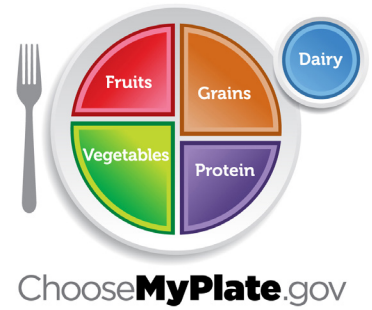




A Pioneering Area Agency on Aging

Heart Health



Heart disease is known as the “silent killer” and is the leading cause of death in the United States. It is estimated that in 2016, almost 44 million adults over age 60 were diagnosed with cardiovascular disease. There has been a lot of research on healthy eating and the effects on heart health. One approach is the DASH Diet, which stands for Dietary Approaches to Stop Hypertension. It was originally developed to lower blood pressure but research has shown that it also reduces the risk of other diseases such as cancer, stroke, heart disease, heart failure, kidney stones and diabetes.

The DASH Diet recommendations for a 2,000 calorie per day diet include:

- Grains and grain products (at least three whole grains): 7 to 8 servings per day.
- Fruits: 4 to 5 servings per day.
- Vegetables: 4 to 5 servings per day.
- Low-fat or non-fat dairy: 2 to 3 servings per day.
- Lean meats, fish and poultry: 2 or less servings per day.
- Nuts, seeds and legumes: 4 to 5 servings per week.
- Fats and oils: 2 to 3 servings per day.
- Sweets: limit to no more than 5 per week.

When starting the DASH Diet, focus on gradual changes. Incorporate fruits and vegetables with your meals. Switch to low-fat or non-fat dairy products. Add fruit and vegetables as snacks throughout the day. Remember that these changes do not have to occur all at once and you may have more success by taking it one step at a time.

It is recommended for healthy adults to consume no more than 2,300 mg of sodium a day. It is recommended for individuals with the following conditions to consume no more than 1,500 mg of sodium a day:

- People over age 51.
- Individuals with high blood pressure.
- Individuals with diabetes.
- Individuals with chronic kidney disease.
- African Americans.



There are several changes that you can make to help reduce your salt intake. Canned vegetables and beans often have a “no salt added” or “reduced sodium” product. If this isn’t available, drain and rinse the food to help eliminate some of the sodium.

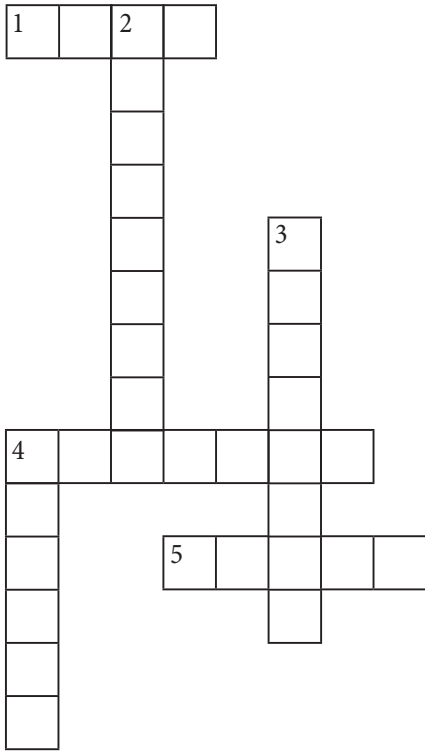
Getting creative with your seasonings can help to reduce your sodium intake. Fresh or dried herbs provide great flavor in your foods without all of the extra sodium. Some popular herbs include basil, dill, cilantro, rosemary, thyme and marjoram. Mrs. Dash makes “salt-free seasonings” in shaker bottles, but also in envelopes such as taco and roast seasonings.

There are many risk factors that contribute to heart disease, some we can control and others we cannot. Incorporating a balanced diet with a focus on reducing sodium intake can help to reduce some of the risk factors for heart disease.



This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.

Heart Healthy Crossword Puzzle



Across

- _____ Diet is a dietary approach to improve heart health.
- It is recommended to reduce _____ intake to less than 1500 mg /day for adults over age 51.
- Seasoning with these can add great flavor to your foods.

Down

- Type of fat found in animal products and higher amounts may contribute to increased cholesterol levels.
- _____ is American Heart Month.
- This type of fish is high in Omega-3 fatty acids.

Fun Facts on Heart Health

- Your heart is about the size of your two hands clasped together.
- Regular exercise is the single most important key to heart health — and it's FREE!
- Each minute your heart pumps 1.5 gallons of blood.
- The right side of your heart pumps blood into your lungs while the left side pumps it back into your body.
- A woman's average heartbeat is faster than a man's by almost 8 beats a minute.
- Heart disease has been found in 3,000 year old mummies.

Homemade Taco Seasoning

(yields 4 servings)

- 2 Tbsp. chili powder
- ½ tsp. garlic powder
- 1 pinch cayenne pepper (optional)
- 1 ½ tsp. paprika
- ½ tsp. ground cumin
- 1 pinch red pepper flakes (optional)
- 1 tsp. onion powder
- ½ tsp. oregano
- ½ tsp. sea salt (optional)
- ¼ tsp. ground black pepper

Directions: Mix everything in a bowl to combine.

