, and coconut oil. Some trans fats include vegetable shortening and hydrogenated vegetable oil. They should send up a red flag if they appear near the top of an ingredient list.
- Polyunsaturated and monounsaturated fats are found in corn oil, soybean oil, safflower oil, sunflower oil, sesame oil, and cottonseed oil. Polyunsaturated fats are found in cooking oils, fish, shellfish, nuts, and seeds. Polyunsaturated fats are healthier fats as they can help the body rid itself of the bad cholesterol (LDL), thus reducing cholesterol deposition in the arterial walls. Excess polyunsaturated fats do not have this protective effect. They can also lower good cholesterol (HDL); moderation is key.
- Monounsaturated fats are the best fats. These don't decrease the good cholesterol (HDL). These can be found in food such as: canola oil, olive oil, avocados, and nuts.

Simple Suggestions for Lowering Cholesterol and Saturated Fats

1. Use margarine high in polyunsaturated fats, in lieu of butter. Tub margarines (as opposed to hard cube margarines) are higher in polyunsaturated fats and sometimes monounsaturated fats. Check the label, a p/s ratio is often given; the first ingredient should be liquid vegetable oil. If you must choose between stick margarine and butter use butter.
2. Grill, rather than fry, meat to remove the saturated fat. Bake, broil, or roast meat on a rack so it will remain above the drippings.
3. Use baked or boiled potatoes, rather than fried, hash browns, tater tots, etc.
4. Use skim milk for white sauces, puddings, and all cooking.
5. Drink skim milk, if possible, or 1% or 2% if you really do not like skim milk.
6. Choose low-fat, white meats like chicken, turkey and fish and limit consumption of red meats.
7. Trim visible fat from meat before cooking, and if necessary before eating.
8. Read food labels before you buy. White shortenings are not necessarily vegetable shortenings. They could be animal fat or a combination. Items listing “vegetable oil” sometimes mean coconut oil, which is highly saturated.
9. When making hamburger, stew, or pot roast, drain off the fat after browning the meat; use lean ground beef and other lean cuts (round, trimmed chuck, shank, flank). Skim fats from soups and gravies.
10. Remember that the Choice grade beef has the most “marbling” (fat), which increases tenderness but adds to the fat content. Lower grades of meat contain less fat, as there is much less marbling. Compare grades before you buy.
11. Substitute plain yogurt for sour cream and chilled evaporated milk for whipping cream. This will greatly reduce the saturated fat and cholesterol content.
12. Replace high-fat cheese with part-skim cheese; substitute low-fat cottage cheese for 4% butterfat cottage cheese.
13. Use egg substitute in place of whole eggs in cooking, baking, and for a scrambled egg breakfast.
14. Cakes using only egg whites make good low-fat and low-cholesterol desserts.
15. Use oatmeal instead of bread crumbs as an extender in meatloaf. Bread crumbs soak up fat, whereas oatmeal allows it to drain off.

Recipes

FAT-FREE LEMON MOUSSE

This light and airy mousse uses fat-free half and half with unexpectedly smooth results. You can spoon sliced, sugared strawberries over the top to add an extra-special touch of spring.

2 tablespoons water
2 teaspoons unflavored gelatin
1 cup fat-free half and half
4 tablespoons sugar
1 tablespoon finely grated lemon peel
2 large egg whites
1/8 tsp. cream of tartar



Pour 2 tablespoons water into small saucepan; sprinkle gelatin over. Let stand until gelatin softens, about 10 minutes. Stir over very low heat just until gelatin dissolves, about 1 minute. Stir in fat-free half and half, 2 tablespoons sugar, and grated lemon peel. Stir over very low heat until sugar dissolves, about 2 minutes (do not boil). Transfer gelatin mixture to large bowl. Set bowl in another large bowl filled halfway with ice water; stir until mixture is cool, about 5 minutes.

Using an electric mixer, beat egg whites with cream of tartar in medium bowl until soft peaks form. Gradually add 2 tablespoons sugar and beat until stiff but not dry. Fold egg whites into gelatin mixture. Divide mousse among 4 wineglasses. Chill until mousse is softly set, at least 4 hours and up to 1 day. Serve mousse cold.

Nutrition Information:

Serving: 1 cup, Yield: 4 Servings, Calories: 105 kcals, Fat: 0 g, Cholesterol: 0 mg

10-MINUTE ITALIAN CHICKEN STIR FRY

1 Tbsp. extra virgin olive oil	1 tsp. dried oregano
3/4 lb. skinless, boneless chicken breast cut in 3/4-inch pieces	1/2 cup fat-free, reduced sodium chicken broth
1 16-oz. bag frozen mixed vegetables with peppers and zucchini	2 Tbsp. grated Parmesan cheese
1 tsp. finely minced garlic	Salt and freshly ground black pepper, to taste
1/2 cup pre-sliced, fresh mushrooms	2 cups cooked instant brown rice
1 tsp. dried basil	

Place large skillet over high heat. Add oil, swirl to coat pan and heat oil until very hot. Add chicken; stir-fry until it loses pink color. With slotted spoon, remove chicken and set aside. Add vegetables and garlic to pan. Stir-fry another 2 minutes. Return chicken to pan. Add basil, oregano and chicken broth. Stir-fry until chicken is opaque throughout, about 4 minutes. Add cheese and toss. Season to taste with salt and pepper. Serve immediately over brown rice, including juices from pan.

Nutritional Information:

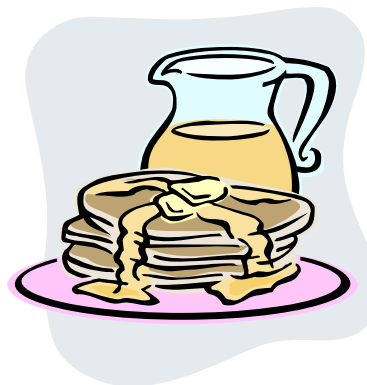
Serving: 1 cup, Yield: 4 servings, Calories: 316 kals, Protein: 27 g, Fat: 7 g (1 g. saturated fat), Carbohydrate: 27 g, Dietary fiber: 6 g, Sodium: 244 mg

MAPLE, WALNUT & FLAXSEED PANCAKES

1 cup all purpose flour	½ tsp. salt
¼ cup flaxseed meal*	1 ¼ cups reduced-fat (2%) buttermilk
¼ cup finely chopped walnuts	¼ cup pure maple syrup
1 ½ tsp. baking powder	1 large egg
½ tsp. baking soda	1 Tbsp. (or more) vegetable oil

Whisk flour, flaxseed meal, walnuts, baking powder, baking soda, and salt in medium bowl to blend. Whisk buttermilk, ¼ cup maple syrup, and egg in another medium bowl. Add buttermilk mixture to dry ingredients and whisk just until incorporated.

Brush large nonstick skillet lightly with vegetable oil and heat over medium heat. Working in batches, add batter to skillet by scant ¼ cupfuls. Cook until bubbles appear on surface of pancakes and undersides are golden brown, about 2 minutes. Turn pancakes over and cook until golden on bottom, about 2 minutes. Brush skillet lightly with vegetable oil as needed before adding each batch. Transfer pancakes to plates. Serve with additional maple syrup.



*Sold at natural foods stores and some supermarkets. If flaxseed meal isn't available, buy flaxseeds and use a spice grinder or coffee mill to grind them into a fine powder.

Nutrition Information:

Serving: 2 pancakes, Yield: 12 pancakes, Calories: 112 kcals, Fat: 5 g (1 g saturated fat), Cholesterol: 19 mg, Fiber: 1 g

EASY LITE LASAGNA

2 cups small curd low-fat cottage cheese	1 cup chopped onion
4 egg whites, beaten	1 clove garlic, minced
⅓ cup toasted chopped almonds	2 (15 oz.) cans spaghetti sauce
2 Tbsp. chopped parsley	1 (8 oz.) box lasagna noodles
½ tsp. Italian seasoning	2 cups sliced zucchini
½ lb. lean ground beef	½ cup water

Combine cottage cheese, egg whites, almonds, parsley and Italian seasoning; mix well; set aside. Brown beef with onion and garlic. Stir in marinara sauce. Spoon a little sauce in a 9x13x2-inch baking dish. Layer with half the noodles (uncooked), half the zucchini, half the almond mixture and half remaining sauce. Repeat layers, being sure noodles are covered with sauce. Drizzle with water. Cover tightly with foil. Bake at 375 for 1 hour or until noodles are tender.

Nutritional Information:

Serving: ½ cup, Yield: 8 Servings, Calories: 341 kcals, Protein: 24.3 g, Fat: 11 g, Carbohydrate: 35.8 g, Cholesterol: 156 mg, Calcium: 115 mg, Sodium: 757 mg, Iron: 3.75 mg

To toast almonds:

Oven: spread almonds in a single layer in shallow pan. Place in cold oven; toast at 350, 12-15 minutes, stirring occasionally, until lightly toasted. Note that almonds will continue to toast slightly after being removed from the oven. Cool on counter.

Microwave: spread almonds in a single layer shallow glass baking dish. Microwave on Hi power, 4-5 minutes, stirring halfway through. Cool on counter.

LOW-FAT CHILI CORN CHIP

6 corn tortillas (5-6 inch)

Canola oil

Salt, cumin, and chili powder, to taste



Preheat oven to 375 degrees. Lightly brush tortillas with canola oil. Stack tortillas and cut into 6 wedges. Spread wedges in single layer on baking sheet. Sprinkle chips with salt, cumin, and chili powder. Bake until crisp, about 12 minutes.

Nutrition Information:

Serving: 6 Chips, Yield: 36 Chips, Calories: 20 kcals, Protein: 0.2 g, Fat: 1.2 g, Carbohydrates: 2 g, Cholesterol: 0 mg, Calcium: 8 mg, Sodium: 11 mg, Iron: 0.06 mg

PASTA with TOMATO, BASIL & RICOTTA

1½ cups tomatoes, chopped

¼ cup fresh basil, chopped

1 Tbsp. red onion, chopped

1 clove garlic, minced

½ cup part-skim ricotta cheese

1 Tbsp. olive oil

Salt and freshly ground black pepper

½ lb. pasta, rotelle, ziti or penne, cooked al dente.

Combine the tomatoes, basil, onion, garlic. Stir in ricotta, olive oil, salt and pepper to taste. Toss hot pasta with the sauce and serve at once.

Nutritional information:

Serving: 1 cup, Yield: 4 Servings, Calories: 259 kcals, Protein: 11 g, Carbohydrates: 36 g, Fat: 8g, Cholesterol: 51mg, Calcium: 0 g, Sodium: 60mg, Iron: 3 mg, Dietary fiber: 1 g

EGG-WHITE FRENCH TOAST

Makes 4 servings

1 cup 2% low-fat milk

⅛ tsp. cinnamon

8 slices of bread (or 4 1-inch slices of bread cut from a loaf)

4 egg whites

½ tsp. vanilla extract

In a medium bowl beat egg whites well. Add milk, vanilla and cinnamon to egg whites and continue to beat. Dip bread slices into batter and coat on both sides. Cook one of the following ways: place dipped bread in greased and heated skillet. Cook by turning a few

times to brown; OR, place dipped bread on greased or oiled baking sheet. Then broil in the oven (watching closely), turning only once (approximately 2-3 minutes each side when placed 5 inches from broiler top).

Nutrition Information:

Serving: 2 Slices or 1, 1" thick Slice, Yield: 4 Servings, Calories: 237 kcals, Protein: 12.8 g, Fat: 8.2 g, Carbohydrates: 27.3 mg, Cholesterol: 217 mg, Calcium: 152 mg, Sodium: 359 mg, Iron: 2.43 mg