Meal Planning for a Healthy Heart



Debbie Lucus, MS, RD, CDCES 02.08.22

February is Heart Month

- Heart disease kills more people every year than all cancers combined
- One in 4 deaths in US is from heart disease
- In US someone has a heart attack every 40 seconds
- Risk factors for heart disease:
 - Diabetes, high blood pressure, high cholesterol
 - Unhealthy diet
 - Lack of activity
 - Obesity/overweight
 - Smoking
 - Excess alcohol



Heart Disease is #1 killer of women & men

- G: GET YOUR NUMBERS
- Talk to your doctor & dietitian
- O: OWN YOUR LIFESTYLE
- Stop smoking, lose weight, exercise, and eat healthy.
- Cut out the foods that cause the problem: meat, eggs, dairy, processed
- It's up to you. No one can do it for you.
- Don't just put duct tape on the problem.
- R: REALIZE YOUR RISK
- We think it won't happen to us, but heart disease kills one of three women.
- E: EDUCATE YOUR FAMILY
- Make healthy food choices for you and your family.
- Teach your kids the importance of staying active.
- D: DON'T BE SILENT
- Tell every woman you know that heart disease is our No. 1 killer.





king small changes every day can add up to big improvements in your overall health Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of those stops, Got Active and Eat Botter, can help jump-start your whole health journe Making choices that help you eat amart and move mare can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking.^{1,2,3}

GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.4

© EAT BETTER Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.¹



Approximation of the second

CLOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

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©CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!^{2, 4}



MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.^{1,7}

OREDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over havily processed ones and rinsing canned fruits if they are in syrup.¹ And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.⁴





Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your ungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.*

LEARN MORE AT HEART.ORG/MYLIFECHECK

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Only 3% of Americans achieve all 7





Your Farmacy:





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

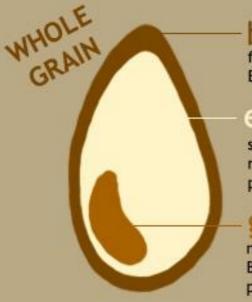
Non-starchy veggies and legumes

Carefully select grains

Granola bar ≠ oatmeal

Choose intact whole grains





bran fiber-filled outer layer with B vitamins and minerals

endosperm -

starchy carbohydrate middle layer with some proteins and vitamins

germ

nutrient-packed core with B vitamins, vitamin E, phytochemicals, and healthy fats

WHOLE GRAINS









BROWN RICE

QUINOA

BARLEY



BUCKWHEAT

SORGHUM

WHEAT BERRIES



CORN

BULGUR

OATMEAL



AMARANTH







TRITICALE





WILD RICE



SPELT

rebelDIETITIAN.US

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





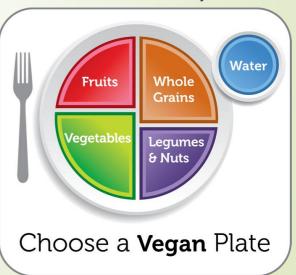
Resources & recipes

- 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

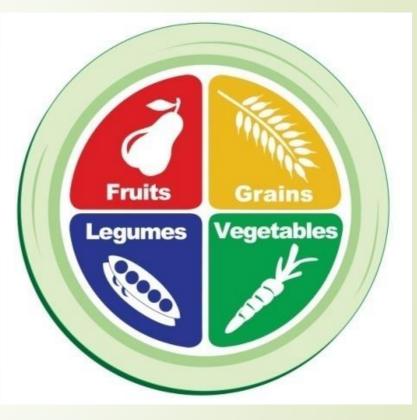
Vegetable + Grain + Protein

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



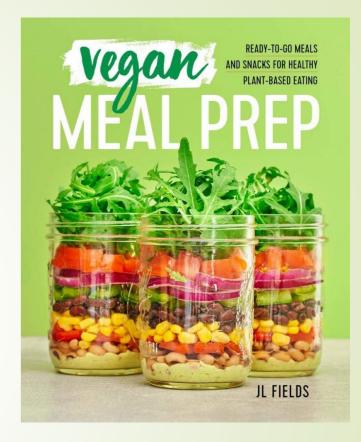
How do I plan meals?

WEEKLY MENU I	ISS858178,COM			
_	BreakFast	LUNCH.	DIVNEL	SNBOKS
SUNDAY				
MONDAY				
TUESDAY				
wedwesday				
THURSDAY				
FTIDay				
SATURDAY				



Tips for Meal Planning

- What's in season?
- 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?









What can I prep for the week?

- Oats overnight or one big batch
- Grains/rice/quinoa/pasta
- Beans/Lentils
- Tofu/tempeh baked, scrambled
- Baked or roasted potatoes
- Soups/stews

- Chop veggies/fruits for the week's recipes:
 - Diced, sliced, wedges, chopped
 - Roast some, leave some raw for recipes
- Prep quick-grab fruits and veggies

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

Lentis

SUNDAY Cook a large batch of lentils

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	a a a	e e
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	¹ /2 CUP LENTILS	1/2	Í
TUES	Use 1 cup cooked lentils in taco or burrito filling	1 CUP LENTILS	E.	
WED	Add 1 cup cooking lentils to pasta sauce for a hearty, meaty texture.	1 CUP LENTILS	ЪÌ	9
THUR	Add 1.cup cooked lentils as a protein-rich topper to your lunch salad	¹ /2 CUP LENTILS	V2	
FRI	Use ½ cup lentils in a homemade veggie pattie recipe	¹ /2 CUP LENTILS	1/2	(I)
SAT	Add ½ cup lentils to your tofu scramble.	¹ /2 CUP LENTILS	12	0
BONUS	Try puréeing your cooked lentils and swapping into baked goods. You can replace butter or oil used in baking with pureed lentils.	^{1/2} 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



Choose better snacks

Fresh fruit
Nuts or seeds
Fresh veggies









What will you try this week?

- 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?



"When you have your health, you have 1000 dreams....when you don't, you have only one"

Bob Breakey, MD

Eat as if your life depended on it!



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