

# Healthy Heart Nutrition



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This booklet is a collection of the following:

- ✓ Keeping Track of My Heart Health
- ✓ Heart Healthy Eating Guidelines
- ✓ Guide to Heart-Healthy Label Reading
- ✓ Getting the Facts on Fibre
- ✓ Plant Proteins
- ✓ Fats in Food
- ✓ Limiting Sodium (Salt)
- ✓ Heart Healthy Restaurant Eating

Healthy Heart Program

Catalogue #262584 (August 2019)  
To order: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)

## Keeping Track of My Heart Health

Blood Tests	My Targets	My Results			
		Date:	Date:	Date:	Date:
Total Cholesterol	< 5.2 < 4.2 High Risk*				
LDL Cholesterol	< 3.5 < 2.0 High Risk*				
HDL Cholesterol	> 1.0 for men > 1.3 for women				
Non-HDL Cholesterol	< 4.4 < 2.7 High Risk*				
Triglycerides	< 1.7 < 1.5 High Risk*				
Fasting Blood Sugar	≤ 6.0 without Diabetes 4.0 - 7.0 with Diabetes				
A1C**	< 6.0% without Diabetes ≤ 7.0% with Diabetes				

< means less than

≤ means less than or equal to

> means greater than

\*You are 'High Risk' if you have heart disease, diabetes, or have had a heart attack or stroke.

\*\*A1C blood test reflects your average blood sugar level over the past 3 months.

Healthy Waist Healthy Weight	My Target	My Measurement			
		Date:	Date:	Date:	Date:
My waist	A Men: < 102 cm. (40 in.) Women: < 88 cm. (35 in.) <b>or</b> B Men: < 90 cm. (35½ in.) Women: < 80 cm. (32 in.)				

Target A: If you are European/Caucasian, Sub-Saharan African, Eastern Mediterranean, or Middle Eastern

Target B: If you are Aboriginal, Asian, South Asian, Ethnic South, or Central American

Keep Active	My Target	My Weekly Minutes			
		Date:	Date:	Date:	Date:
My activity:	150 minutes a week (30 minutes daily, at least 5 days a week)				

To register for online access to your blood test results, go to [myehealth.ca](http://myehealth.ca)

[fraserhealth.ca/health-topics-a-to-z/heart-health](http://fraserhealth.ca/health-topics-a-to-z/heart-health)

Visit [healthlinkbc.ca](http://healthlinkbc.ca) or call 8-1-1 to speak to a Registered Dietitian

For recipes, check out [unlockfood.ca/recipes](http://unlockfood.ca/recipes)

# Understanding Blood Cholesterol (Lipid) Tests

## Cholesterol

- ‘Dietary Cholesterol’ is found in animal foods.
- ‘Blood Cholesterol’ is made by your body and is affected by some foods you eat.
- High blood cholesterol levels increase your risk of getting heart disease.

The following tests measure the different types of cholesterol (lipids) in your blood

### 1. Total Cholesterol

- This test measures all the cholesterol.

### 2. LDL Cholesterol

- LDL Cholesterol is known as the ‘**lousy**’ cholesterol that we want to ‘**lower**’.
- It can clog arteries and cause heart disease.

### 3. HDL Cholesterol

- HDL Cholesterol is known as the ‘**healthy**’ cholesterol that we want ‘**higher**’.
- It cleans your arteries and helps protect your heart.

### 4. Non-HDL Cholesterol

- Non-HDL = total cholesterol – HDL
- High levels increase the risk of heart disease.

### 5. Triglycerides

- A type of fat stored in your body and found in your blood.
- High levels can clog arteries and increase the risk of heart disease.

Diet and Lifestyle Habits for a Healthy Heart	Lower LDL-cholesterol	Raise HDL-cholesterol	Lower Triglycerides	Lower Risk of Heart Disease
Increase fibre →Vegetables and fruits →Whole grains →Beans and lentils	✓			✓
Eat healthy fats →Nuts and seeds →Healthy oils →Avocado	✓		✓	✓
Include fish			✓	✓
Eat less saturated fats	✓		✓	✓
Limit added sugars Limit processed carbohydrates			✓	✓
Limit alcohol			✓	✓
Quit smoking		✓		✓
Be active Keep a healthy weight	✓	✓	✓	✓

This information does not replace the advice given to you by your healthcare provider.

# Heart Healthy Eating Guidelines

## Follow a healthy meal pattern

- Eat regular meals throughout the day
- Eat your first meal within 1 to 2 hours of waking.
- Cook at home more often.
- Drink water.
- Avoid highly processed foods.

## Eat more vegetables and have some fruit

- At lunch and dinner, fill ½ your plate with vegetables.
- Choose a variety of coloured vegetables, fresh, frozen, raw or cooked.
- Choose berries or fruit instead of juice.

## Choose whole grains

- Choose whole grain and sprouted grain breads, wholegrain pastas and cereals, oatmeal, barley, quinoa, brown or wild rice.
- Limit foods made with white flour or added sugar.

## Eat plant-based protein each day

- Add legumes such as split peas, lentils, chickpeas, black beans, and kidney beans to soups, salads, casseroles, and baked goods. Use them as a dip or a sandwich spread.
- Add unsalted nuts and seeds to breakfast cereals and salads, or have them as a snack.
- Try tofu instead of meat.

## Eat healthy fats

- Eat avocado, unsalted nuts and seeds, and nut butters.
- Choose a variety of oils such as olive, avocado, canola, grapeseed, corn, and others.
- Include 2 to 3 tablespoons (30 to 45 mL) of healthy fat each day.
- Choose omega-3 fats such as salmon, sardines, mackerel, and trout at least 2 times a week.
- Limit saturated fats from fatty meat, butter, high fat dairy, and tropical oils (coconut and palm).
- Avoid processed foods made with palm oil or shortening. Stay away from deep-fried foods, pre-packaged snack foods, and commercial baked goods.



### Choose lower fat dairy products and milk alternatives

- Choose milk and yogurt with 2% milk fat (M.F.) or less.
- Choose lower fat cheese when possible, or enjoy smaller portions of regular cheese.
- Choose unsweetened milk alternatives fortified with calcium and vitamin D.

### Choose lean meats

- Choose lean meats. Avoid processed meats like bacon, ham, sausages, and deli meat.
- Trim any visible fat, and remove skin from chicken, turkey, and other poultry.
- Meat should be no more than ¼ of your plate.

### Limit salt (sodium)

- Limit take-out and restaurant foods.
- Avoid high sodium packaged and canned foods.
- Cook with less salt and remove the salt shaker from the table.
- Try salt-free seasonings (herbs, spices, lemon juice, garlic, or vinegars).

### Limit sugar

- Replace pop, juice, and sweetened drinks with water.
- Avoid foods with added sugar such as honey, molasses, brown sugar, cane sugar, fruit juice concentrate, agave, and high fructose corn syrup.

### Limit alcohol

- For men, limit alcohol to 2 drinks per day or less.
- For women, limit alcohol to 1 drink per day or less.

One drink = 12 oz. of beer, **or**  
= 5 oz. of wine, **or**  
= 1.5 oz. of hard liquor

### Additional Resources

[canada.ca/foodguide](http://canada.ca/foodguide)

[unlockfood.ca/menuplanner](http://unlockfood.ca/menuplanner)

[healthlinkbc.ca/healthy-eating](http://healthlinkbc.ca/healthy-eating)

[heartandstroke.ca/get-healthy/healthy-eating](http://heartandstroke.ca/get-healthy/healthy-eating)

[healthyfamiliesbc.ca/eating](http://healthyfamiliesbc.ca/eating)

### Notes:

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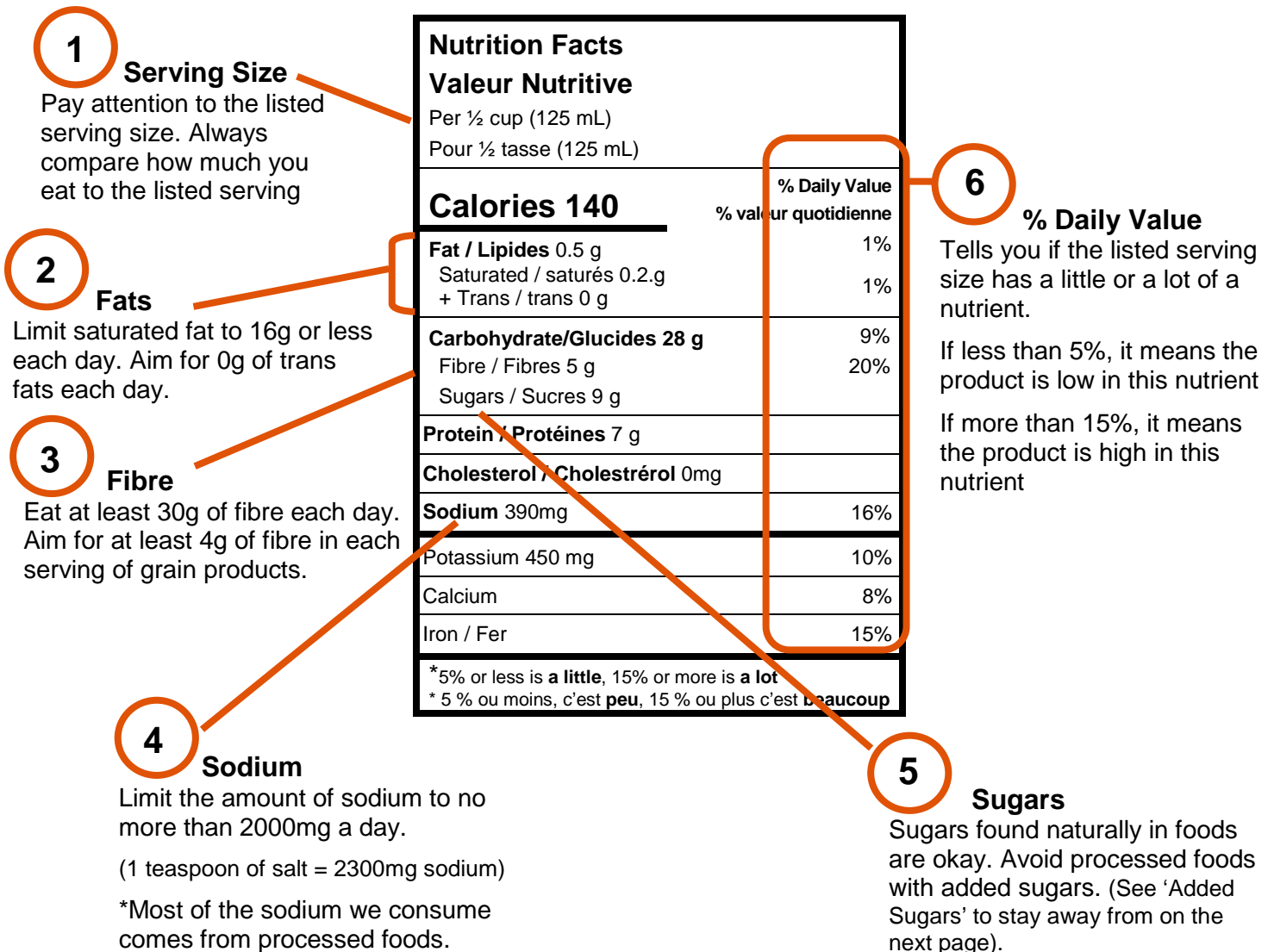
# Guide to Heart-Healthy Label Reading

Limit how much processed food you eat.

What to choose instead:

- ✓ vegetables, fresh or frozen
- ✓ fruit, fresh or frozen
- ✓ whole grains
- ✓ fish
- ✓ poultry (such as chicken and turkey)
- ✓ lean meat
- ✓ low fat dairy products
- ✓ dried beans and lentils
- ✓ unsalted nuts and seeds

## Steps to reading a Nutrition Facts table



Nutrition Facts Valeur Nutritive	
Per ½ cup (125 mL) Pour ½ tasse (125 mL)	
<b>Calories 140</b>	<b>% Daily Value</b> % valeur quotidienne
<b>Fat / Lipides 0.5 g</b>	1%
Saturated / saturés 0.2.g + Trans / trans 0 g	1%
<b>Carbohydrate/Glucides 28 g</b>	9%
Fibre / Fibres 5 g	20%
Sugars / Sucres 9 g	
<b>Protein / Protéines 7 g</b>	
<b>Cholesterol / Cholestérol 0mg</b>	
<b>Sodium 390mg</b>	16%
Potassium 450 mg	10%
Calcium	8%
Iron / Fer	15%
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5 % ou moins, c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**1 Serving Size**  
Pay attention to the listed serving size. Always compare how much you eat to the listed serving

**2 Fats**  
Limit saturated fat to 16g or less each day. Aim for 0g of trans fats each day.

**3 Fibre**  
Eat at least 30g of fibre each day. Aim for at least 4g of fibre in each serving of grain products.

**4 Sodium**  
Limit the amount of sodium to no more than 2000mg a day.  
(1 teaspoon of salt = 2300mg sodium)  
\*Most of the sodium we consume comes from processed foods.

**5 Sugars**  
Sugars found naturally in foods are okay. Avoid processed foods with added sugars. (See 'Added Sugars' to stay away from on the next page).

**6 % Daily Value**  
Tells you if the listed serving size has a little or a lot of a nutrient.  
If less than 5%, it means the product is low in this nutrient  
If more than 15%, it means the product is high in this nutrient



## Know your ingredients

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Always read the ingredient list on packaged foods. Choose products with whole food ingredients. Ingredients are listed from the most to the least by weight. Limit products that have unhealthy fats, added sugars, and added sodium.

Key ingredients to stay away from:

**Fats** – hydrogenated oils and shortening, coconut oil, palm or palm kernel oil

**Added Sugars** – honey, molasses, maple sugar, brown sugar, malt, glucose, glucose-fructose, sucrose, dextrose, maltose, any syrup (like agave), high fructose corn syrup (HFCS), fruit juice concentrate

**Sodium** – sodium chloride, brine, Asian condiments, monosodium glutamate (MSG), any ingredient that has salt or sodium in the name

## Know your labels

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When the labels claims...	It means...	Examples
free	The amount of the nutrient is insignificant	'sodium free' – less than 5 milligrams in each serving
low	There is a very small amount of the nutrient	'low fat' – 3 grams or less in each serving
reduced or lower	This product has at least 25% or ¼ less of the nutrient compared with a similar product	'reduced calories' – at least 25% less calories than a similar product
light	This product may be 'light' in calories, fat, weight, <u>or</u> colour – beware of products that make this claim	'light olive oil' does not mean lower in fat but is light in colour

## Don't be misled

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Food companies are allowed to use most of a food's packaging for advertising purposes. Some of this advertising can mislead consumers into thinking a food is healthy, when in fact it is not. Don't be misled by colourful food pictures, free gifts, or celebrity photos.

To learn more:

- Go to [www.healthlinkbc.ca](http://www.healthlinkbc.ca) → Click on 'Healthy Eating'.

## Getting the Facts on Fibre

### Fibre is found in:

- fruits and vegetables
- whole grains
- nuts, seeds
- legumes like kidney beans, chickpeas and lentils



There are 2 types of fibre – soluble and insoluble. Most fibre-containing foods have both types of fibre. Soluble fibre soaks up water and cholesterol making soft stool, insoluble fibre adds bulk to stool and cleans out the intestines.

### Fibre helps to:

- ✓ lower cholesterol and the risk of heart disease
- ✓ control blood sugar levels and lower the risk of diabetes
- ✓ keep the good bacteria in our bowels healthy
- ✓ keep our bowels regular and prevent constipation
- ✓ reduce the risk of some cancers
- ✓ manage Irritable Bowel Syndrome (I.B.S.)
- ✓ keep you feeling fuller for longer
- ✓ maintain a healthy body weight

### Label reading:

Check the Nutrition Facts Table to find foods with the most fibre. Aim for 4 grams or more of fibre per serving of grain products.

### How to add fibre to your diet

- At lunch and dinner, fill half your plate with vegetables and some fruit. Eat the skins of both where ever possible. Avoid fruit juice.
- Include whole grains at each meal. Examples of whole grains:
  - quinoa
  - whole wheat pasta
  - oatmeal and whole grain breakfast cereals
  - whole grain breads and crackers
- Add beans and lentils to salads, soups, and stews.
- Snack on unsalted nuts and seeds, or add them to your breakfast or salads.
- Replace some or all white flour with whole-wheat or whole grain flour when baking.



**Note:** ‘Multigrain’ does not mean the food is high in fibre so check the ingredient list to see if the word whole grain is listed.

### Tips when eating more fibre

- Gradually increase the fibre in your diet to avoid gas or bloating.
- Increase how much fluid you drink as you eat more fibre. Most of this should be from plain water.

### How much is enough?

Adults should have 30 grams or more of fibre each day or 10 grams per meal.



## Food sources of fibre

1 Cup = 250mL  
1 Tablespoon = 15mL

Food	Serving Size	Fibre (grams)
<b>More than 6 grams of fibre per serving</b>		
Soybean kernels, roasted	1/2 cup	15
Black beans, cooked	3/4 cup	10
Kidney beans, cooked	3/4 cup	8
<b>4 to 6 grams of fibre per serving</b>		
Green peas, cooked	1/2 cup	5.5
Garbanzo beans (chickpeas), lentils, cooked	3/4 cup	5 to 6
Pear, with skin	1 medium	5
Sprouted whole grain bread	1 slice	Up to 6
Whole grain hot/cold cereals, oat bran, steel cut oats	1 cup	4 to 6
Avocado	1/2 medium	4 to 6
Dates, mejool	3 pieces	5
Apricots, dried halves	1/2 cup	4.5
Chia Seeds	1 tablespoon	4
Almonds	1/4 cup	4
Edamame (green soy beans),	1/2 cup	4
Apple with skin	1 medium	4
Blackberry, raspberry	1/2 cup	4
Split peas, cooked	3/4 cup	4
Psyllium husk, whole	1 tablespoon	4
<b>Up to 4 grams of fibre per serving</b>		
Hummus	1/4 cup	3.5
Potato, with or without skin	1 medium	3.5
Mango	1 medium	3
Sunflower seeds, peanuts	1/4 cup	3
Orange	1 medium	3
Brussels sprouts, kale, Swiss chard	1/2 cup	3
Stewed rhubarb, mixed vegetables or parsnips, cooked	1/2 cup	2.5
Kiwifruit	1 large	2.5
Oatmeal, cooked	3/4 cup	2.5
Popcorn, popped	2 cups	2.5
Peanut butter, almond butter	2 tablespoons	2.5
Whole grain bread	1 slice	2 to 3
Whole wheat pasta	1/2 cup	2.5
Pumpkin seeds	1/4 cup	2
Corn, carrot, or broccoli, cooked	1/2 cup	2
Banana	1 medium	2
Brown rice, barley, cooked	1/2 cup	2 to 3
Flax seeds, ground	1 tablespoon	2
Snap peas, raw	1/2 cup	2

Read the Nutrition Label on packaged foods to show you how much fibre you are getting in each serving.

This information does not replace the advice given to you by your healthcare provider.

## Plant Proteins

Plant proteins include beans, lentils, chickpeas, dried peas, tofu, nuts and seeds. Use instead of meat to:

- Reduce saturated fat intake and improve heart health
- Increase fibre intake to control appetite, blood sugars, blood pressure and cholesterol
- Feed healthy gut bacteria as they are a prebiotic
- Save time and money as they are easy to prepare and inexpensive
- Increase intake of vitamins and minerals such as iron, folate and potassium

Source	Examples	Serving	Tips
Beans	Black, kidney, navy, mung, pinto Chickpeas/ Garbanzo beans	½ cup cooked	Buy no salt added canned beans or cook at home (see below). Add to eggs for breakfast, blend into baking, add to salads, chili, soups, burritos, or look for bean pastas.
	Hummus	¼ cup	Spread on sandwiches, use as dip or in salad dressings.
Peas	Dried split green or yellow peas	½ cup cooked	Add to soups and sauces. See cooking instructions below.
Lentils	Green, brown, black, turtle **maintains shape	½ cup cooked	Buy no salt added canned lentils or cook at home (see below). Add to curries, soups, oatmeal, rice, grain and veggie bowls, salads, wraps, tacos.
	Red or split red **thickens dish		Add split red lentils to tomato sauce, dips and soups. Look for lentil pastas.
Soy	Soy nuts	¼ cup	As a snack, on salads, in trail mix.
	Firm tofu/ tempeh	½ cup	In stir fries, burritos, curries, or grilled.
	Edamame	½ cup	As a snack or protein packed side dish.
	Soy milk	1 cup	Choose unsweetened, calcium and Vitamin D enriched.
Nuts	Almonds, walnuts, pecans, cashews, peanuts	¼ cup	Unsalted, raw or dry roasted. Add to salads, oatmeal, trail mix, cooked vegetables, or chopped on top of whole grains. Choose natural, unsalted, no sugar added.
	Nut butters	2 Tbsp	Use in dips, dressings, smoothies, on toast or in sandwiches.
Seeds	Sunflower, pumpkin, hemp	2-3 Tbsp	Top salads, soups, baked goods, cereals, smoothies.
	Seed butters (sunflower, tahini)	2 Tbsp	In salad dressing, baked goods, spread on toast or fruit.
Nutritional Yeast	Red star yeast	2 Tbsp	Sprinkle on salads, popcorn or mix into dips and dressings.

### Cooking Instructions

<b>Dried Beans</b>	<ol style="list-style-type: none"> <li>1. Soak beans in water for 8 hours, then drain and rinse or Quick soak by boiling 1 cup beans in 3 cups water for 3 minutes. Remove from heat and let stand for 1 hour then drain and rinse and continue to next step.</li> <li>2. Add 3 cups fresh water for every 1 cup beans</li> <li>3. Bring to boil, simmer for 45 minutes to 2 hours until tender, drain and serve.</li> </ol>	<b>Dried Peas</b>	<ol style="list-style-type: none"> <li>1. Rinse split peas, add 2 cups water for 1 cup peas</li> <li>2. Bring to boil, simmer for 30 minutes, drain and serve</li> </ol>
		<b>Dried Lentils</b>	<ol style="list-style-type: none"> <li>1. Rinse lentils then add 3 cups water for 1 cup lentils</li> <li>2. Bring to boil, simmer for 20 minutes, drain and serve</li> </ol>

# Healthy Cooking & Baking Swaps

Beans, lentils, chickpeas and dry peas are chameleons in the kitchen. Try these easy swaps to amp up the nutrition in your favorite dishes:

**VEGGIE BOWLS**

**REPLACE:**  
½ OR ALL QUINOA



**WITH THIS:**  
COOKED GREEN LENTILS

**BENEFITS:**  
✓ More FIBER ✓ More PROTEIN

**TACOS**

OR: replace ½ the meat in any recipe

**REPLACE:**  
½ OR ALL SHREDDED PORK



**WITH THIS:**  
COOKED GREEN LENTILS

**BENEFITS:**  
✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

**SANDWICH SPREAD**

**REPLACE:**  
MAYONNAISE



**WITH THIS:**  
HUMMUS

**BENEFITS:**  
✓ Less FAT ✓ More FIBER ✓ More PROTEIN

**LASAGNA**

**REPLACE:**  
½ OR ALL RICOTTA CHEESE




**WITH THIS:**  
PUREED WHITE BEANS

**BENEFITS:**  
✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

**BURGERS**

**REPLACE:**  
½ OR ALL GROUND BEEF

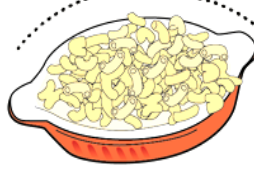


**WITH THIS:**  
MASHED PINTO BEANS

**BENEFITS:**  
✓ Fewer CALORIES ✓ Less FAT ✓ Less SATURATED FAT ✓ More FIBER

**MAC N' CHEESE**

**REPLACE:**  
UP TO ½ CHEESE SAUCE



**WITH THIS:**  
YELLOW SPLIT PEA PUREE

**BENEFITS:**  
✓ Less FAT ✓ More FIBER

**BROWNIES**

**REPLACE:**  
1 CUP FLOUR



**WITH THIS:**  
1 15oz. CAN BLACK BEANS, PUREED

**BENEFITS:**  
✓ More FIBER ✓ More PROTEIN

**CHOCOLATE CHIP COOKIES**

**REPLACE:**  
½ OR ALL OIL



**WITH THIS:**  
RED LENTIL PUREE

**BENEFITS:**  
✓ More FIBER ✓ More PROTEIN

Images used with permission from pulses.org

## Fats in Food

Healthy unsaturated fats can reduce your risk of heart disease, they taste good and keep you feeling full longer. Saturated fats can increase the cholesterol in your blood.

### Include Healthy Unsaturated Fats

Source	Examples	Servings per day
<b>Whole Foods</b>	Nuts, seeds Nut or seed butters Avocado	¼ cup 2 Tbsp ¼ to ½
<b>Oils (liquid)</b>	Olive oil Avocado, canola, corn, grape seed, peanut, sunflower, safflower, sesame, soybean oil	2 to 3 Tbsp
<b>Omega 3 Fish</b>	Salmon, mackerel, sardines, trout, herring, tuna, oysters, mussels	¼ of your plate twice a week
<b>Plant</b>	Ground flaxseed, walnuts, chia seeds, hemp seeds	2 to 3 Tbsp

Tbsp = Tablespoon

### Limit Saturated Fats

Replace saturated fats with healthy unsaturated fats more often.

Source	Examples
<b>Processed Foods</b>	Pre-packaged snack foods, commercial baked goods, fast food, deep fried foods
<b>Fats (solid)</b>	Lard, shortening, hard margarine, bacon fat, high fat red meats (beef/pork/lamb), poultry skin, coconut oil, palm oil, butter, high fat dairy

**Note:** Dietary cholesterol is found in all animal foods and has little effect on blood cholesterol levels for most people. Lower your risk of heart disease by following a heart healthy lifestyle. When you focus on plant-based and unprocessed foods (see *Heart Healthy Eating Guidelines*), eating some foods that contain cholesterol (including egg yolks) is not a problem for most people.

### Tips

- Use olive oil in salad dressings, on pasta, in baking, or to roast vegetables.
- Add sliced avocado to sandwiches or salads or in a smoothie.
- Mash avocado with lime juice to use as a dip with vegetables.
- Add sunflower and pumpkin seeds to salads, on top of oatmeal or to muffins.
- Have a handful of nuts when you are on the go and need a snack.
- Spread natural peanut butter or almond butter on your toast instead of butter.
- Add ground flax or chia seeds to oatmeal or yogurt.
- Have salmon or tuna sandwich more often to avoid deli meats.

## Recipes

### Guacamole

1 large avocado (2 small avocados)  
1 Tablespoons lime juice  
1 Tablespoon finely chopped onion or chives or green onion  
Pinch of salt and pepper

1. Mash avocado and onion together with lime juice.
2. Sprinkle with pinch of salt and pepper to taste.

Variations: add chopped tomato, cilantro or pinch of chili powder or adjust ingredient portions

### Salad Dressing

¼ cup olive oil  
2 Tablespoons balsamic vinegar (or lemon juice or apple cider vinegar)  
1 clove garlic, crushed or finely chopped  
1-2 teaspoons Dijon mustard

1. Whisk all ingredients together in small bowl or jar.
2. Pour small amounts on salad, toss to mix, enjoy.

### Zesty Lime Salmon Patties

2 cans salmon (213g)  
1 large egg  
¼ cup fresh cilantro or basil chopped (can use ½ tsp ground coriander)  
1 green onion thinly sliced  
¼ cup bread crumbs or crushed crackers or mashed chickpeas  
1 lime, zest and juice  
oil as needed for frying or leave out if using non-stick pan

1. Drain salmon. Leave in bones and remove skin.
2. Whisk together egg, cilantro, and green onion in medium bowl.
3. Add salmon and bread crumbs.
4. Finely grate 1 teaspoon lime zest, squeeze 2 Tablespoons lime juice. Add to egg mixture.
5. Using a fork, break up salmon and stir everything together until evenly mixed.
6. Form into 4 large patties or make bite sized as desired.
7. Fry in frying pan 3 to 4 minutes a side until golden crust forms or bake at 375°F for 10 minutes.

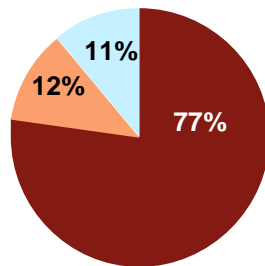
## Limiting Sodium (Salt)

Sodium is a mineral found in food, table salt and sea salt. Your body needs some sodium, but too much can raise your blood pressure. This increases your risk for heart disease, heart failure, stroke and kidney stones. Too much sodium can also weaken your bones.

To improve your health, limit the amount of sodium you eat to 2000mg or less each day.

### In the average Canadian diet, where does sodium come from?

- Ready-made processed foods and restaurant meals (77%)
- Naturally occurring in food (12%)
- Added to food in cooking and at the table (11%)



### How to avoid sodium (salt)?

Eat fresh foods most of the time and prepare home-cooked, low sodium meals.

Frozen foods (such as vegetables and fruit) are okay if they do not have added salt or sodium additives.

#### Did you know?

One teaspoon of salt has 2300mg of sodium!



Remove the salt shaker from the table.

- Don't add salt, flavoured salts, or seasonings high in salt to your foods.
- Season your food with herbs, spices, lemon juice, dry mustard and garlic. Try one of the many seasoning blends which do not contain any salt such as Mrs. Dash®.

Stay away from:

- processed foods
- deli meats
- pickled foods
- salted snacks such as potato chips, pretzels, dips, and salted nuts

Limit the amount of canned foods.

- Choose products labelled as 'low sodium'. Foods labelled 'lower than', 'less than' or 'reduced in salt or sodium' may still be high in sodium (including soups and meats).

Eat out less often.

- Restaurant meals and fast foods are always higher in salt than home-cooked low sodium meals.
- Ask the restaurant to give you information on low sodium choices.
- For more info, please search for 'Low Sodium' topics at [www.healthlinkbc.ca](http://www.healthlinkbc.ca). Also refer to 'Heart Healthy Restaurant Eating' fact sheet from Fraser Health.



## Limiting Sodium (Salt) - *continued*

### Can I use Salt Substitutes?

Some salt substitutes use potassium instead of sodium. Check with your doctor, pharmacist, or dietitian before using a salt substitute. Some people need to also limit potassium in their diet.

**Keep your sodium intake to less than 2000mg each day.**

As you gradually reduce the amount of salt you are eating, your taste buds will adjust!

### How do I know how much sodium is in food?

Here are some helpful tips when reading the nutrition label:

- Look at the serving size – the amount of sodium listed is **per serving**, not the whole package.
- Keep track of the total amount of sodium you eat. **Remember:** Limit your sodium intake to 2000mg or less a day from all sources.
- By law, foods labelled ‘low sodium’ must contain 140mg or less per serving.

### Note

Other ingredients high in sodium include: baking soda, brine, monosodium glutamate (MSG), soy sauce, fish and oyster sauce, garlic salt, celery salt, sea salt, kosher salt, or any ingredient with ‘salt’ or ‘sodium’ as part of its name.

Nutrition Facts	
Valeur Nutritive	
Per ½ cup (125 mL) Pour ½ tasse (125 mL)	
<b>Calories 140</b>	<b>% Daily Value</b> <b>% valeur quotidienne</b>
<b>Fat / Lipides 0.5 g</b>	1%
Saturated / saturés 0.2.g + Trans / trans 0 g	1%
<b>Carbohydrate/Glucides 28 g</b>	9%
Fibre / Fibres 5 g	20%
Sugars / Sucres 9 g	
<b>Protein / Protéines 7 g</b>	
<b>Cholesterol / Cholestérol 0mg</b>	
<b>Sodium 390mg</b>	16%
Potassium 450 mg	10%
Calcium	8%
Iron / Fer	15%
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5 % ou moins, c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

### Look what happens to the sodium content of foods when they are processed

Unprocessed	Processed
Cucumber 7 slices = <b>2mg</b>	Dill pickle 1 medium = <b>569mg</b>
Chicken Breast 3oz = <b>74mg</b>	Chicken Pie 1 serving frozen = <b>889mg</b>
Tomato 1 small = <b>14mg</b>	Tomato Soup 1 cup = <b>960mg</b>
Pork Tenderloin 3oz = <b>58mg</b>	Ham 3oz = <b>1095mg</b>

Adapted from ‘Limiting Sodium (Salt) When You Have Heart Failure’ with permission, BC Heart Failure Network (bcheartfailure.ca)

This information does not replace the advice given to you by your healthcare provider.

## Heart Healthy Restaurant Eating

Restaurant meals and fast foods are always higher in salt, sugar, and fat than home-cooked meals. Learn how to make healthier choices when eating out by following these tips.

### Plan ahead

- Choose restaurants that offer 'simple' nutritious foods.
- Visit the restaurant's web site to view their menu ahead of time.
- Contact the restaurant before you go and ask if they take special requests.
- Avoid or limit fast foods.
- Don't skip a meal to justify a large dinner.



### Reduce your portion size

- Ask for smaller portions and avoid super sizing.
- Share your main meal or ask for it to be split before it is served.
- Avoid 'all you can eat' buffets.
- Remember you do not have to finish your meal. Leftovers can be brought home.

### Reduce sugar

- Limit sweet sauces, syrups, and condiments with added sugars (such as sweet and sour, honey garlic, lemon glaze, teriyaki).
- If you have dessert, choose fresh fruit, a small scoop of ice cream, or share a dessert.
- Skip the pop, drink water instead.

### Reduce fat

- Order salad dressings, sauces, spreads, and gravies 'on the side' and use less.
- Ask for vinaigrette-based dressings in place of creamy dressings.
- Order lean meats.
  - Limit high fat meats such as ribs, duck, lamb, and prime rib.
  - Trim all visible fat from meat.
- Remove skin from chicken and turkey.
- Check the menu description for how the meal is cooked. See next page for preferred cooking methods.

### Reduce sodium

- For side dishes, choose salads with fresh greens and vegetables instead of soups, pickles, and fries.
- Limit Asian sauces such as soy sauce, teriyaki sauce, fish sauce, hoisin sauce, oyster sauce, and black bean sauce.
- Ask for foods without salt added.
- Ask for no MSG.
- Limit multiple condiments.

### Look for Menu Clues



	Choose	Avoid or Limit
<b>Cooking methods</b>	<ul style="list-style-type: none"> <li>✓ Grilled</li> <li>✓ Roasted</li> <li>✓ Baked</li> <li>✓ Poached</li> <li>✓ Boiled</li> <li>✓ Broiled</li> <li>✓ Steamed</li> <li>✓ Barbecued</li> <li>✓ Stir fried</li> <li>✓ Pressure cooked</li> <li>✓ Slow cooked</li> <li>✓ Stewed</li> </ul>	<ul style="list-style-type: none"> <li>✗ Basted</li> <li>✗ Braised</li> <li>✗ Breaded</li> <li>✗ Battered</li> <li>✗ Buttered</li> <li>✗ Creamed</li> <li>✗ Crispy</li> <li>✗ Flaky</li> <li>✗ Fried/Deep fried/Pan fried</li> <li>✗ In pastry</li> <li>✗ Sautéed</li> <li>✗ Marinated in oil</li> <li>✗ Pickled</li> <li>✗ Processed</li> <li>✗ Kimchi</li> <li>✗ Pakora</li> </ul>
<b>Sauces, Dressings, and Dips</b>	<ul style="list-style-type: none"> <li>✓ In broth</li> <li>✓ In own juice</li> <li>✓ In lemon juice</li> <li>✓ Marinara</li> <li>✓ Marsala</li> <li>✓ Tomato</li> <li>✓ Tzatziki</li> <li>✓ Vinaigrette-based dressings</li> <li>✓ Hummus</li> <li>✓ Salsa</li> <li>✓ Guacamole</li> </ul>	<ul style="list-style-type: none"> <li>✗ Alfredo sauce</li> <li>✗ Aioli/Aeoli sauce</li> <li>✗ Béarnaise sauce</li> <li>✗ Butter sauce</li> <li>✗ Cheese sauce</li> <li>✗ Chipotle sauce</li> <li>✗ Cream sauce</li> <li>✗ Caesar Dressing</li> <li>✗ Ranch Dressing</li> <li>✗ Thousand Island Dressing</li> <li>✗ Artichoke Dip</li> <li>✗ Spinach Dip</li> <li>✗ Hollandaise</li> <li>✗ Gravy</li> <li>✗ Au gratin</li> <li>✗ Creamy</li> <li>✗ Florentine</li> <li>✗ Parmigiana</li> </ul>

### Resources

[healthyfamiliesbc.ca/home/participating-restaurants](http://healthyfamiliesbc.ca/home/participating-restaurants)

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