



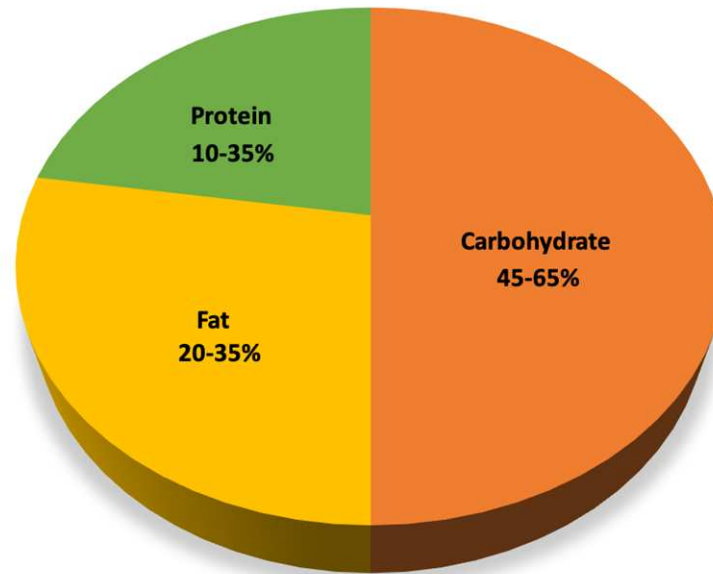
MURIEL I. KAUFFMAN
WOMEN'S HEART CENTER

Heart Healthy Nutrition

Presented by: Morgan Murphy, MS, RD
*Nutritional Health Program Coordinator,
Saint Luke's Muriel I. Kauffman Women's Heart Center*

Macronutrients Overview

A type of nutrient required in large amounts for normal growth and function

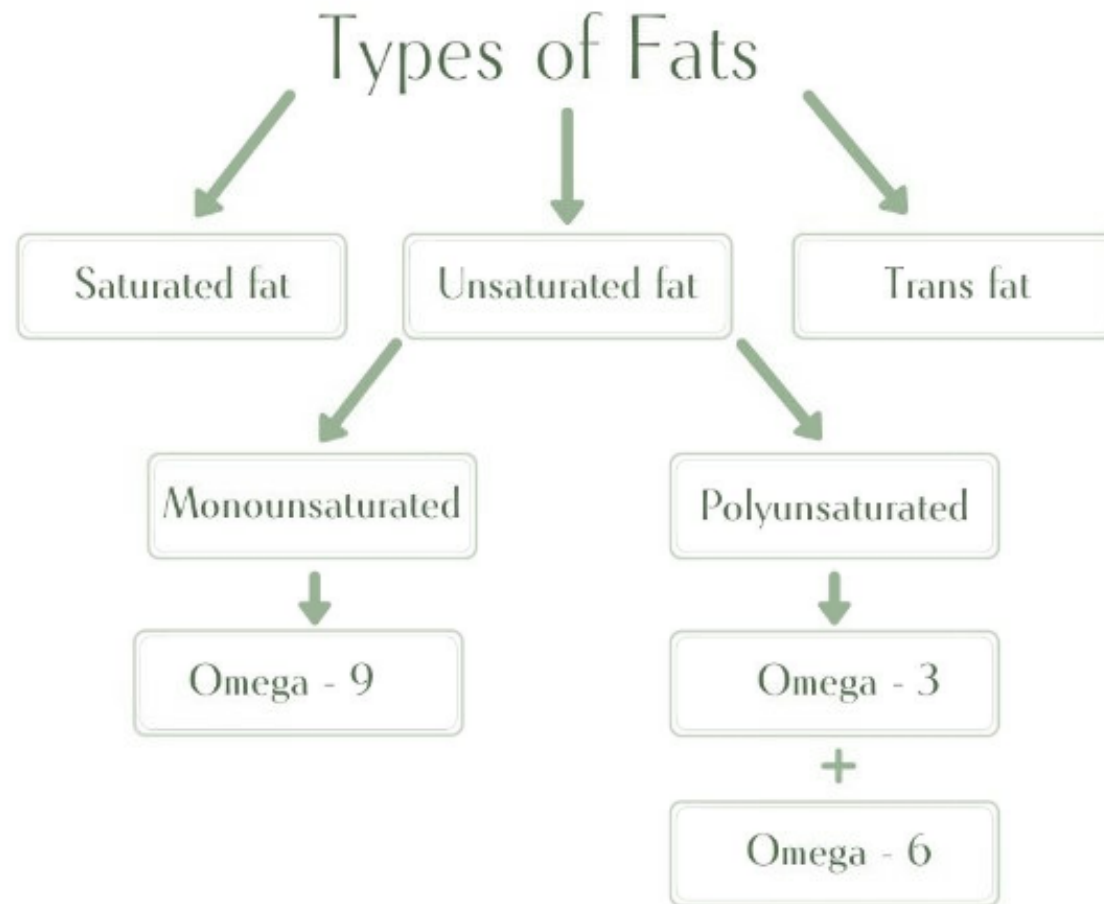


Acceptable Macronutrient Distribution Ranges (AMDRs)

FATS: In the Body

- ❖ Energy rich – 1 gram of fat has 9 calories
 - ❖ Protein and carbohydrates have 4 calories
- ❖ Slow fuel – keeps you feeling fuller longer
- ❖ Required to absorb fat-soluble vitamins (A, D, E, K)
- ❖ Functions
- ❖ Brain and nervous system structure

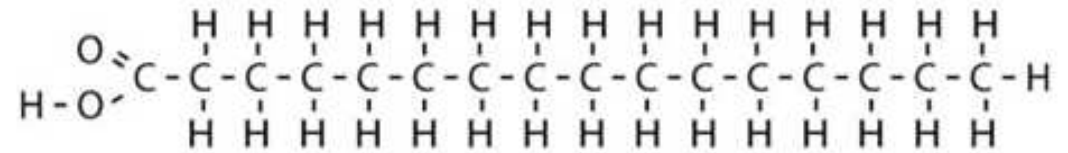




FATS: Overview of Types

FATS: Saturated Fat

saturated fatty acid

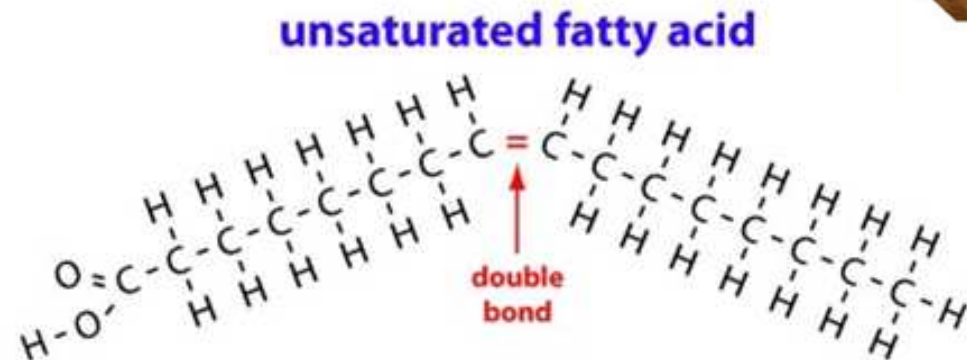


- ❖ Solid at room temperature
- ❖ More stable when cooked at high heat
- ❖ **Sources**: butter, fatty meat, lard, full-fat dairy, palm oil, coconut oil, coconut milk, chocolate
- ❖ Best to limit; excess intake can raise LDL cholesterol and increase risk of developing heart disease
 - AHA: limit saturated fats to <6% of total calories
 - Replace with unsaturated fats



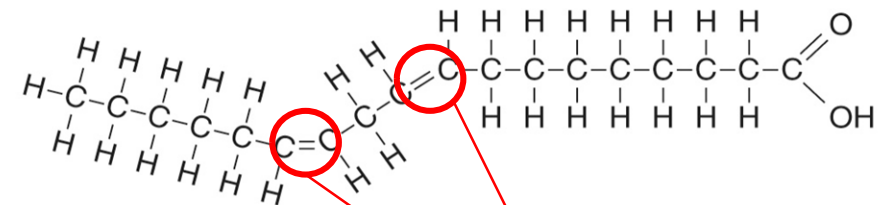
FATS: Unsaturated Fat – Monounsaturated

- ❖ Unsaturated fat – a type of fat with 1+ double bonds
- ❖ Liquid at room temperature (olive oil)
- ❖ Mono = 1 double bond
- ❖ **Sources**: olive oil, avocados, peanuts, sesame seeds, chicken fat



FATS: Unsaturated Fat – Polyunsaturated

- ❖ Poly = 2+ double bonds
 - “PUFA” (polyunsaturated fatty acid)
- ❖ Liquid at room temperature (cooking oils)
- ❖ More easily damaged (oxidized) when cooked at high heat
 - Oxidation can lead to inflammation
- ❖ Types of polyunsaturated fats:
 - Omega-3 fatty acids
 - Omega-6 fatty acids



Linoleic acid (polyunsaturated fatty acid)

**2 double
bonds**

FATS: Unsaturated Fat — Polyunsaturated

OMEGA-3

Sources:

- Fatty-fish (salmon, trout, sardines)
- Shellfish (oysters, mussels, clams)
- Flax seeds
- Chia seeds
- Walnuts



OMEGA-6

Sources:

- “Seed oils” (safflower, sunflower, canola, soy)
- Walnuts
- Sunflower seeds
- Processed foods



Ideal Healthy Ratio: 1:4

Standard American Diet Ratio = **1:20**

CARBOHYDRATES

CARBOHYDRATE FOODS



fruits



vegetables



nuts, seeds



grains



sugars



glycosa-
minoglycans



lactose



beans

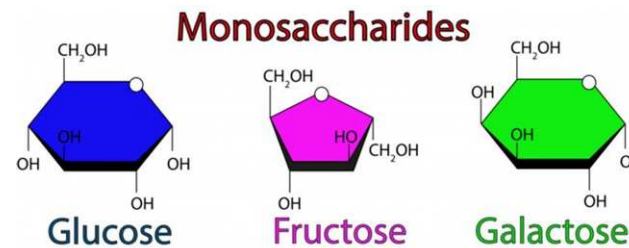
CARBOHYDRATES: In the body

- ❖ Energy for cells (glucose)
- ❖ Stored energy (glycogen)
- ❖ Phytonutrients act as antioxidants
- ❖ Contain beneficial fiber



Simple Carbohydrates

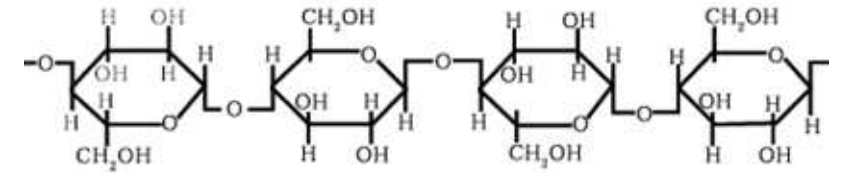
- o **Monosaccharides** (one sugar molecule): *glucose, galactose, fructose*
- o **Disaccharides** (two sugars): *lactose, sucrose, maltose*
- o Taste sweet and provide quick energy
- o Excess consumption risks:
 - o Cavities
 - o Blood sugar spikes/crashes
 - o Insulin resistance
 - o Weight gain
 - o Cardiovascular disease
 - o Chronic inflammation



Sources: white breads, chips, cookies, soda, juice, energy drinks, candy, honey, dairy, fruit



Complex Carbohydrates



- o **Polysaccharides** – chain of 3+ sugar molecules
- o Slower fuel – do not “spike” blood sugar
- o Fiber and starch are the main forms in the human diet
- o Main types of fiber:
 - Soluble
 - Insoluble

Sources: beans, lentils, vegetables, fruits, whole grains (brown rice, oats, corn), nuts, seeds



More about FIBER

- Found in plant foods
- The body cannot break it down
- Gut bacteria use fiber for fuel
- Benefits of a high fiber diet:
 - Long-term colon health
 - Reduced risk of chronic diseases
 - Lower LDL and total cholesterol
 - Better blood sugar balance
 - Increased satiation after meals

Daily Fiber Recommendations:

- Women: 25 grams
- Men: 38 grams
- Only ~7% of Americans are getting enough fiber!

Soluble fiber

dissolves in water, creates a gel-like substance, feeds gut bacteria



Insoluble fiber

does not dissolve in water, promotes regular bowel movements

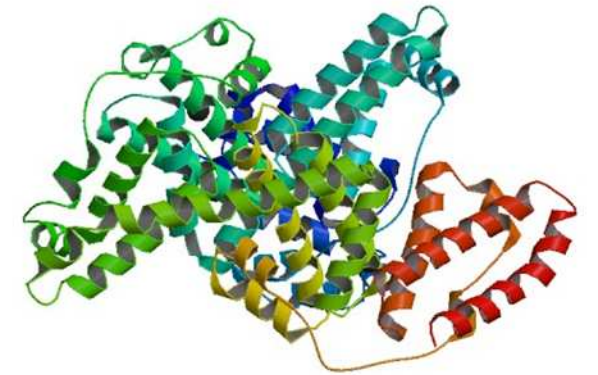
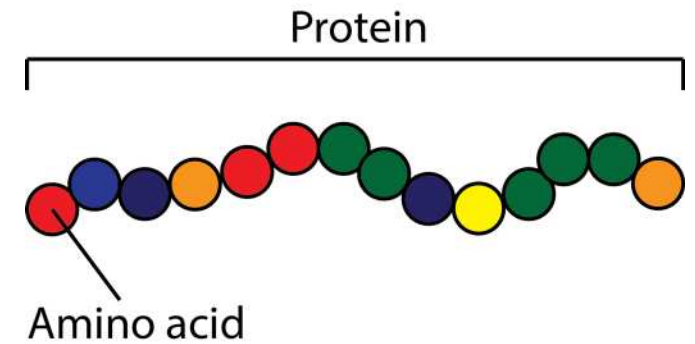


PROTEIN



PROTEIN: In the Body

- ❖ Proteins are made of chains of amino acids
- ❖ Structure of the body: connective tissue, bone, hair, and muscle
- ❖ Form components of our immune system
- ❖ Building blocks for neurotransmitters, hormones, enzymes, and more
- ❖ Slow fuel source



How Much Protein Do You Need?

- Recommended Dietary Allowance (RDA) for healthy adults: 0.8 g/kg/day
 - 1-1.2 g/kg/day for adults older than 50
- Higher needs:
 - Older adults
 - Pregnancy
 - Athletes
 - Children

Example:

150-pound person = 68 kg

$68 \text{ kg} \times 0.8 \text{ g/kg} = 55 \text{ grams of protein/day MINIMUM}$

High Protein Foods – Animal Sources

Food	Serving Size	Protein (grams)
Chicken and Turkey	3.5 oz	~29
Beef and Pork	3.5 oz	~26
Fish	3.5 oz	24
Greek Yogurt	$\frac{3}{4}$ cup	22
Shrimp	3.5 oz	20
Cottage Cheese	$\frac{1}{2}$ cup	14
Yogurt	$\frac{3}{4}$ cup	9
Milk	1 cup	8
Eggs	1 large	7

High Protein Foods – Plant Sources

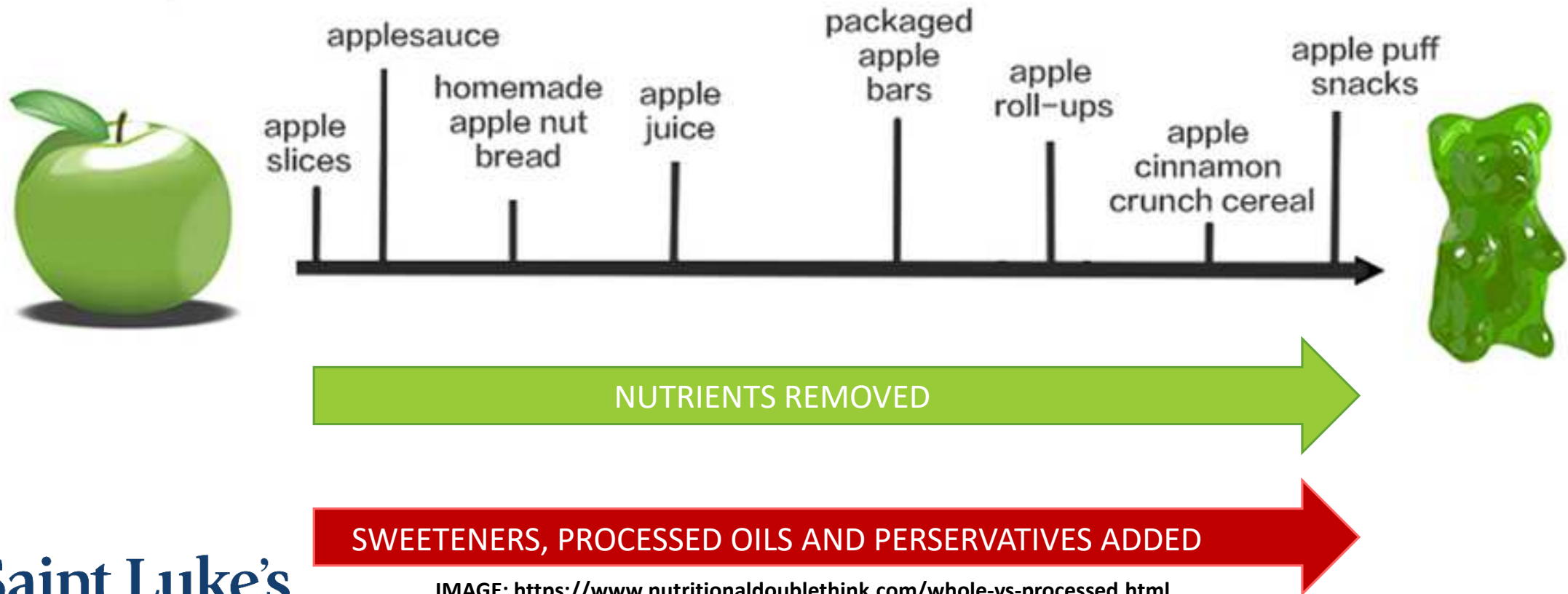
Food	Serving Size	Protein (grams)
Tempeh	3.5 oz	19
Edamame (cooked)	1 cup	17
Lentils (cooked)	½ cup	12
Hemp Seed Hearts	3 Tablespoons	10
Peanut Butter and Almond Butter	2 Tablespoons	8
Tofu	3.5 oz	8
Beans-black, pinto, kidney (cooked)	½ cup	7-9
Soy Milk	1 cup	8
Pumpkin Seeds	¼ cup	8

Choosing Protein

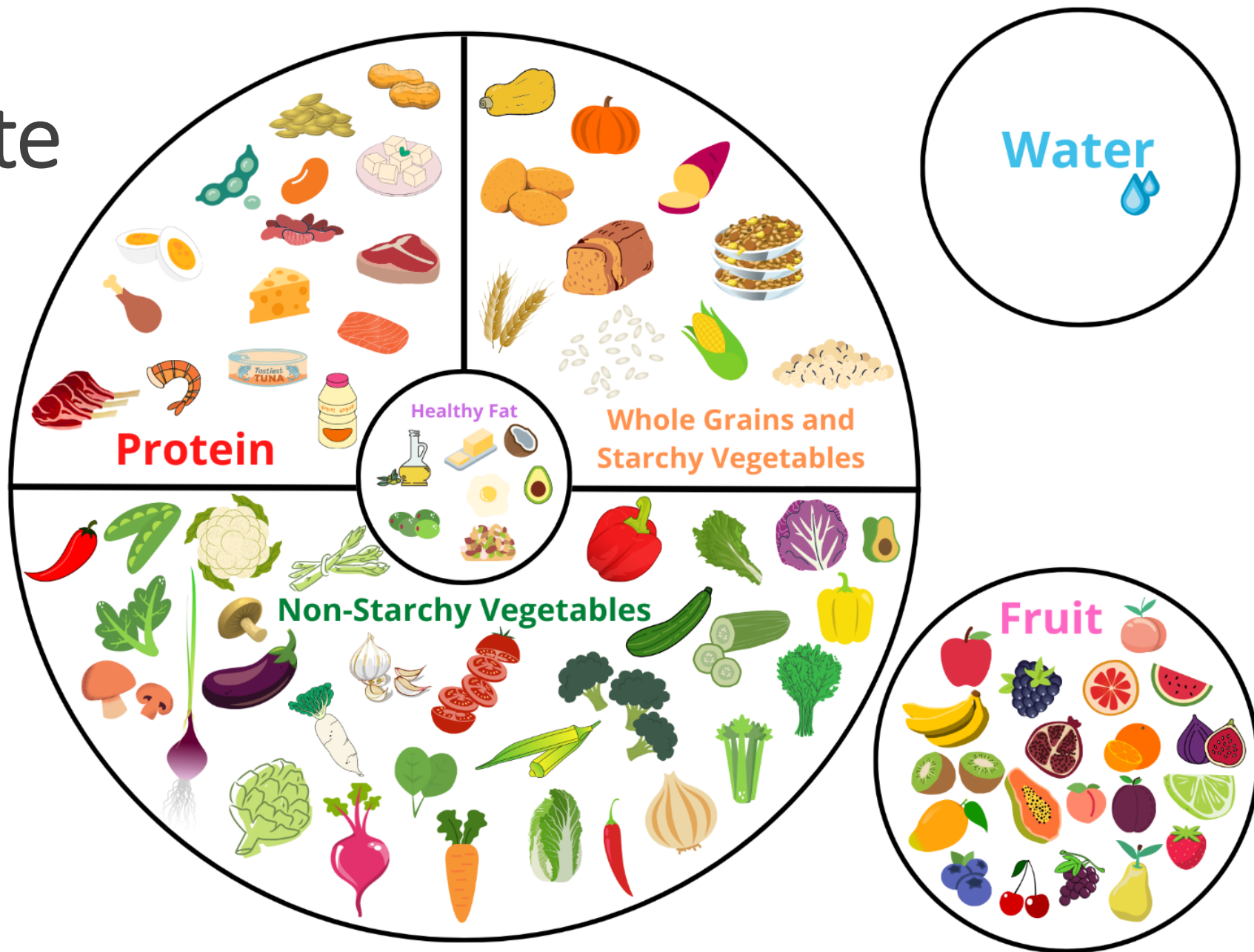
- **Plant proteins** (beans, lentils, tofu, nuts, seeds) provide protein plus fiber and have been associated with improved heart health
- **Seafood**, especially fatty fish (salmon, mackerel, sardines, cod), provides protein plus beneficial omega-3's
- **Red and processed meats** should generally be consumed less often because higher intakes are associated with increased heart disease and colon cancer risk
- Choose a variety of protein sources throughout the week



Whole Foods vs Processed Foods



The FAME Plate



Takeaways

- ❖ Aim for protein and fiber at most meals and snacks
- ❖ Prioritize whole and minimally processed foods
- ❖ Choose unsaturated fats more often than saturated fats
- ❖ Don't skip meals and wait until you're starving to eat
- ❖ Focus on progress, not perfection – small changes done consistently have the greatest impact



Thank you!

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Muriel I. Kauffman Women's Heart Center

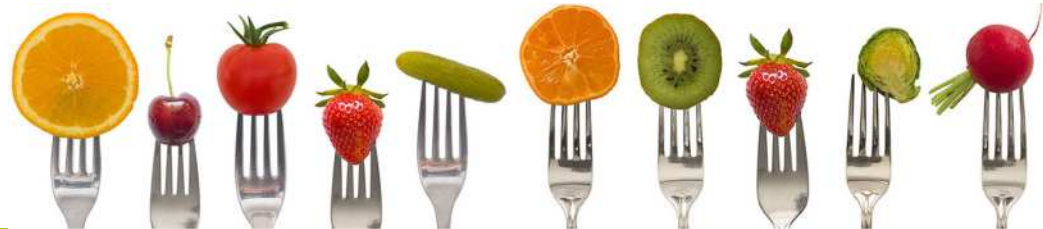
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