



# DESTINATION HEART HEALTHY EATING

**POWERPOINT DISCUSSION GUIDE**

# DISCUSSION GUIDE



This PowerPoint program is based on the information included in the **Destination! Heart Healthy Eating** Patient Booklet. Throughout the presentation you may find it useful to refer patients to the booklet or other handouts as noted.

SLIDE	TALKING POINTS	SUPPORTING MESSAGES
<b>1. Destination! Heart Healthy Eating</b>	<ul style="list-style-type: none"> <li>• Pack your bags and get going on your road trip to heart health!</li> <li>• Following a healthy eating pattern can bring you closer to heart health</li> </ul>	<ul style="list-style-type: none"> <li>• Eating healthy is one step to reaching the heart health destination—make sure you work with your health care providers to create a comprehensive heart health plan</li> </ul>
<b>2. What Puts YOU at Risk for Heart Disease?</b>	<ul style="list-style-type: none"> <li>• Heart disease affects millions of Americans</li> <li>• Many risk factors can be changed or controlled, such as your cholesterol level, but some cannot be controlled, such as age or family history</li> <li>• This program will address cholesterol, body weight, and high blood pressure—three important risk factors that you can control or manage</li> <li>• Pay attention to YOUR risk factors and changes that you can make to cut your risk of heart disease</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to the handout “<b>Your Checkpoints</b>” to help assess and track your progress with these risk factors</li> <li>• A healthy lifestyle can help decrease risk factors that are changeable or controllable</li> </ul>
<b>3. A Word on Women and Heart Health</b>	<ul style="list-style-type: none"> <li>• Heart disease is not just a man’s disease, but it is the number one cause of death for women</li> <li>• It is important for men and women to know their risk factors, because heart disease is largely preventable</li> </ul>	<ul style="list-style-type: none"> <li>• Nearly twice as many women die from heart disease and stroke as they do from all forms of cancer</li> </ul>



**SLIDE**

**TALKING POINTS**

**SUPPORTING MESSAGES**

**4. Understanding Cholesterol**

- High blood cholesterol is not the **only** risk factor for heart disease, but it is an important one
- Whether you are newly diagnosed, or at risk for heart disease, it pays to take note of your blood lipid profile
- Your blood lipid profile measures:
  - **Total cholesterol** = Measurement of the total amount of cholesterol in the blood
  - **LDL cholesterol** = Low-density lipoprotein cholesterol (“bad” cholesterol)
  - **HDL cholesterol** = High-density lipoprotein cholesterol (“good” cholesterol)
  - **Triglycerides** = Type of fat found in the blood



- Total cholesterol classifications (ATP III) <200 Desirable; 200-239 Borderline-high; >240 High
- Keep a lid on LDL
  - Most blood cholesterol is carried as LDL cholesterol
  - High levels of LDL cholesterol cause plaque to build up in the arteries

<b>LDL Level</b>	<b>ATPIII Classification</b>
<100	Optimal
100-129	Near Optimal/Above Optimal
130-159	Borderline High
160-189	High
190 and Above	Very High

- Aim high with HDL
  - HDL helps remove cholesterol from the blood
  - Low HDL <40; High HDL ≥60
- Tame your triglycerides
  - High levels of triglycerides are associated with higher cholesterol levels and increase risk for heart disease

<b>Triglyceride Level</b>	<b>ATPIII Classification</b>
<150	Normal
150-199	Borderline-High
200-499	High
500 or Above	Very High

- Patients should discuss individualized targets for LDL, HDL, and Triglycerides with their health care provider

**5. A Healthy Roadmap**

- The American Heart Association (AHA) and the National Cholesterol Education Program (NCEP) have made recommendations to show you the way to heart health
- This presentation will take you through the four “destinations” for heart health

- Key recommendations from the AHA Dietary Guidelines and the National Cholesterol Education Program Adult Treatment Panel Guidelines (ATPIII, 2001)
- Apply to the general population, including those at risk for heart disease and those already diagnosed with heart disease
- Focus on overall eating patterns rather than specific foods and nutrients
- Emphasis on balancing energy intake and expenditure to maintain a healthy body weight
- Highlight the importance of whole grains, fruits, vegetables, and other sources of soluble fiber

SLIDE	TALKING POINTS	SUPPORTING MESSAGES
<p><b>6. Achieve a Desirable Cholesterol Level</b></p>	<ul style="list-style-type: none"> <li>• Some foods contain cholesterol while others cause your body to make more cholesterol</li> <li>• Some foods and food ingredients may even help lower cholesterol levels</li> </ul>	<ul style="list-style-type: none"> <li>• Saturated fat and trans fat raise blood cholesterol levels and should be limited</li> <li>• Dietary cholesterol also raises blood cholesterol levels</li> <li>• Soluble fiber, soy protein, and plant sterols are helpful additions to a heart healthy eating plan</li> </ul>
<p><b>7. Cholesterol-Raising Fats</b></p>	<ul style="list-style-type: none"> <li>• Paying attention to the amount and type of fat you eat and cutting back on cholesterol-raising fats is crucial</li> </ul>	<ul style="list-style-type: none"> <li>• Most adults should get no more than 12-17g of saturated fat per day, depending on calorie needs, and should avoid trans fat</li> <li>• To reduce cholesterol-raising fats: <ul style="list-style-type: none"> <li>- Use low-fat or fat-free milk, cheese, yogurt, and sour cream instead of whole or 2% milk and yogurt or regular cheese and sour cream</li> <li>- Include lean meats, poultry with the skin removed, and fish instead of higher-fat meats</li> <li>- Limit foods that contain hydrogenated oils found in shortening, margarine, and some packaged foods</li> <li>- Limit foods that contain tropical oils such as palm, palm kernel, and coconut oils</li> <li>- Choose foods that are baked, broiled, or steamed, rather than fried</li> </ul> </li> <li>• Refer to <b>“Figuring out Fats”</b> on Page 6 of the Destination Heart Healthy Eating booklet for more information on the amount and type of fat in foods</li> <li>• Refer to the handouts <b>“Holding the Lid on Fats”</b> and <b>“Time for an Oil Change”</b> for more tips for reducing cholesterol-raising fats in your diet</li> </ul>



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<p><b>8. Soluble Fiber Can Help Lower Cholesterol</b></p>	<ul style="list-style-type: none"> <li>• Including soluble fiber in your diet can also help to lower your cholesterol levels</li> </ul>	<ul style="list-style-type: none"> <li>• Scientific research has shown that soluble fiber from oats can lower cholesterol levels               <ul style="list-style-type: none"> <li>- The US Food and Drug Administration has authorized a health statement that highlights the connection between foods that contain soluble fiber from oats and reductions in cholesterol</li> <li>- Three grams of soluble fiber from oats daily can help lower cholesterol as part of a low-fat diet</li> </ul> </li> </ul>
<p><b>9. How Soluble Fiber May Lower Cholesterol</b></p>	<ol style="list-style-type: none"> <li>1. Foods with soluble fiber and cholesterol are eaten, digested in the stomach, and travel to the small intestine</li> <li>2. The liver also picks up cholesterol from the blood, repackages it and releases it into the small intestine</li> <li>3. Soluble fiber forms a gel which binds cholesterol in the small intestine and takes it out of the body</li> </ol>	<ul style="list-style-type: none"> <li>• Although there is much information that soluble fiber can lower cholesterol, scientists are still working out all the details on how soluble fiber achieves these results</li> <li>• This diagram helps to depict one theory on how soluble fiber may work to lower cholesterol levels</li> </ul>
<p><b>10. Tips to Increase Soluble Fiber</b></p>	<ul style="list-style-type: none"> <li>• Whole grain oat cereals, fruits, and vegetables, dry beans, and whole grain breads are all good sources of soluble fiber</li> </ul> 	<ul style="list-style-type: none"> <li>• Aim for 20-30 grams of total fiber per day, as recommended by AHA and NCEP ATPIII</li> </ul> <p>To increase soluble fiber intake:</p> <ul style="list-style-type: none"> <li>• Choose more whole grain oat cereals, fruits and vegetables, dry beans, and whole grain breads that are all good sources of soluble fiber</li> <li>• Add vegetables to sandwiches, pizza, or pasta</li> <li>• Get the recommended amount of whole grains, fruits, and vegetables each day</li> </ul>
<p><b>11. Pay Attention to Packages: Claims and Nutrition Facts</b></p>	<ul style="list-style-type: none"> <li>• Nutrition labels and food packages can provide important health clues to help you find soluble fiber. Look for:               <ul style="list-style-type: none"> <li>- Health claims making the connection between soluble fiber and heart disease</li> <li>- Soluble fiber on the label on the Nutrition Facts panel</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• These health claims are approved by the FDA and can only be displayed on certain foods</li> <li>• Look for foods with more soluble fiber and less saturated fat and trans fat</li> </ul>

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<p><b>12. Soy Protein Can Help Lower Cholesterol</b></p>	<ul style="list-style-type: none"> <li>• Including soy protein in your diet can also help to lower cholesterol levels</li> </ul>	<ul style="list-style-type: none"> <li>• According to the U.S. Food and Drug Administration, 25 grams of soy protein a day may lower cholesterol levels as part of a low fat diet</li> <li>• Drinking soy milk or pouring it on cereal is an easy way to add soy protein</li> <li>• Soy nuts, burger, dips, and other products also provide soy protein</li> </ul>
<p><b>13. Plant Sterols Can Help Lower Cholesterol</b></p>	<ul style="list-style-type: none"> <li>• Plant sterols are naturally-sourced food ingredients that can help lower cholesterol levels</li> <li>• Plant sterols are found naturally in vegetables, nuts, and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• According to the U.S. Food and Drug Administration, a total of 0.8 grams of plant sterols per day can lower cholesterol level when taken twice daily as part of a low-fat eating plan</li> <li>• Products such as granola bars, orange juice, or vegetable oil spreads may contain plant sterols</li> </ul>
<p><b>14. Tips to Add Foods With Plant Sterols</b></p>	<ul style="list-style-type: none"> <li>• Look for products such as granola bars, orange juice, or vegetable oil spreads that contain added plant sterols</li> </ul>	<ul style="list-style-type: none"> <li>• Some products such as granola bars, orange juice, or vegetable oil spreads may contain plant sterols</li> <li>• For example, two granola bars with 0.4 grams of plant sterols each would equal 0.8 grams</li> <li>• To get 0.8 grams it would take 12 cups of broccoli, 70 large carrots, 26 oranges, 100 medium potatoes, or 44 medium apples</li> </ul>
<p><b>15. Achieve an Overall Healthy Eating Pattern</b></p>	<ul style="list-style-type: none"> <li>• Your second destination is an overall healthy eating pattern</li> <li>• Lowering cholesterol is a key for heart health, but an <b>overall</b> healthy eating pattern is important for overall health</li> <li>• MyPyramid can help you choose a variety of foods for good health</li> </ul> 	<ul style="list-style-type: none"> <li>• MyPyramid has colored stripes for six food groups: grains, fruits, vegetables, oils, protein foods and calcium-rich foods</li> <li>• The width of each band suggests how much food you need from each food group</li> <li>• Each stripe is wider on the bottom to encourage you to choose foods that contain little or no solid fats or added sugar</li> <li>• One pyramid does not fit for everyone and <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> can help you find the right pyramid for you</li> <li>• Refer to the <b>Destination! Heart Healthy Eating</b> client booklet page 11 for more information on MyPyramid</li> </ul>

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<p><b>16. Make (At Least) Half Your Grains Whole</b></p>	<ul style="list-style-type: none"> <li>• The orange band on MyPyramid represents foods in the grain group</li> <li>• The width of the band shows that grains are an important part of a healthy eating pattern</li> <li>• Making half your grains whole is a key to protecting your health</li> </ul>	<ul style="list-style-type: none"> <li>• For a person who needs 2000 calories per day, 3 ounce equivalents of whole grain with a total of 6 grains per day is recommended</li> <li>• Whole grain breads, popcorn, and brown rice are easy ways to get more whole grains</li> <li>• See the <b>Destination! Heart Healthy Eating</b> client booklet page 17 for more information on what counts as an ounce equivalent</li> </ul>
<p><b>17. The Whole Grain Bonus</b></p>	<ul style="list-style-type: none"> <li>• A whole grain has three parts that all work together to promote good health: <ul style="list-style-type: none"> <li>- Endosperm (the starchy portion)</li> <li>- Bran (the mineral-rich, fibrous, outer shell)</li> <li>- Germ (the nutrient-rich inner core)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• The whole grain is more than just fiber—it is packed with antioxidants and phytonutrients that have health benefits</li> <li>• Eating more whole grain foods may reduce your risk for heart disease, certain cancers, diabetes, and may even help you manage your weight</li> </ul>
<p><b>18. Pay Attention to Packages: Health Claims</b></p>	<ul style="list-style-type: none"> <li>• Nutrition labels and food packages can also provide clues to help you find whole grain. You will know that a food is whole grain if the package has: <ul style="list-style-type: none"> <li>- Health claims making the connection between whole grain and disease</li> <li>- Statements on the food label that indicate the food is a “Good Source” or “Excellent Source” of whole grain, as shown here</li> <li>- Whole grain listed as one of the first ingredients on the label, such as whole grain oats, whole wheat, whole corn or brown rice</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Remember, foods that claim they are “natural,” “high-fiber,” or “multigrain” are not necessarily whole grain</li> <li>• Don’t be misled by ingredients such as cracked wheat, bran, stone-ground flour, or organic flour that are not necessarily whole grain</li> </ul> 
<p><b>19. Get Plenty of Vegetables</b></p>	<ul style="list-style-type: none"> <li>• Like whole grain foods, fruits, and vegetables contain antioxidants and phytonutrients that can help keep you on the path to heart health</li> <li>• Eating 2 1/2 cups of vegetables each day is recommended for a person who needs 2000 calories</li> </ul>	<ul style="list-style-type: none"> <li>• Vary your veggies by choosing more colorful vegetables that are dark green, dark orange, or red</li> <li>• Get fiber and nutrients by choosing dry beans and peas such as black beans, kidney beans or lentils</li> </ul>

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<p><b>20. Get Plenty of Fruit</b></p>	<ul style="list-style-type: none"> <li>• Fruit is a sweet and colorful option to add to meals and snacks</li> <li>• Getting 2 cups of fruit each day is recommended for someone needing 2000 calories</li> </ul>	<p>Fruits, vegetables, and grains can work together as a part of your heart healthy diet:</p> <ul style="list-style-type: none"> <li>• Buy fruits and vegetable in season</li> <li>• Keep plenty of fruits, vegetables, and whole grains on hand</li> <li>• Add fresh fruit to breakfast cereal</li> <li>• Top pizza or sandwiches with vegetables</li> <li>• Make soups with extra vegetables and add brown rice or barley</li> </ul>
<p><b>21. Complete Your Pyramid</b></p>	<ul style="list-style-type: none"> <li>• Include 5-6 ounces of lean meats, poultry, fish, eggs, nuts, dried beans, or other meat alternatives such as tofu in your diet</li> <li>• Aim for 3 cups servings of low-fat or fat-free dairy products each day</li> </ul> 	<ul style="list-style-type: none"> <li>• When selecting meats, choose lean cuts and remove the skin from poultry</li> <li>• Get at least 2 servings of fish each week</li> <li>• Fish rich in omega-3 fatty acids, such as salmon, may reduce your risk for heart disease</li> <li>• Low-fat and fat-free dairy products have similar amounts of calcium and other nutrients as higher-fat versions</li> <li>• For those who are lactose intolerant, lower-lactose foods such as lactose reduced milk, hard cheese, and yogurt are available. Calcium-fortified foods such as soy beverages or orange juice may provide calcium for those who avoid milk, but may not provide the other nutrients found in milk and milk products.</li> </ul>
<p><b>22. Achieve a Healthy Body Weight</b></p>	<ul style="list-style-type: none"> <li>• Choose plenty of grains, whole grains, fruits, and vegetables—they are generally more filling and lower in calories than other food groups</li> <li>• People who frequently eat cereal for breakfast are leaner than those who skip breakfast or eat other foods for breakfast</li> <li>• Including 3 servings of low-fat milk or yogurt may help you lose body fat if reducing calories</li> <li>• It's more realistic to start with several small changes—before you know it, you'll be on you way!</li> <li>• Keep an eye on portions—it's easy to get too much</li> </ul>	<ul style="list-style-type: none"> <li>• If you are overweight, decreasing body weight by as little as 5% can significantly reduce risk for heart disease and stroke (that is only 10 pounds for 200 pound person)</li> <li>• Use the handout <b>“Make Snacks Count”</b> for recipes and ideas on healthy snacking options</li> <li>• See the <b>Destination! Heart Healthy Eating</b> client booklet page 17 for more information on portion sizes</li> </ul>

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<p><b>23. Get a Grip on Portions</b></p>	<ul style="list-style-type: none"> <li>• When striving for an overall healthy eating pattern, portions are key</li> <li>• Estimating appropriate portion sizes can be difficult—think of these everyday items to help assess your portion sizes</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to page 18 in <b>Destination! Heart Healthy Eating</b> patient booklet for quick tips to estimate portion sizes</li> <li>• Refer to the <b>“MyPyramid Puzzler”</b> handout to test your knowledge of portions.</li> </ul>
<p><b>24. Eating is Only Half the Journey</b></p>	<ul style="list-style-type: none"> <li>• Physical activity is important for achieving a healthy body weight</li> <li>• Exercise has many benefits beyond body weight</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise can lower LDL cholesterol (“bad” cholesterol) and increase HDL cholesterol (“good” cholesterol)</li> </ul>
<p><b>25. Kick Into High Gear</b></p>	<ul style="list-style-type: none"> <li>• Exercise can be simple!</li> <li>• Making small changes to your daily habits can help you incorporate physical activity into your heart health plan</li> <li>• Try a 10-minute walk, climbing stairs instead of taking the elevator, or even household chores as a way to be more active</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise can lower LDL cholesterol (“bad” cholesterol) and increase HDL cholesterol (“good” cholesterol)</li> </ul>



SLIDE

TALKING POINTS

SUPPORTING MESSAGES

**26. Achieve a Desirable Blood Pressure**

- If you are overweight, losing at little as 10 pounds can move you on your way to a desirable blood pressure
- Limiting salt to 1 tsp per day (or 2300-2400 mg of sodium) is recommended in the Dietary Guidelines for Americans and by AHA. This includes sodium found in food and added to food at the table.
- You can limit your salt intake by replacing salt with other spices, herbs, and lemon juice in recipes
- You can also read food labels to make lower sodium choices
- Eating enough fruits, vegetables, and low-fat dairy foods can help lower blood pressure as well
- Exercising not only helps you to shed pounds, but it also helps to strengthen your heart
- Use stress management techniques to help you relax

- Blood pressure is the force of the blood in your arteries
- When your blood pressure is high, your heart works harder—it also makes the walls of the arteries hard and can damage your kidneys and eyes
- Blood pressure is recorded as two numbers— the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats)
- High blood pressure is also called hypertension and it is determined as follows:

Blood Pressure	Systolic	Diastolic
Normal	<120	<80
Prehypertension	120-139	80-89
Hypertension	140+	90+

**27. Before You Embark...**

- Be reasonable...making changes can take time
- Establish your own personal goals and continue to track and assess your progress

- Refer to the **Destination! Heart Healthy Eating** booklet for tools to help chart your progress
- Use **“Map Your Diet”** to assess and track your heart healthy eating habits
- Use the handout **“Pick Your Priority”** to set personal goals

