

2006 DIET AND LIFESTYLE GUIDELINES



The American Heart Association released updated nutrition and physical activity guidelines in 2006 to decrease cardiovascular risks for Americans over the age of 2.

Consume an overall healthy diet.

- Include vegetables and fruits at all meals to increase daily intake to nine $\frac{1}{2}$ -cup servings.
- Include grain products at all meals to meet daily intake recommendations of six 1-oz. servings. Choose a minimum of three whole-grain products each day.
- Include no more than six oz. lean protein foods each day.
- Include 2 - 3 low fat dairy products each day.
- Select food preparation methods that use little added saturated or trans fat, salt and sugar.
- Visualize your dinner plate and draw an X through the plate. Fill each compartment with a choice from fruits, vegetables, grains and lean meats.

Maintain a healthy weight by balancing calories consumed with calories burned.

- Read the food facts on food labels to become familiar with the calorie content of foods for the portion sizes you normally eat.
- Know how many calories you need a day. For moderately active people, multiply your current weight by 12 to determine the number of calories needed to maintain your current weight. For less active people, multiply your weight by 10 and for very active people, multiply your weight by 15.
- Strive for at least 30 minutes of physical activity daily. This can be spread out throughout your day. Purchase a pedometer to count your daily steps.

Consume a diet rich in fruits and vegetables.

- Choose a wide variety of fruits and vegetables in your daily intake.
- For maximum vitamin and mineral intake, choose fruits and vegetables that are deeply colored. (Spinach and other dark green leafy vegetables, carrots, sweet potatoes, squash, melons and berries are great choices.)

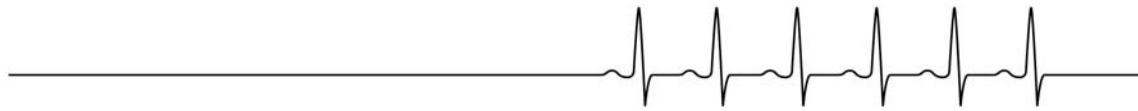
Choose whole-grain, high-fiber foods.

- Check the ingredient list of grain products and choose foods with a "whole grain" listed as one of the first three ingredients.
- Foods high in fiber contain 3 or more grams of fiber per serving.

Include 2 servings of fish, especially oily fish, at least twice a week.

- Seafood high in omega-3 fatty-acids include salmon, trout and herring.
- Children and pregnant women should follow FDA guidelines for avoiding mercury-contaminated fish. Fish with potential for the highest mercury contamination are shark, swordfish, king mackerel and tilefish.

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Limit intake of saturated fat, trans fat and cholesterol.

- Choose lean meats that are trimmed of visible fat and without the skin.
- Choose soy-based protein alternatives.
- Lean beef, pork, poultry and seafood contain about the same amount of cholesterol per ounce. Limit intake of all animal products to no more than 4-6 oz. each day to decrease cholesterol intake.
- Select low fat dairy products.
- Check food labels and choose foods with 1 or less grams of trans fats
- Check the food label list of ingredients that list partially hydrogenated fats. These foods will contribute to trans fats intake.

Minimize the intake of beverages and foods with added sugars.

- Read the food label for "percent of fruit juice".
- Choose fruit juices that are 100% fruit juice.
- Many fruit drinks contain very little fruit juice.

Choose and prepare foods with little or no salt.

- Consume no more than 2300 mg of sodium per day.
- Middle-aged and older adults, African-Americans and those with high blood pressure should consume for no more than 1500 mg. per day.
- Removing the salt shaker from the table and limiting convenience foods can greatly decrease sodium intake.

Consume alcohol in moderation.

- Limit alcohol intake to one drink per day for women and two drinks per day for men
- One drink is equal to 12 ounces of beer, 4 ounces of wine, 1.5 ounces of 80-proof distilled spirits or 1 ounce of 100-proof spirits.

Are supplements necessary?

- Studies have **not** demonstrated a benefit from supplementation of Vitamin E and other antioxidant supplements to lower coronary heart disease.
- Studies have **not** demonstrated a benefit from supplementation of folate and Vitamin B to lower coronary heart disease.
- Antioxidants, Vitamin B and E intake can be obtained from daily selections of fruits, vegetables and vegetable oils and any grains products are fortified with folate.
- Increase omega fatty acids intake, by eating two servings of oily fish every week.
- Discuss the possible benefits of omega fatty acid supplements with your primary care physician or cardiologist.
- A wide variety of foods and drinks contain plant stanols/sterols. Soft gel capsules are also available. These may be helpful for people with elevated low-density lipoprotein (LDL) cholesterol. To achieve a reduction in LDL cholesterol, a daily intake of 2 grams is needed.