

February 2015

Show Your Heart a Little TLC

February is American Heart Month and yes, TLC stands for Tender Loving Care but it also stands for Therapeutic Lifestyle Change. This “diet” aims to lower your cholesterol and triglycerides through diet and exercise by targeting the amount of saturated fat, cholesterol, and sodium you eat.

You may be asking yourself, why is there an entire month dedicated to heart health? Well, this is because heart disease, or cardiovascular disease (CVD), stroke and high blood pressure are the leading causes of death in America. Here are some fast facts:

- Six hundred thousand Americans die each year from heart disease.
- In the US, someone has a heart attack every 34 seconds, every 60 seconds someone dies from a heart disease-related event.
- Risk factors include high blood pressure, high LDL cholesterol (the bad kind), and smoking. About half of Americans have at least one of these risk factors.
- CVD costs America \$300 BILLION each year.

Scared yet?

You shouldn't be, because the Nutrition and Wellness Center is here to help! The Therapeutic Lifestyle Change is exactly what it says, a lifestyle change, something that is sustainable throughout your life. It focuses on **decreasing** the amount of cholesterol, total fat and saturated fat and **increasing** fiber and physical activity.

Let's take a look:

Saturated Fat

- Less than 7% of daily calories from **saturated fat**.
- If you eat 2,000 calories a day, that's 15g of saturated fat or the amount in 7 slices of bacon.
- Saturated fat is the one that remains hard at room temperature, such as lard and butter, it is found in most animal products and contributes to plaque buildup in the arteries.

Cholesterol

- Less than 200mg a day of **cholesterol**
- One egg yolk has 185mg cholesterol
- Many foods high in saturated fat are also high in cholesterol, so by limiting food high in saturated fat you will naturally limit cholesterol.



Sodium

- Less than 2400mg **sodium or salt**
- 2300mg sodium = 1 teaspoon salt
- Salt increases blood pressure, a risk factor for cardiovascular disease.

Fiber

- Women need 25g of **fiber** a day, men need 38g of **fiber** a day
- 1 packet instant oatmeal has 3-4 grams
- It helps reduce cholesterol levels, keeps your gut healthy and makes you feel fuller for a longer period of time therefore reducing caloric intake.



Exercise

- Lastly, incorporate **30 minutes** of brisk activity most days of the week. Brisk activity means your heart rate should be increased and you are slightly out of breath.

This all may sound challenging, but the biggest modification you can make is to cut back on portion sizes.

How much is enough?

Carbohydrates	1/3 cup rice or pasta or 1/2 cup starchy vegetable OR a cupcake wrapper
Protein	3 ounces OR a deck of cards
Dairy	8 ounces milk 1 ounce cheese OR the size of your thumb
Fruits	1/2 cup fresh, frozen, canned OR a tennis ball
Vegetables	1 cup OR the size of a female's fist
Fats and Oils	1 teaspoon OR the tip of your thumb
Sweets and Treats	1 ounce OR a pack of dental floss



Stay tuned for more information on our celebration of National Nutrition Month in the month of March. This year's theme is ***Bite into a Healthy Lifestyle.***