

# At the Heart of Good Health is Good Nutrition

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## Eat a Variety of Nutritious Foods from all Food Groups

Nutrient rich foods provide your body with carbohydrates, protein, and “good” fats but also with vitamins, minerals and fiber. Nutrient rich foods are lower in calories and, typically, are minimally processed.

## Eat Less of the Nutrient-Poor Foods

Nutrient poor foods and beverages are typically high in calories and do not provide your body with the nutrients it needs to stay healthy. It is best to limit or avoid highly processed foods as well as foods high in saturated fat, trans-fat, and sodium.

## Dietary Approaches to Stop Hypertension

The D.A.S.H. diet is a plant-based diet focusing on:

- Fruits, vegetables, nuts, and whole grains
- Low-fat and non-fat dairy
- Lean meats, fish, and poultry
- High in fiber and heart healthy fats

The D.A.S.H. diet is recommended and suggested by the U.S. Department of Agriculture and the American Heart Association. It can be easily altered based on cultural and personal preferences.

## Daily Food Recommendations

Choose lean meats and poultry without skin and prepare them without added saturated and trans-fats.

Eat fish at least twice a week. Oily fish containing omega-3 fatty acids (i.e. salmon, trout, and herring) may help lower your risk of death from coronary artery disease.

Select fat-free and low-fat dairy products.

Avoid adding salt while preparing foods or before eating.

Avoid or limit partially hydrogenated vegetable oils to reduce the amount of trans-fat in your diet.

To lower cholesterol, reduce saturated fat to no more than five to six percent of total calories.

Reduce consumption of foods and beverages with added sugars.

To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day.

Monitor portion sizes, especially when eating out.

If you drink alcohol, drink in moderation.

Don't smoke tobacco and avoid secondhand smoke.

## FAST FACTS

**1 in 3**

Women die from heart disease and stroke in the U.S every year.

**380,000**

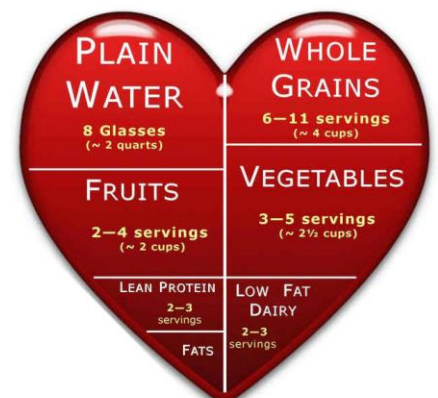
People die from coronary artery disease each year.

**\$180.9 billion**

The yearly cost of coronary heart disease.

**720,000**

Americans have a heart attack each year.



## LIVE HEALTHY

**Manage Stress**, *Breathe Deeply.*

**Reduce Stress**, *Increase Physical Activity.*

**Get Enough Sleep**, *Six to Eight Hours per Night.*

### Know the Signs

The most common heart attack symptom, in both men and women, is chest pain or discomfort. However, women are more likely to experience other common symptoms, particularly, shortness of breath, nausea and/or vomiting, and back or jaw pain.

### Heart Healthy Recipe: Tomato Basil Salmon

Serves: 6

#### Ingredients:

- 2 4oz. boneless salmon filets
- 1 tbsp fresh basil
- 1 tomato, thinly sliced
- 2 tbsp grated parmesan cheese (optional)

#### Instructions:

Preheat oven to 375° F. Line baking sheet with a piece of aluminum foil and spray with non-stick cooking spray. Place salmon fillet onto the foil, top with two slices of tomato. Sprinkle cheese if desired. Bake in preheated oven until the salmon is opaque in the center, about 20 minutes. Remove from oven, add basil to the top of each piece and serve.

Meals from scratch are certainly worth it and can be incorporated into your lifestyle with a little planning. Some easy foods to get you started include: fresh salsa, pizza dough, salad dressing, cookies, chicken noodle soup, applesauce, baked French fries, and hummus. To learn more about cooking from scratch, contact a registered dietitian in your area and/or check out [www.eatright.org](http://www.eatright.org).



*Joanna is currently a Dietetic Intern at WVU Healthcare and plans to become a Registered Dietitian. As one of the nation's food and nutrition experts, she is committed to improving the health of her community. To find a registered dietitian in your area, visit [www.eatright.org](http://www.eatright.org) and click on "Find a Registered Dietitian."*