



Coastline Elderly Nutrition News

From the desk of Kim Ferreira, MS, RD, LDN | Coastline Elderly Services, Inc.

Steps for a Heart Healthier YOU!

Most of us know that heart disease is the #1 killer in both men and women but did you know that ~80% of all heart disease can be preventable? That means your daily lifestyle can make a huge impact on your heart.

1. Know your numbers!

- Cholesterol - under 200 mg/dL
- HDL—60 or higher mg/dL
- LDL—under 100 mg/dL
- Your triglycerides—under 150
- Your blood pressure—Less than 120/80
- Fasting blood glucose—less than 100 mg/dL

2. Maintain a healthy weight

- By losing even 5% of your body weight, you will improve your health and lower all of the levels mentioned in #1.

3. Stay physically active

- Do moderate-intense cardio 30 minutes/ day, 5 days/week AND
- Do 8-10 strength-training exercises, 8-12 repetitions of each exercise, twice/week

4. Manage stress

- Identify the stressor first
- Do one thing at a time
- Learn to take a break
- Ask for help when you need it

5. Do not smoke

6. Do not drink alcohol excessively

- Drinking more than three drinks/day has a detrimental effect on the heart

7. Eat heart healthy foods

- Decrease calories if you need to lose weight
- Limit trans and saturated fat (dairy, meat, processed foods) and aim for healthy fats (fish, nuts, oil, etc).
- Limit sugar and refined carbohydrates (baked goods, white bread, etc.)
- Decrease sodium and add foods with potassium (fruits & veggies)
- Increase fiber (fruits, veggies, whole grains)

Source: RD411.com and American Heart Association