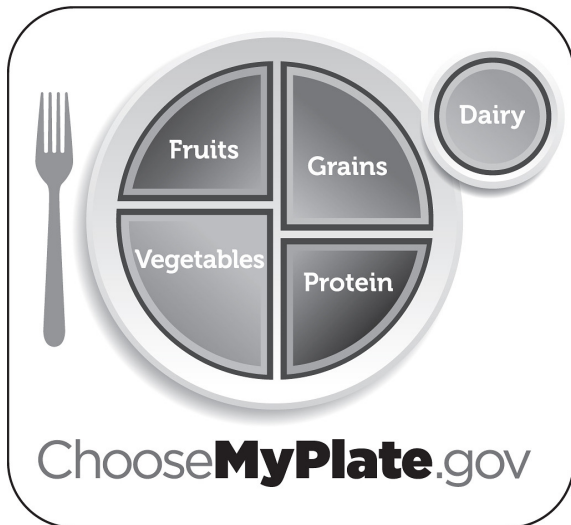


CardioVASCULAR Friendly Diet

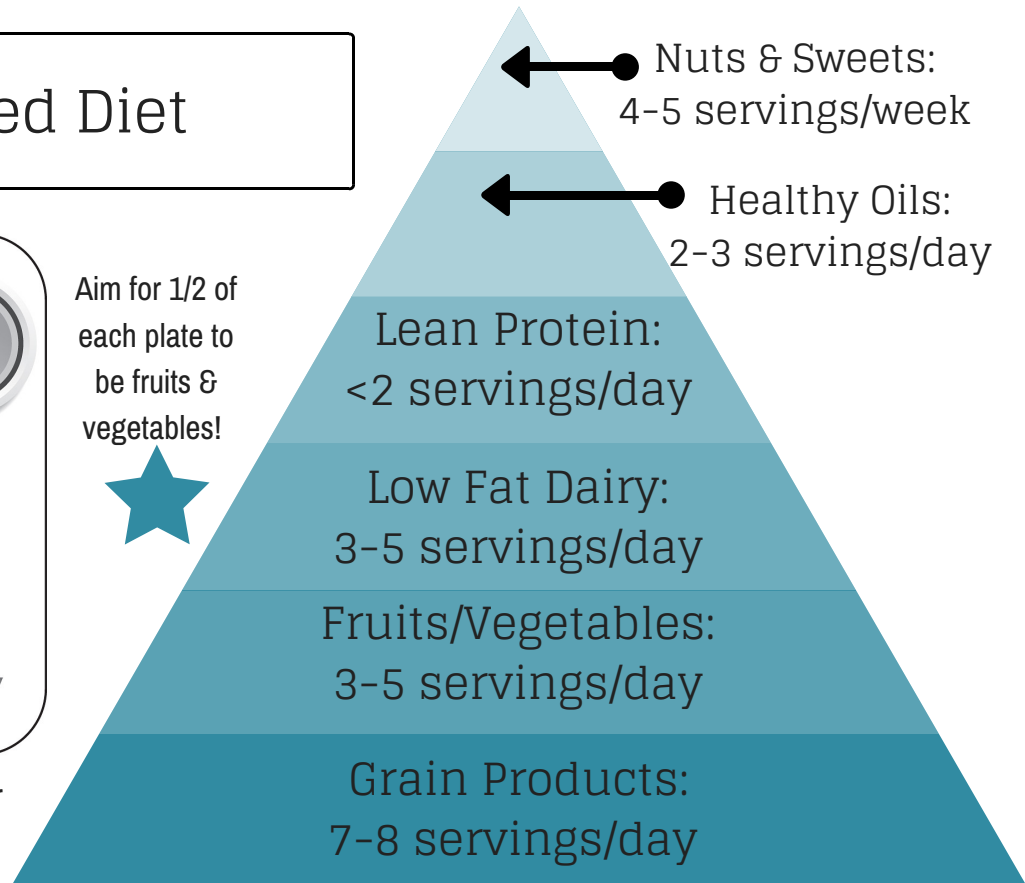
East Texas Vascular Associates

Eat A Balanced Diet



ChooseMyPlate.gov is a great resource for determining appropriate food options in each category!

Aim for 1/2 of each plate to be fruits & vegetables!



Limit Sodium (Salt)

GOAL is 1500 mg to 2300 mg sodium/day

If you are over 40 years of age, African American, or already have high blood pressure, you should aim to consume less than 1500 mg sodium/day!

Each Meal = 300-400 mg sodium ; Each Snack = 100-200 mg sodium/snack
FYI: 1/4 teaspoon table salt (or "a pinch") is approximately 600 mg of sodium

Limit Alcohol

GOAL is less than 1 drink (women) or 2 drinks (men) / day

1 DRINK
EQUALS



12 fl oz of regular beer



about 5% alcohol

= 8-9 fl oz of malt liquor (shown in a 12 oz glass)



about 7% alcohol

= 5 fl oz of table wine



about 12% alcohol

= 1.5 fl oz shot of 80-proof distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)



40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Food Group Serving Size Examples



Grains

1 slice whole grain bread
1 ounce dry cereal
1/2 cup cooked rice, pasta, or cereal
Aim for 1/2 grains to be WHOLE grains



Lean Protein

3 ounces of cooked meats, poultry, or fish
Trim away visible fats, remove skin from poultry & aim to roast/bake/broil!



Fruit & Veggies

3/4 cup fruit or vegetable juice
1/4 cup dried fruit
1/2 cup fresh, frozen, or canned fruit
1 cup leafy green vegetable
1/2 cup cooked vegetable



Healthy Oils

1 teaspoon soft margarine
1 tablespoon low-fat mayonnaise
2 tablespoons light salad dressing
1 teaspoon vegetable or olive oil



Low Fat Dairy

8 ounces skim or 1% milk
1 cup low-fat yogurt
1.5 ounces reduced-fat cheese



Nuts & Sweets

1/3 cup nuts (unsalted)
1 tablespoon sugar
1 tablespoon jam/jelly
8 ounces lemonade

Food Group Examples



Grains

Whole wheat bread	Oatmeal
English Muffin	Crackers
Pita Bread	Popcorn
Grits	



Lean Protein

Chicken Breast
Lean Beef Cuts
Turkey
Omega-3 Rich Fish



Fruit & Veggies

Apples	Carrots
Berries	Leafy Greens
Prunes	Green Beans
Oranges	Sweet Potatoes



Healthy Oils

Cooking Oils: Peanut, Canola, Corn,
Soybean, Sunflower, & Olive Oils
Light Salad Dressing
Low-Fat Mayonnaise



Low Fat Dairy

Fat FREE (skim milk) or 1% Milk
Low-Fat Yogurt
Reduced-Fat Cheese



Nuts & Sweets

Unsalted Almonds	Dark Chocolate
Unsalted Cashews	Jam
Unsalted Peanuts	Frozen Yogurt
Unsalted Pistachios	Sweetened Drinks

Avoid Foods High in Sodium (Salt):

Grains

Biscuits and Bisquick pancake, muffin, and cornbread mixes

Seasoned rice and noodle mixes like ramen noodles, Noodle Roni®, Rice-a-Roni®, macaroni and cheese

Coating mixes like seasoned bread crumbs, Shake'n'Bake®

Salted snacks like potato chips, nachos, peanut butter crackers, pretzels, pork rinds)

Instant mashed potatoes

Vegetables

Regular canned vegetables

Regular juices like V8® and tomato

Pickles, olives, relish

Vegetables in cream, butter, or cheese sauces

Dairy

Processed cheeses: American, Nacho cheese, Cheez Whiz®, Easy Cheese®

Buttermilk

Cottage cheese

Blue cheese

Queso fresco

Pimento cheese

Feta Cheese

Protein

Processed luncheon meats like bologna, salami, pastrami, ham, turkey, corned beef

Ham, sausage, bacon, hotdogs

Breaded or battered meats like chicken nuggets & fish sticks

Salted, cured or smoked meats

Canned meats like Spam® & potted meat

Oils

Bacon and bacon grease

Salt pork

Fat back

Regular commercial salad dressings

Other

Diet Sodas

Cottage cheese

Marinades

Queso fresco

TV or Frozen Dinners

Feta Cheese

Ketchup

Medicines including Sodium Bicarbonate

Canned Soups

Prepackaged Foods

Spaghetti Sauce

MEET EXERCISE & ★ TOBACCO CESSATION GOALS

Moderate Intensity Workout Examples

<i>Exercise & Leisure</i>	Walking Dancing Leisurely Bicycling Roller Skating Horseback Riding Yoga
<i>Sports</i>	Volleyball Golfing Tennis Softball Baseball Downhill Skiing
<i>Home Activities</i>	Yard Work Cleaning The House Garden Maintenance
<i>Workplace Activity</i>	A JOB THAT REQUIRES: LIFTING & WALKING

The American Heart Association suggests AT LEAST 30 minutes of moderate-intensity activity 5 days a week for a total of 150 minutes of moderate-intensity exercise per week!



East Texas Community Resources

Trinity Mother Frances Hospital: <http://www.tmfhc.org/wellness-resources/health-library/document-viewer/?id=zp3302>

UT Tyler Northeast FREE Diabetes Classes: <http://www.uthealth.org/patient-care/specialties/internal-medicine/diabetes-care?activeTab=2>

Fit City Tyler: <http://www.fitcitytyler.com/>

The Northeast Texas Public Health District: <http://www.healthyeasttx.org/>

Bethesda Health Clinic: <http://www.bethesdaclinic.org/pages/services/programs>

Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

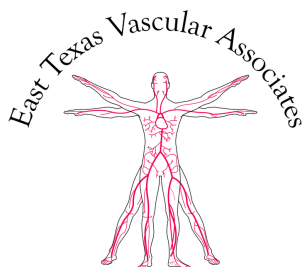
Cleveland Clinic: <http://my.clevelandclinic.org/services/heart/prevention/risk-factors/hypertension/dash-diet>

Eat Right: <http://www.eatright.org/>

American Heart Association: <http://www.heart.org/HEARTORG/>

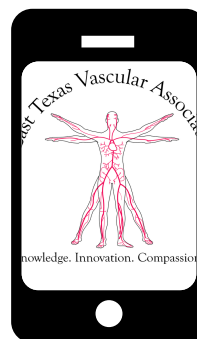
The Healthy Eating Guide: <http://www.thehealthyeatingguide.com/>

Online Resources



Knowledge. Innovation. Compassion.

ETVA
700 Olympic Plaza Circle
Suite 510
Tyler, TX 75701
903-595-2636



www.etva.net



Questions?

Feel free to reach out to East Texas Vascular Associates via telephone at **903-595-2636**. Your primary care provider is also a great resource regarding healthy diet and lifestyle changes!

Disclaimer: East Texas Vascular Associates, P.A. offers and maintains this handout to provide general information about vascular healthy diet tips. The information is provided with the understanding that East Texas Vascular Associates is not engaged in rendering surgical or medical advice or recommendations through this handout. Any information on this handout should not be considered a substitute for consultation with a board-certified surgeon. Individual facts and circumstances will determine the treatment that is most appropriate. .