

Meal Planning for a Healthy Heart



Debbie Lucas, MS, RD, CDCES

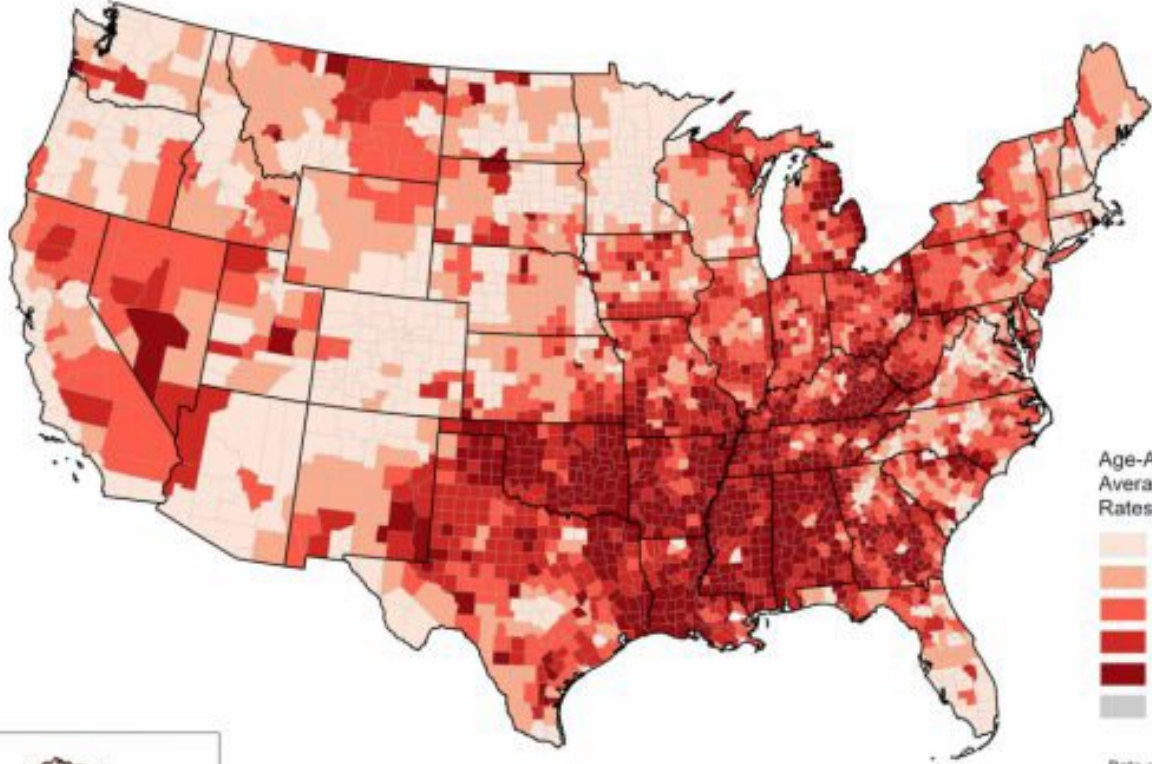
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February is Heart Month

- Heart disease kills more people every year than all cancers combined
- One in 5 deaths in US is from heart disease
- In US someone has a heart attack every 40 seconds
= >800,000/year
- Risk factors for heart disease:
 - Diabetes, high blood pressure, high cholesterol
 - Unhealthy diet
 - Lack of activity
 - Obesity/overweight
 - Smoking
 - Excess alcohol



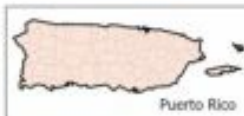
Heart Disease Death Rates, 2018 - 2020 Adults, Ages 35+, by County



Age-Adjusted
Average Annual
Rates per 100,000

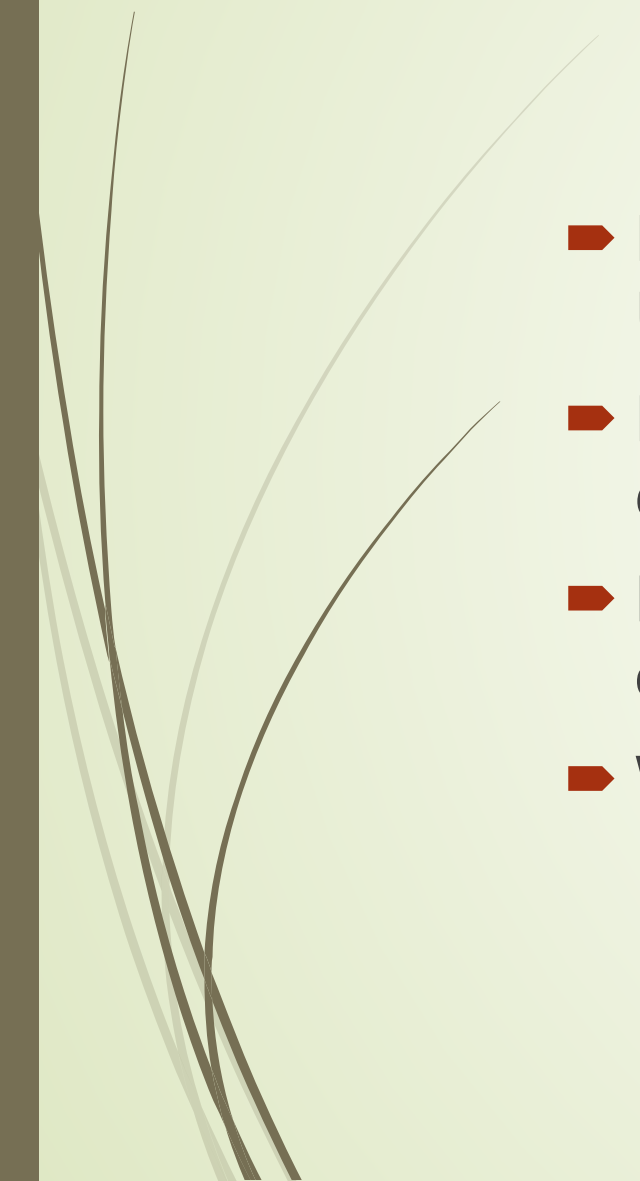
- 52.7 - 283.1
- 283.2 - 322.1
- 322.2 - 360.9
- 361.0 - 416.0
- 416.1 - 810.5
- Insufficient Data

Data source and methodology found at:
www.cdc.gov/dhosp/maps/atlas/statistical-methods





More Stats....

- ▶ Every 23 seconds someone is diagnosed with diabetes in U.S.
 - ▶ Every 2 minutes a person with diabetes dies from complications
 - ▶ People with diabetes have 2-4x the risk of having heart attack or stroke.
 - ▶ What's the answer?
- 

Healthy Lifestyle is key (Harvard School of Public health)

- Can reduce risk of sudden cardiac death by 80%
- Can reduce risk of premature death from heart disease by 72%
- Focus on:
 - What we eat
 - How we move
 - How we rest

healthemily/tumblr
**BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
INSTEAD, IT'S A
lifestyle.** 



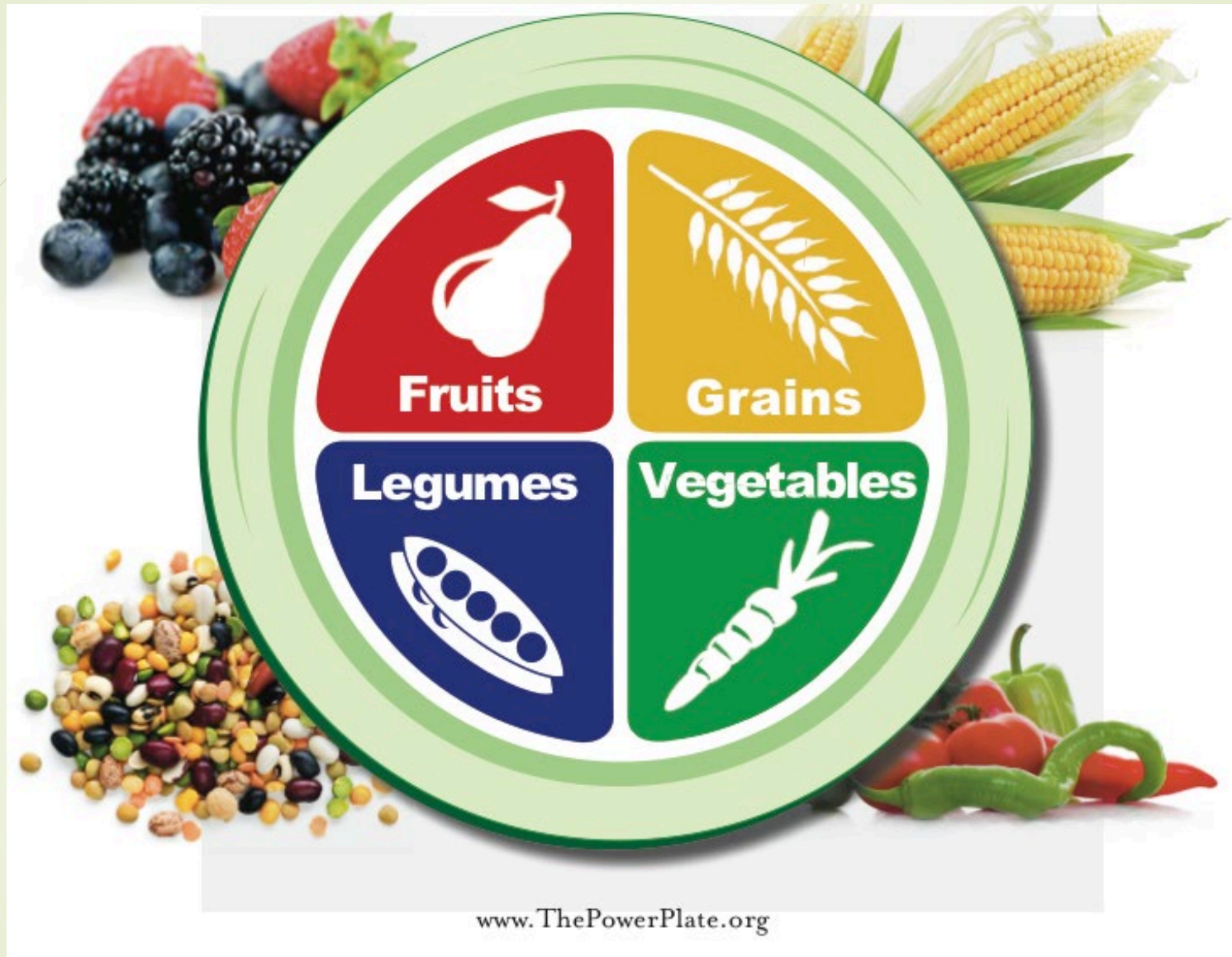


Prevent and Reverse Heart Disease

**By Eating
Whole Food Plant Based**

Your Pharmacy:





Easy on SOS – Salt, oil & sugar

Whole food plant-based eating for heart health

1. **Aim for at least 4-5 cups fruits & veggies daily** - every color, organic when you can

2. **Dump refined carbs** – sugar and starch

We rarely eat a bowl of white flour – usually have oil, sugar or salt added

3. **Boost fiber** – aim for 15 grams/meal

Choose soluble (viscous) fiber as much as possible (oats, beans, barley)

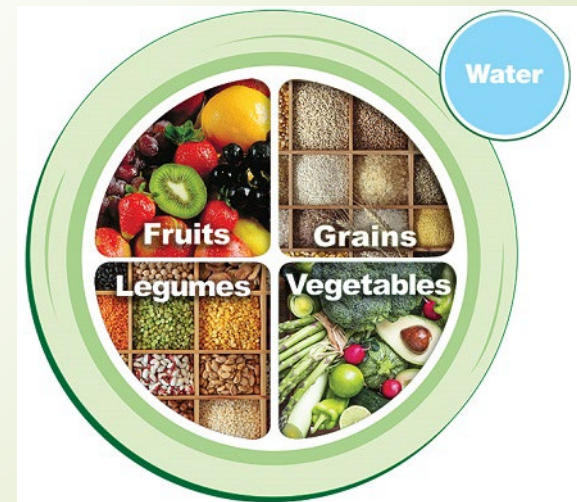
4. **Aim for low glycemic carbs**

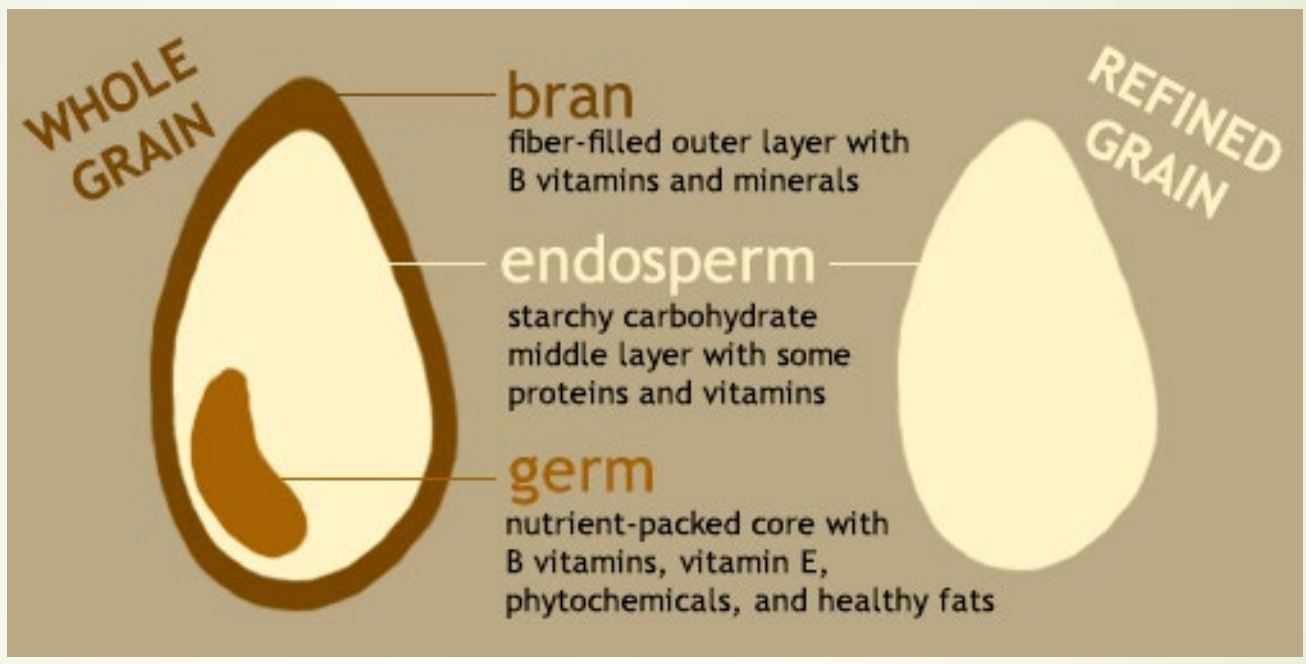
Non-starchy veggies and legumes

Carefully select grains

Granola bar \neq oatmeal

Choose intact whole grains





WHOLE GRAINS



WHEAT BERRIES



OATMEAL



QUINOA



BROWN RICE



BUCKWHEAT



CORN



BARLEY



AMARANTH



KANIWA



FREEKEH



WILD RICE



TRITICALE



SORGHUM



BULGUR



BLACK RICE



SPELT



10 diet tips (con't)

5. **Eliminate animal products** (or at least processed and red meats)
6. **Eat beans/legumes** every day
7. **Stick to whole foods**
 - Fat = olives, soy beans, nuts, seeds
8. **Maximize antioxidants & anti-inflammatory foods**
 - Fruits and veggies
 - Sprouts (50-100x the antioxidant power)
 - Herbs & spices
9. **Minimize diet pro-oxidants**
 - Oxidized fats (ie. fried foods)
10. Achieve and maintain a **healthy body weight**

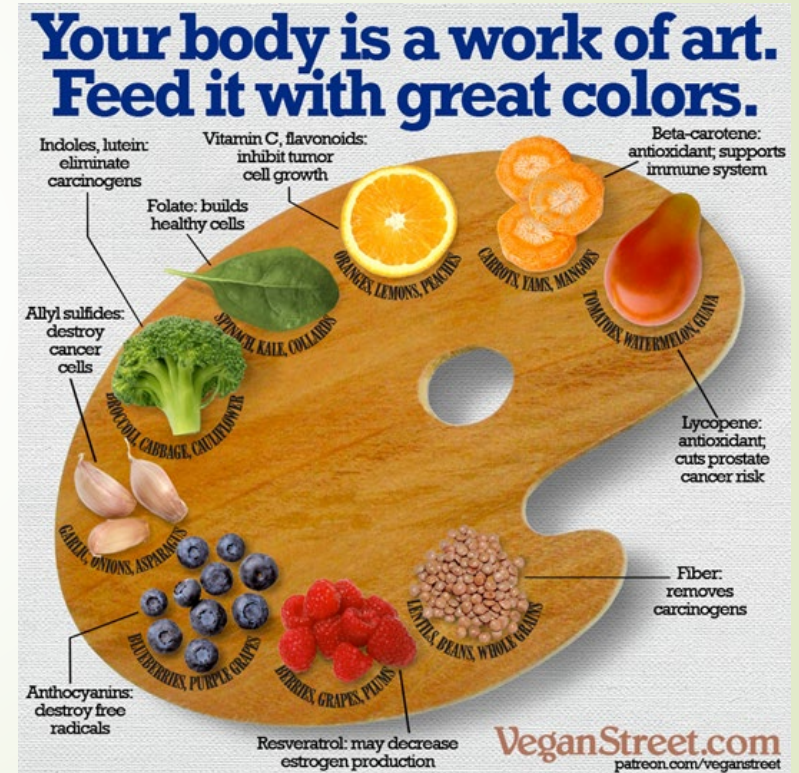
Protein power from plants

- Beans and legumes
 - 7-9 grams/1/2 cup serving
 - Cooked, dried beans (canned okay)
 - Lentils
 - Soy beans
 - Split peas
- Nuts & Seeds
 - 5-8 grams/1/4 cup serving
 - Nut butters (2 Tbsp serving)
 - Flax/Hemp/Sesame/Sunflower seeds



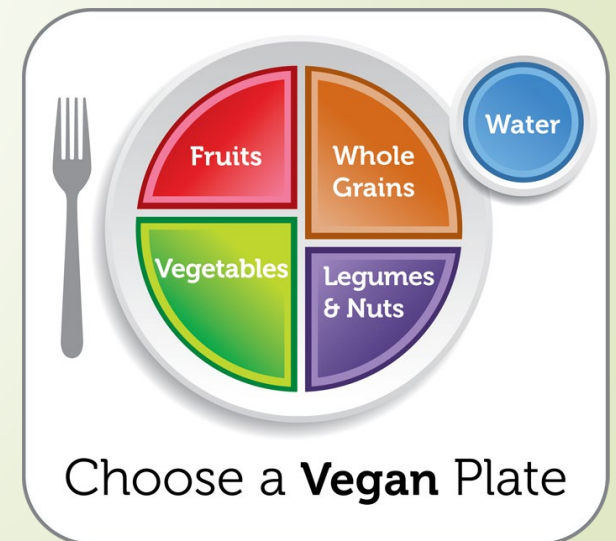
Resources & recipes

- Google
- Cookbooks
- Websites/apps:
 - ForksoverKnives.com
 - Plantstrong.com
 - Nutritionfacts.org
 - PCRM.org
 - Brandnewvegan.com
 - Minimalistbaker.com



Meal Planning with 4 food groups

- **Fruit (3/day) + Vegetable (4+/day)**
- **Aim for fruit &/or veg at every meal**
- A **whole grain (5/day)** or starch with every meal
- A **protein (3/day)** or with every meal



Sample meals

➤ Breakfast

- Fruit + Grain + Protein/Dairy sub

➤ Lunch

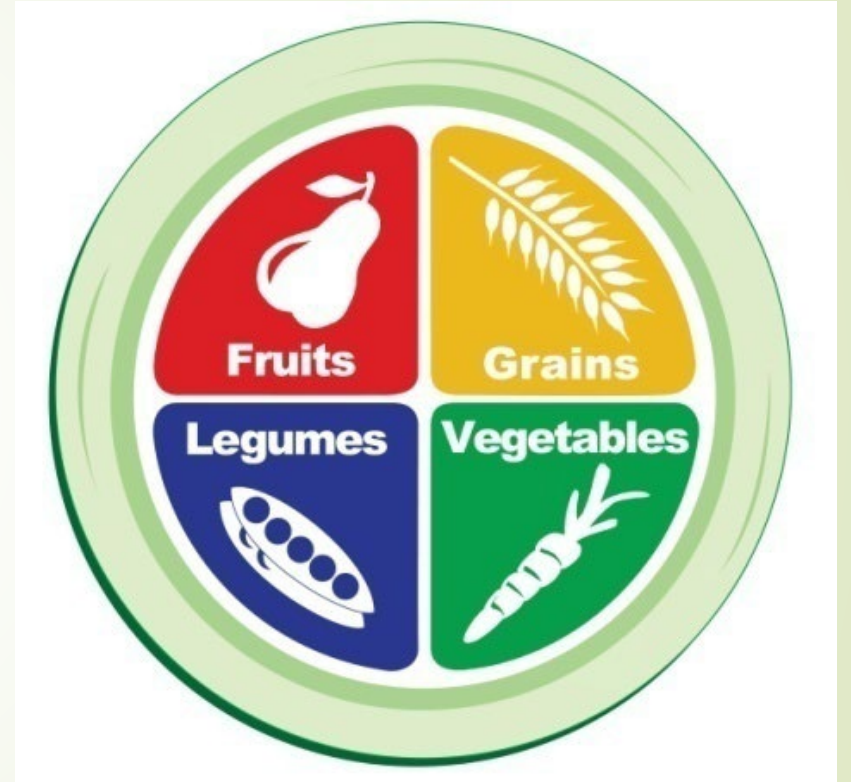
- Vegetable + Grain + Protein

➤ Dinner

- Vegetable + Grain + Protein + Fruit

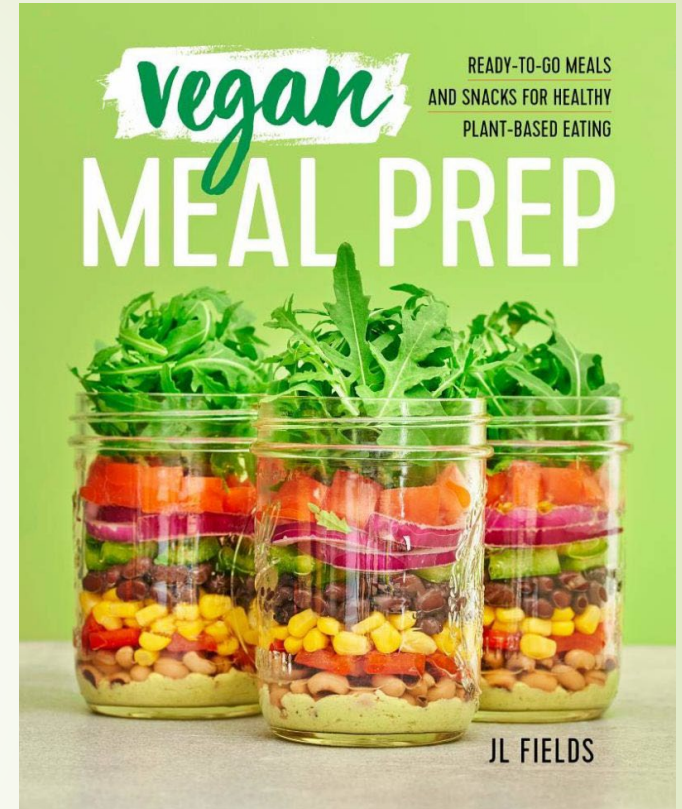
➤ Snack(s)

- Fruit &/or veggie or protein or healthy fat
- Snacks appropriate **if hungry** or will be long time until next meal



Tips for Meal Planning

- What's in season? What's on sale?
- What is your week going to be like?
- Pick out a few recipes
- Make a menu
- Make a shopping list
- Get to know your store/farmers' market
- Stock the pantry
- Prep foods for the week Make your meal components that you can recycle into other items
- Batch cook



What's in season now?



Cook up a pot of ...quinoa

- ▶ Serve as side dish with your meal
- ▶ Heat left overs up for breakfast – add a little sweetener, milk, fruit (just like oatmeal)
- ▶ Take cold leftovers and add chopped veggies and vinaigrette
- ▶ Take cold leftovers and add fruit and sweet vinaigrette
- ▶ Throw leftovers into soup, stew, on top of salad



Whip up a batch ofLentils



BATCH COOKING & HEALTHY FOOD SWAPS WITH LENTILS

1 week of meals from one batch of lentils

SUNDAY Cook a large batch of lentils

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 \end{array}$$

2 CUPS (500 ML) DRY LENTILS (whole green or split red) + 6 CUPS (1.5 L) WATER (OR STOCK) = YIELDS 4 CUPS (1 L) PREPARED LENTILS

Cook time: 15-20 minutes for whole lentils, 5-7 minutes for split lentils
 Portion lentils into ½ cup or 1 cup service size containers.
 Refrigerate for up to 1 week or freeze for up to 3 months.

MON	Add ½ cup cooked lentils to your morning smoothing for a protein/fiber boost	½ CUP LENTILS		
TUES	Use 1 cup cooked lentils in taco or burrito filling	1 CUP LENTILS		
WED	Add 1 cup cooking lentils to pasta sauce for a hearty, meaty texture.	1 CUP LENTILS		
THUR	Add 1 cup cooked lentils as a protein-rich topper to your lunch salad	½ CUP LENTILS		
FRI	Use ½ cup lentils in a homemade veggie pattie recipe	½ CUP LENTILS		
SAT	Add ½ cup lentils to your tofu scramble.	½ CUP LENTILS		
BONUS	Try puréeing your cooked lentils and swapping into baked goods. You can replace butter or oil used in baking with pureed lentils.	½ CUP LENTILS		

To Make Lentil Purée, place cooked lentils into a food processor or blender. For every 1 cup of lentils, add ¼ cup water. Blend to a smooth purée with a consistency resembling canned pumpkin.

Make a batch of.... soup

- ▶ **Serve over different grains.**
 - ▶ Try farro, quinoa, barley, bulgur or brown rice.
- ▶ **Add a big handful of green leafys!**
 - ▶ Instead of having your salad on the side, heat up your soup with a generous serving of baby kale, spinach or arugula.
- ▶ **Try a potato.**
 - ▶ Put a baked potato or sweet potato in the bottom of your bowl
- ▶ **Make a pita or burrito!**
 - ▶ If thick enough, add leftover soup to a whole wheat pita or tortilla. Drain off a little of the liquid if needed then add in lots of greens and other vegetables.



Make a big salad

- Chop lots of dark greens
- Add other favorite chopped veggies
- Over the week, top with:
 - Leftover grains
 - Beans
 - Nuts/seeds
 - Fruit



Make a Buddha bowl with your prepped items



How to stay on track at Superbowl


- Modify your favorite snacks
- Add veggies to everything
- Include some plant-based snacks
- Have an assortment to make all types of eaters happy
- Ideas?



Happy Valentine's Day

- What about chocolate?
- Chocolate comes from beans in cacao pods
- Cacao nibs are crushed dried beans
- Cocoa powder = dried cocoa solids
- Contains antioxidants and flavanols
- Plant-based baked goods – stay tuned!





Today's Superbowl recipes

- ▶ Plant-based 7 layer dip – Foodie Bar Style
 - ▶ Just have bowls of all the toppings, and everyone can create their own
 - ▶ Refried beans
 - ▶ Favorite guacamole
 - ▶ Tomatoes & Salsa
 - ▶ Olives
 - ▶ Corn – mixed with lime juice, zest and taco seasoning
 - ▶ Green onions

What will you try this week?



- Consider your 'why'
- Make some goals
- Pick a recipe or two you'd like to try this week
- What will be on your menu?
- What will be on your shopping list?
- When will you do some prep...and make your meals quick and easy for the week?

For success: Make your environment like your goals!

