

W.O.W.

WAC ON WELLNESS

TAKING CARE OF YOUR “SWEET” HEART

Heart Disease is the leading cause of death in the United States and globally, but fortunately it is estimated that 90% of cardiovascular disease can be prevented with diet and exercise. Here are a few tips to keep your “sweet” heart in good shape.

1. Eat More Vegetables and Fruits

Vegetables and fruits are good sources of vitamins and minerals, low in calories and high in fiber. They also contain phytochemicals that may help prevent cardiovascular disease.

Choose fresh fruits or vegetables, frozen non-seasonal fruits and vegetables, low-sodium canned vegetables or canned fruit packed in juice or water. Try and limit, vegetables with cream sauce, fried vegetables, canned fruit packed in heavy syrup or frozen fruit with sugar added.

2. Reduce The Sodium in Your Food

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Therefore reducing sodium can play a role in keeping your heart healthy. Make sure you check labels for sodium content, especially canned items.

3. Select Whole Grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by swapping whole grain items for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain farro, quinoa or barley.

4. Limit Unhealthy Fats

Lowering your saturated and trans fats intake can reduce blood cholesterol thereby decreasing your risk of coronary artery disease. High blood cholesterol level can lead to atherosclerosis, plaque buildup in your arteries, which increases your risk of heart attack and stroke.

The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats such as butter, margarine and shortening, you add to food when cooking and serving. Trimming fat off your meat or choosing lean meats with less than 10 percent fat is another way to reduce saturated fat.

Enjoy a heart healthy diet and your heart will thank you!



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