



Shopping Tips

Objective

To be able to understand food labels and choose **heart healthy** foods.



Heart Healthy Guidelines

- **Fats:** saturated, trans, monounsaturated, polyunsaturated
- **Cholesterol:** no definitive research or impact on blood cholesterol levels
- **Sodium**
- **Fiber**
- **Nutrients:**
- **Carbohydrates:** carbohydrates, sugars (added sugar)
- **Ingredient list**



Fat & Cholesterol

LIMIT

Saturated Fat

- Recommendation= $<6\%$ of total calories/day
- Average=10-13g*/day
- Butter, cheese, whole milk, coconut oil, cream, meat, fried foods

Sodium

- Recommendation for cardiac patients
 - Ideal=1500-2000mg**/day
 - 1 tsp salt=2300mg**/day

ELIMINATE

Trans Fat

- Recommendation=0g*/day
- Partially and fully hydrogenated oil
- Commercially baked products, snack foods, processed foods, frozen foods, ice cream, stick margarine, some peanut butters

*g= grams

**mg= milligrams

Food Shopping Tips

- Healthy eating begins at the **grocery store**
- Beware of marketing gimmicks (manufacturers don't care!)
- Read food nutrition facts labels
- Check ingredients
- Shop perimeter of store
- Don't shop on an empty stomach
- Plan ahead using a list (paper, online, phone)
- Use grocery store dietitian, nutrition ratings (still need to read labels)

Definitions

Organic

- Food grown and processed using no synthetic fertilizers or pesticides
- Pesticides derived from natural sources
- Certified by USDA since 2002 if 100% organic

All-Natural

- Natural foods are assumed to be minimally **processed**
- Should not contain **food additives** that were not originally in the food
- Are used and misused on labels and in ads; not regulated

Whole Grain

- Certain entire kernel – bran, germ and endosperm
- Grain is not processed (cracked, crushed, rolled, extruded, and/or cooked)

Ingredients

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF MOLASSES, SALT, CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE).

CONTAINS WHEAT AND SOY INGREDIENTS.

New Label: What's Different?

- Read 'Nutrition Facts'
- Check serving size
- 5% DV or less is low
- 20% DV or more is high
- Added sugars vs total sugars
- **DECREASE** intake of saturated fat and sodium
- **INCREASE** intake of fiber, vitamins and minerals
- **AVOID** trans fats (hydrogenated oils)

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Common High Sodium Culprits

American Heart Association

1. Cold cuts & cured meats
2. Pizza
3. Canned soup
4. Processed poultry products
5. Bread
6. Sandwiches



Reading Food Labels

Serving size matters!

If you serve 2 tbsp. ketchup, how much sodium from ketchup will you get?

Nutrition Facts

Serving Size 1 Tbsp (17g)

Servings Per Container 40

Amount Per Serving

Calories 20

Calories from fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0g

0%

Sodium 160mg

7%

Total Carbohydrate 5g

2%

Dietary Fiber 0g

0%

Sugars 4g

Protein 0g

Vitamin A 2%



Vitamin C 2%

Calcium 0%



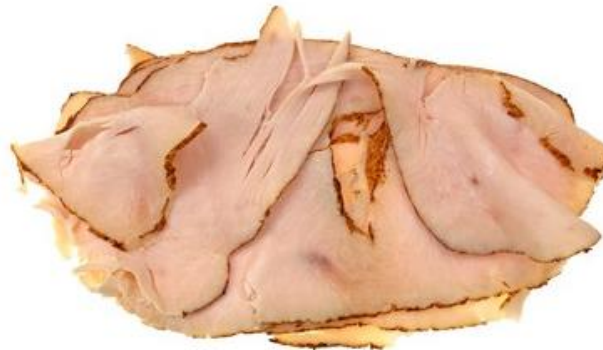
Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Below compare 2 oz each of the following foods.
Which has the most sodium?



Baked chicken



Deli Chicken

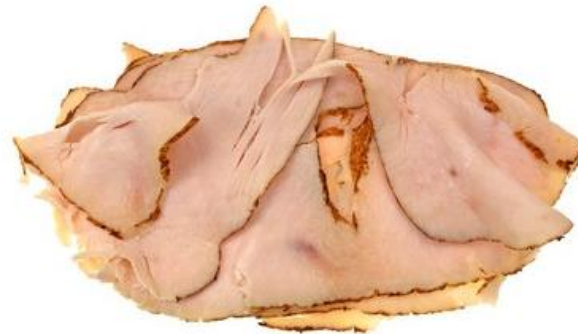


Chicken Nuggets

What do you think?



40 mg sodium



320 mg sodium



500 mg sodium

Sandwich Meal Comparison

HAM SANDWICH MEAL

2 slices white bread	290 mg
3 oz. ham	1023 mg
1/2 oz. American cheese	237 mg
2 tbsp. mayo	180 mg
8oz milk	105 mg
Tossed Salad	18 mg
<u>2 tbsp. Ranch dsg</u>	<u>328 mg</u>
Total	2181 mg

TURKEY SANDWICH MEAL

2 slices wheat bread	224 mg
*3 oz. low sodium turkey	540 mg
1/2 oz. Swiss cheese	25 mg
1 tbsp. mayo	90 mg
8oz milk	105 mg
Tossed Salad	18 mg
<u>2 tbsp. homemade dsg</u>	<u>125 mg</u>
Total	1127 mg

Recommendation for cardiac patients = 1500-2000 mg

Dry roasted, salted edamame (soy beans)



Nutrition Facts	
Serving Size ¼ cup (30g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 130	Calories from fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 110mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%

Nutrition Facts

Serving Size ¾ cup (27g)
Servings Per Container about 16

Amount Per Serving	
Calories 100	Calories from fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 190mg	11%
Total Carbohydrate 22g	10%
Dietary Fiber 3g	12%

Lite ranch salad dressing



Nutrition Facts	
Serving Size 2 tbsp. (30g)	
Servings Per Container about 32	
Amount Per Serving	
Calories 80	Calories from fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 280mg	12%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%

Wheat flakes cereal
Which is low in sodium?

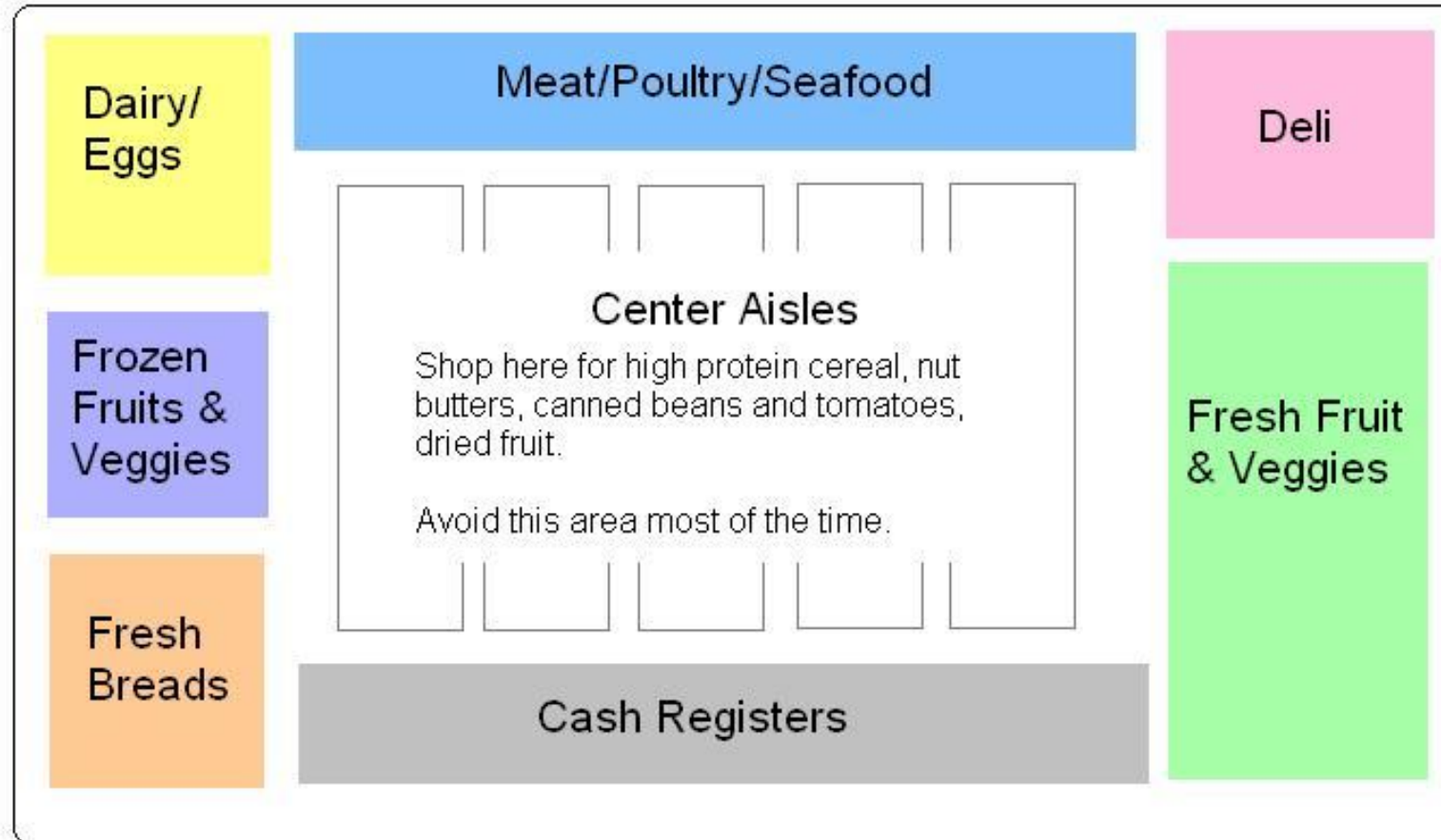


Places to Shop

- **Grocery stores:** Market Basket, Shaw's Hannaford
- **Specialty stores:** Trader Joe's, Whole Foods, A-Market
- **Department stores:** Walmart, Target
- **Convenience stores/corner stores**
- **Farmer's Market:** NHFMA.org



Shop the Perimeter



Choose Plenty of Produce



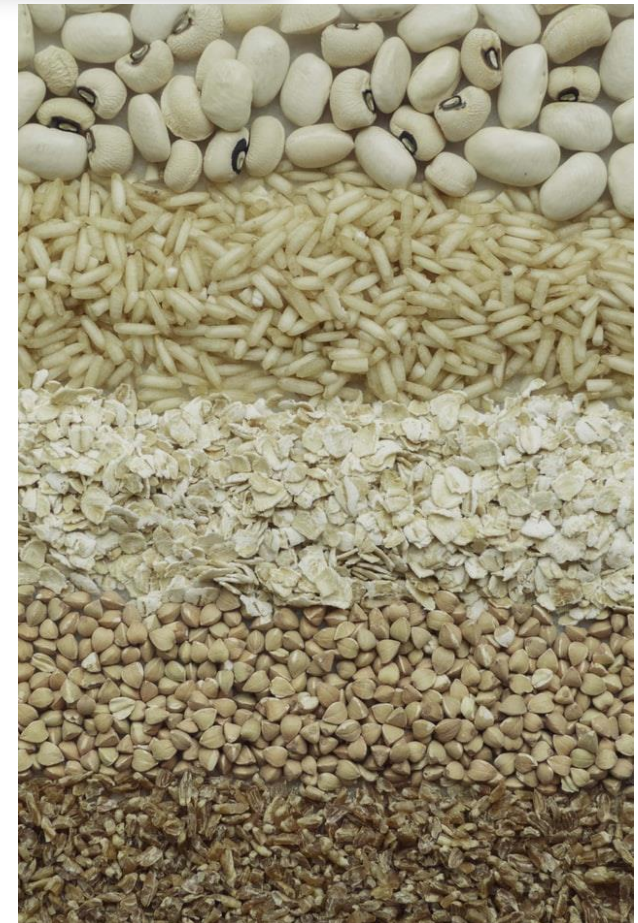
Shopping for Produce

- **Fresh** (local & in-season), **frozen** (no added sauces), **canned** (no added salt/no added sugar) and **dried**
- **Colorful, seasonal and on sale**
- **Choose ‘convenience options’:**
 - Bagged salad greens
 - Shredded carrots or cabbage
 - Baby carrots, grape tomatoes
 - Cut-up fruit
 - Vegetable pack
 - Frozen bagged
- It’s OK to use a **little** salt, sugar or fat to flavor produce, if it will help you eat more of it!



Choose Whole Grains

- Look for the word **‘whole’** as one of the first ingredients before the type of grain
 - ex: **whole wheat flour** or **whole oats**
- Wheat flour, enriched wheat flour, unbleached wheat flour are **NOT** whole grain
- Choose whole grain foods with few added sugars, fats or salt – after all, cookies made with ‘whole grains’ is still a dessert, not a health food!
- Recipes: WholeGrainCouncil.org



What are Whole Grains?

- Breads: 2-3 grams of fiber/serving
- Cereal: ≥ 5 grams of fiber/serving; $< 5-8$ grams of sugar/serving
- Crackers: ≤ 3 grams of fat; ≤ 150 mg sodium

Avoid hydrogenated oils!

- Whole wheat flour
- Brown, wild rice
- Oats, oatmeal
- Corn, popcorn,
- Barley (not pearl)
- Buckwheat
- 'Exotic' grains, such as bulgur, quinoa, millet, spelt, amaranth



Beans, Peas & Lentils

- Choose low sodium (canned, frozen, dried)
- Eat a variety (chickpeas, black, kidney, cannellini, navy, edamame)
- Rinse (reduce sodium by ~1/3)
- Add beans (soups, salads, sides, desserts, main dishes to reduce meat intake)
- One serving is ½ cup beans or 2 TBSP hummus
- The American Heart Association recommends beans a minimum of twice per week (4 times is ideal)

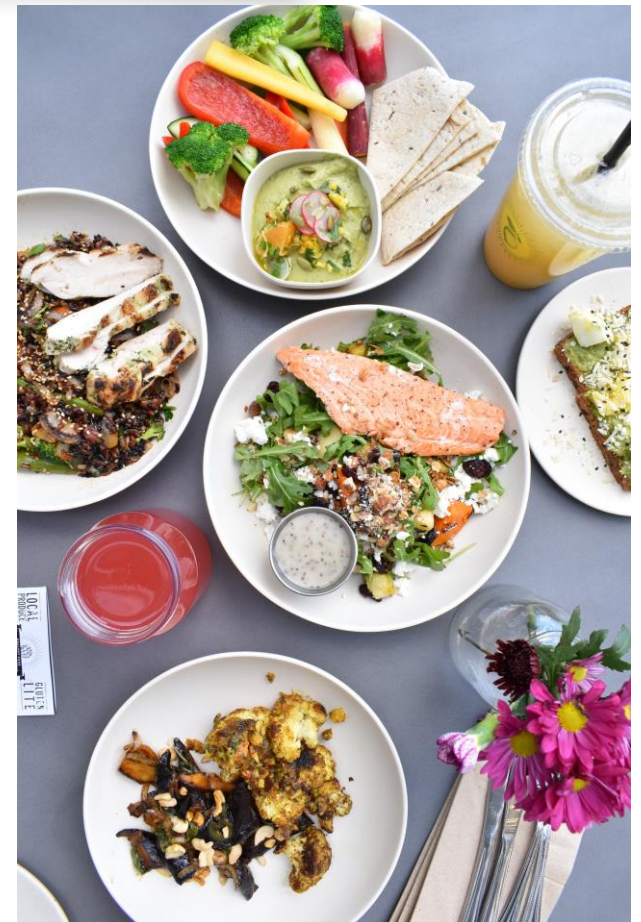
USDryBeans.com

(US Dry Beans Council)



Choose Lean Protein

- **Poultry:** skinless, white meat, 93-99% lean
 - Cut 10% by cooking without skin
- **Beef:** flank, sirloin, round, tenderloin, 90-95%
 - No more than 6 oz/week
- **Wild Game:** venison, buffalo, rabbit, skinless wild duck
 - Tends to be leaner
- **Pork:** sirloin, tenderloin
 - Limit sausage, hot dogs



Choose Lean Protein

- **Deli Meats***: Low sodium turkey or roast beef but prefer roast at home
- **Seafood**: Salmon, tuna, trout, mackeral, sardines*
 - Omega 3's
 - 8 oz per week
 - Limit use of added mayo or butter
- **Eggs**:
 - No more than 3-7 yolks/week
 - No fat in egg whites
- **Meatless Meals**: Beans, all-natural peanut butter, fish, nuts, nonfat dairy

**Check labels for sodium content*



Dairy Products – Hard One!

Choose:

- Dairy products = 2 grams of fat or less/serving
- Most cheese are high in sodium
- Fat free or 1% milk (Simply Smart for a “fuller” flavor)
- Nonfat, part-skim or reduced fat cheeses
 - cottage, mozzarella or ricotta cheese
- Fat free or low fat yogurt
- Reduced fat cheeses (still contains saturated fat so **WATCH PORTIONS**)
- Nonfat or low fat dairy free alternatives (such as almond, oat or soy)



Resources & Recipes: [NEDairyCouncil.org/recipes](https://www.nedairy.org/recipes)

Healthy Fats

Choose:

- Olive, vegetable, peanut oils
- Soft spreads / tub margarines
- Nuts and Seeds **
- Flaxseed, ground (Store ground flaxseed in the freezer)
- Nut butters (peanut, almond, walnut, sun butter)
- Avocados
- Fish, omega 3 (salmon, mackeral, tuna, trout, sardines)

**Choose unsalted or lightly salted seeds and nuts. Use healthy fats to enhance not overpower dishes.

Avoid:

- Stick margarine
- Hydrogenated oils

American Heart Association: [Heart.org](https://www.heart.org)



Miscellaneous

Condiments

- Salad dressing (trans, total fat and sodium)
- Mayo (reduced fat)
- Marinades (sodium)
- Ketchup (sugar and sodium)

Great Option:

Vinegar (red wine or balsamic),
Lemon

Sauces, Soups & Gravy

- Soups (broth based, 1/3 less sodium, add vegs, water, pasta/rice to dilute canned)
- Gravy (make homemade and skim fat)
- Cream Sauces (nonfat milk & flour)
- Jar of Tomato Sauce: (add more canned low sodium tomato to dilute)

Frozen Foods

- Seafood, plain, fruit (no sugar), vegetables (no sauces) are good options
- Dinners are usually not a good option



When using regular, stick to portion size!

Miscellaneous

Beverages

Choose:

- Less caloric drinks (infused water, herbal teas, decaf, coffee, 100% juice with seltzer)

Limit:

- Alcoholic beverages (no more than 1-2 drinks/day with MD-approval)
- Caloric drinks (coffee drinks, sports drinks, ice teas, lemonade, fruit drinks)

Snacks & Desserts

- High in calories, trans fat, sat fat, salt and/or sugar
- Sugar free does NOT equal calorie free or carb free
- Try portion controlled snacks
- Low nutritional value; mostly for taste
- Go easy on portion size
- Homemade (no trans fat, add fiber, omega 3, less fat)



Eating Healthy on a Budget

- Choose generic or store brands
- Buy extra when on sale (Buy what you need and choose mostly healthy foods.)
- Freeze or store if needed
- Buy in season produce
- Don't buy organic if it breaks the bank
- Choose less “junk” and whole foods (limit treat foods to 1 item per shopping trip)
- Choose less prepared or processed foods
- Economical protein sources (beans, canned fish, peanut butter & eggs)





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**New England Heart
& Vascular Institute**

Where
heart
meets
health.