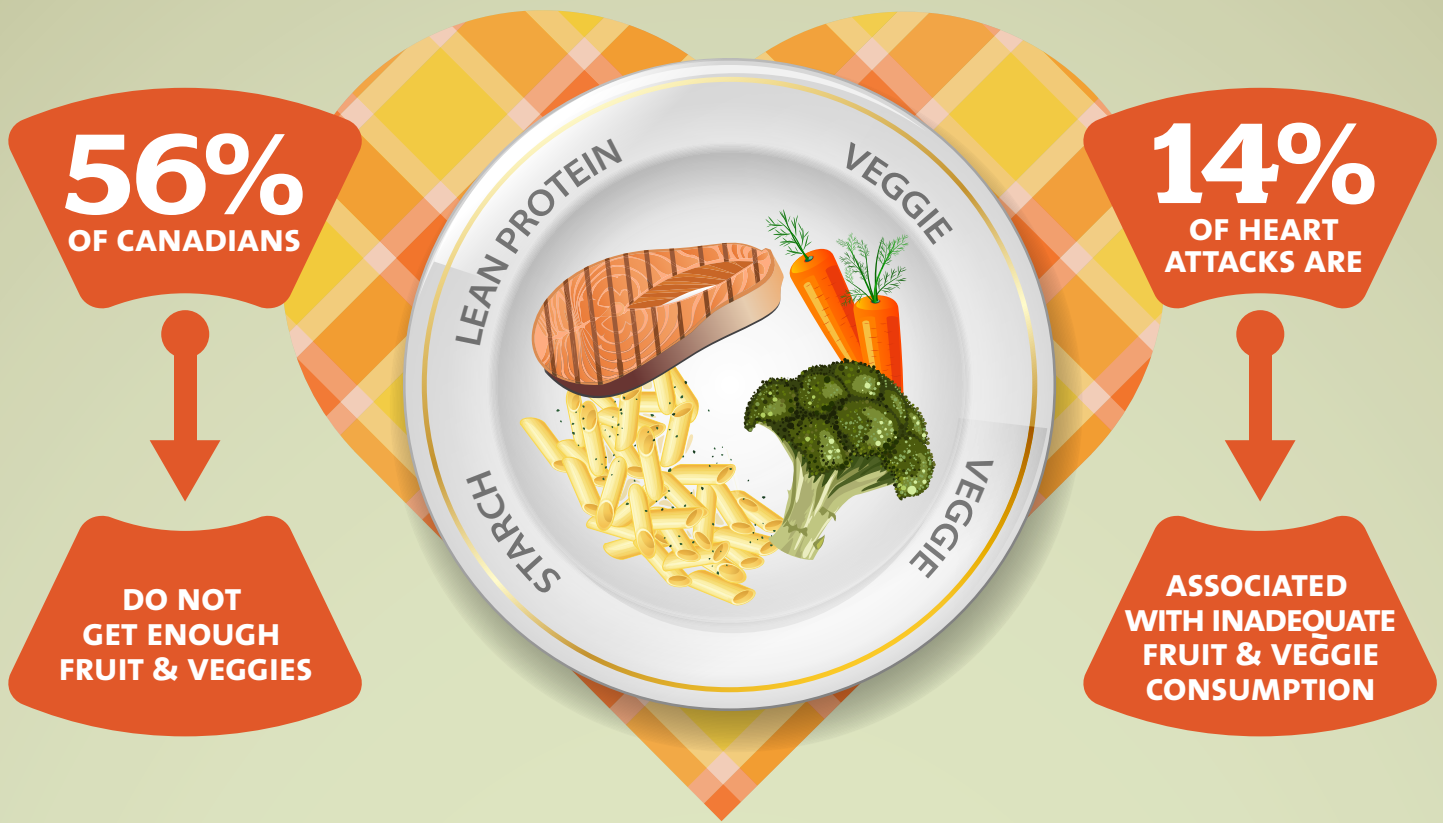


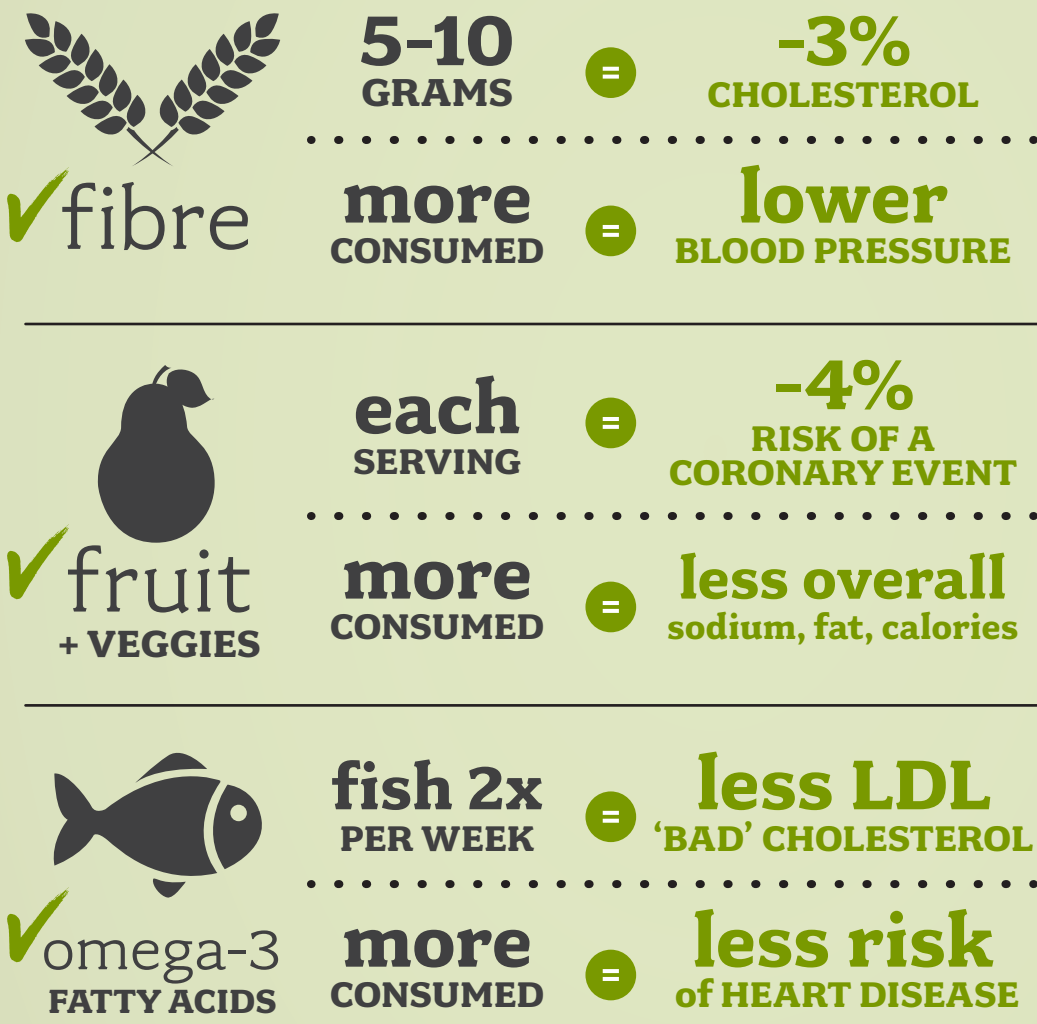


Nutrition AND YOUR HEART



A HEART-HEALTHY DIET

is about choosing more of the **healthy foods** and less of the **unhealthy** ones.



EAT LESS

TRANS FATS
fried, processed & fast foods
↑ CHOLESTEROL & PLAQUE BUILD-UP

SODIUM
we typically eat 2x our needed sodium
↑ BLOOD PRESSURE

CHOLESTEROL
fatty meat, sugar, alcohol & cheese
↑ 'BAD' CHOLESTEROL & TRIGLYCERIDES

WHAT CAN I DO?

Eating healthily is one of the most important things you can do to prevent cardiovascular disease and improve your overall health.

The six most important things to remember:

	MORE	LESS	
25-35 g / day	FIBRE ↑	SATURATED FATS ↓	LESS THAN 15 g / day
2 cups / day OR MORE	FRUIT & VEGGIES ↑	SODIUM ↓	LESS THAN 2300 mg / day
2 servings / week	OMEGA-3s ↑	CHOLESTEROL ↓	LESS THAN 300 mg / day

Try the Heart Institute's Free Heart Delicious Nutrition Workshops

Take the mystery out of eating right. These simple workshops are designed for anyone who is interested in learning about heart-healthy eating:

www.ottawaheart.ca/patients_family/cardiac-rehabilitation.htm