

# ♥5 **Hottest Nutrition Trends for Heart Health**

## **1. Fibre is Fabulous - Whole grain is tops!**

A whole grain has the bran and the germ intact in the kernel. “Wholes” include: oatmeal, whole wheat, oat bran, brown rice, wild rice, rye, corn, barley, couscous, and buckwheat.

- ♥ Eat 5 to 12 servings a day of grain products including breads, cereals, pasta and rice. At least 3 of these foods should be “wholes”.

## **2. Reach for 5 - 10 Veggie and Fruit Servings a Day**

Orange, red and green fruits and vegetables such as oranges, tangerines, carrots, squash, cantaloupe, tomatoes, red pepper and sweet potatoes are all packed with good things. So are green vegetables with leaves, like spinach, broccoli, swiss chard and bok choy.

- ♥ A serving is one whole fruit or vegetable, ½ cup of cooked, 1 cup salad or ½ cup of their juice.

## **3. Make Your Fat Choices Count**

Choose high quality fats from the polyunsaturated and monounsaturated groups: oils (flaxseed, canola, olive and soybean) and soft non-hydrogenated margarine made from these oils.

- ♥ Fish (tuna, sardines, sea bass, mackerel, salmon), nuts, tofu and seeds (such as flax, sesame and sunflower) provide essential fatty acids (omega-3 fatty acids) and fat soluble vitamins.
- ♥ Eat less saturated fat by cutting down on marbled red meats, high fat luncheon meats, deep fried foods, hydrogenated fats, whole milk, butter, full-fat cheese, potato chips and commercial pastries.

## **4. Drink Your Fluids**

- ♥ Drink 8 cups of fluid a day from water, lower fat milk, juice and green, black or oolong tea. Limit:
  - caffeine: 0 - 3 cups a day of coffee, colas and strong tea
  - alcohol: 0 - 1 drink a day for women and 0 - 2 for men
  - drink = 5 oz wine, 12 oz beer, or 1.5 oz distilled spirits

## **5. Add Incredible Pods and Other Beans**

Choose beans and other legumes including soybeans, chick peas, kidney beans, lentils and black beans 4 or more times a week or eat green peas regularly.

- ♥ Add to soups, stews, casseroles, dips and salads.
- ♥ Try soy nuts, tofu and soy milk fortified with calcium.

# Heart Health Nutrition Trends

## At-A-Glance

| Nutrition Trend               | Physiological Effect  | Food Sources  | Research Recommends   |
|-------------------------------|---|---|---|
| Plant Sterols or Phytosterols | Because of their structural similarity to cholesterol, <sup>1</sup> natural plant sterols (phytosterols) reduce cholesterol absorption in the intestine.  | Vegetable oils, nuts, seeds (such as sesame and sunflower), legumes (especially soybeans).  | Consumption of 800 mg of plant sterols daily lowers cholesterol 7% to 13%.  |
| Essential Fatty Acids         | The family of omega-3 fatty acids (including alpha linolenic acid) reduces platelet aggregation and may increase cardiac stability. <sup>2</sup>  | Tuna, sardines, sea bass, mackerel, salmon, oils (flaxseed, canola, soybeans), soft, non-hydrogenated margarine made from these oils, green leafy vegetables, nuts, tofu, flaxseed. | An intake of 2 g/day (or 1% of energy) of alpha linolenic acid appears to be a prudent recommendation for a heart healthy diet.   |
| Fibre                         | Soluble fibre lowers total blood cholesterol and LDL cholesterol levels. <sup>3</sup>   | Oatmeal, oat bran, psyllium, flaxseed, lentils, beans (and other legumes), barley, fruit (apples, strawberries, pears, citrus).   | Recommended daily intake: 25-30 g of total fibre (soluble and insoluble). <sup>4</sup> Clinical research suggests that as little as 6 g of pectin or 10 g of psyllium daily has a lipid-lowering effect. <sup>5</sup>   |
| B Vitamins                    | Some B vitamins (folic acid, B-6, and B-12) assist in the reduction of serum homocysteine (a breakdown product of methionine that may promote cholesterol build-up on artery walls). <sup>6</sup> | Liver, green leafy vegetables, legumes, toasted wheat germ, soy flour, yeast, fortified bread and cereals.  | Folic acid nutrition recommendations for Canadians:<br><ul style="list-style-type: none"> <li>• RNI (men) = 230 mcg</li> <li>• RNI (women) = 185 mcg</li> </ul> Current research suggests 400 mcg of folic acid may be prudent. <sup>6</sup>  |
| Vitamin E                     | An antioxidant that reduces oxidation of LDL cholesterol and triglycerides. <sup>7</sup>  | Nuts and seeds; some soft, non-hydrogenated margarines.   | Epidemiological evidence suggests that 100-200 IU may be appropriate for some individuals. <sup>7</sup>   |
| Carotenoids                   | Lycopene, a carotenoid, is an antioxidant that reduces oxidation of LDL cholesterol when consumed as part of a heart healthy diet.  | Tomatoes and tomato products, red and orange vegetables, watermelon, guava, pink grapefruit.  | Cooking tomatoes with fats such as vegetable oil may increase absorption. Current research suggests 40 mg of lycopene (1/2 cup of spaghetti sauce) may be sufficient to change LDL oxidation. <sup>8</sup>  |
| Flavonoids                    | Black and green tea are rich in flavonoids, which are potent antioxidants <i>in vitro</i> . Antioxidants have been associated with a decrease in cardiovascular disease risk. <sup>9</sup>        | Green and black teas, onions, broccoli, red wine.   | Evidence suggests that, in conjunction with a heart healthy diet, 1-4 cups of tea per day is a good way to increase antioxidants. <sup>10</sup>   |
| Isoflavones                   | An antioxidant found primarily in soybeans.   | Soy milk, tofu, soy flour, miso, roasted soynuts.   | Studies have shown that, in conjunction with a heart healthy diet, a minimum of 25 g/day of soy protein is needed to reap cholesterol-lowering benefits. <sup>11</sup> In the U.S., the FDA is currently reviewing scientific evidence linking soy protein and risk of CHD. <sup>12</sup> |

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