



# Module 19: Keep Your Heart Healthy

## Participant Guide



# Session Focus



Since you are at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. So, it's important to keep your heart healthy.

## In this session, we will talk about:

- Why heart health matters
- How to keep your heart healthy
- Why you should limit salt and how to do it
- How to make healthier choices about fats

## You will also make a new action plan!

### Tips:

- ✓ When possible, replace unhealthy fats with healthier fats.
- ✓ Remember that all fats are high in calories—use them moderately.
- ✓ Choose less processed meats, poultry, fish, and dairy more often. Processed foods like ready-made meats that are breaded or in sauces often contain more fat, salt, and sugar.
- ✓ Choose leaner cuts of meat, like round cuts and sirloin. Remove the skin from chicken and turkey and eat more fish.
- ✓ Try using herbs and spices to flavor foods to lower the amount of salt.



# The Heart of the Matter



Your heart is amazing! With each beat, it pumps oxygen-rich blood and nutrients, like glucose, vitamins, and amino acids, to the cells in your body. Blood travels through tubes called arteries. When your heart is healthy, it pumps just the right amount of blood at the right speed all through your body.

When something goes wrong with your heart or arteries, it's a big deal for your health. Your organs might not get enough oxygen or nutrients, and your heart might have to work harder to pump blood.

**What are some problems you could have with your heart or arteries?**

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**Learn more about heart disease and living a heart-healthy lifestyle by visiting:**

- 7 Strategies to Live a Heart-Healthy Lifestyle: [www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm](http://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm)
- Heart Disease: [www.cdc.gov/heartdisease/index.htm](http://www.cdc.gov/heartdisease/index.htm)



# Ways To Keep Your Heart Healthy

## Smoking, High Blood Pressure, and High Cholesterol

The three biggest risk factors for heart disease are smoking, high blood pressure (hypertension), and high blood cholesterol. Luckily, there are things you can do to keep your heart as healthy as possible!

### Stop Smoking for Your Heart

Smoking harms your blood vessels by making them thicker and narrower so that it's harder for your heart to pump blood around your body. Smoking also makes your blood sticky and thick, so it forms clots more easily. This raises your risk of having a stroke.

It's not easy to quit smoking—but you can do it! To learn more, review the Ready, Set, Quit! handout provided by your coach.



### Monitor Salt and Your Blood Pressure

Salt (sodium) is important for keeping the right balance of fluid in your body. However, too much salt can be a problem for some people. When there is too much sodium in your blood, it pulls water into your blood vessels, which raises your blood pressure. Eating too much salt can cause obvious effects, like swollen feet. If your shoes are pinching more than normal, it might be time to look at your diet.



# Ways To Keep Your Heart Healthy

Consuming a lot of packaged and processed foods can increase your salt intake as well. Over time, uncontrolled high blood pressure can make some people more likely to develop heart disease or have a stroke.

Talk to your doctor about your blood pressure. They will tell you what it should be and whether you need to take medicine to help control it.

If your doctor tells you to limit salt, try these ideas:

- When possible, avoid prepackaged and frozen meals and prepared foods like pizza and cured meats, which tend to be high in sodium.
- Limit restaurant food. Restaurants tend to have food high in calories, fat, and sodium.
- Read food labels and look for ingredients such as salt, sodium, monosodium glutamate, and disodium phosphate.
- Rinse canned vegetables and beans with water to remove some of the salt.
- When possible, cook with fresh ingredients instead of canned or prepared foods.
- Try using herbs and spices to flavor foods, especially if you must avoid salt.

**Other ways I can reduce salt:**

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# Ways To Keep Your Heart Healthy

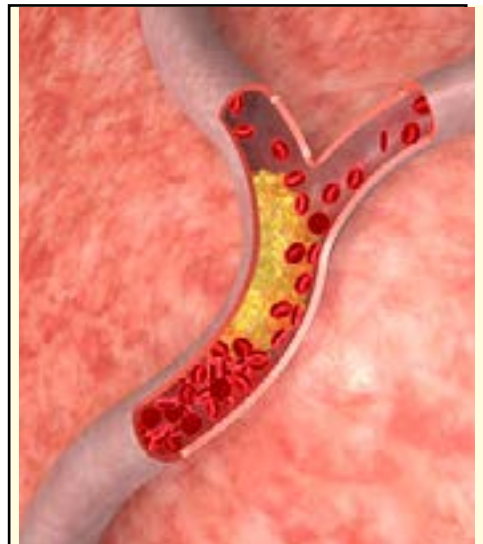
## Monitor Blood Cholesterol

To understand blood cholesterol, think of a car engine and its oil. Oil lubricates important engine parts to keep the car performing at a high level. Like car oil, high-density lipoprotein, or HDL, lubricates important parts of the body, including the blood vessels, absorbing other cholesterol and helping get rid of it. HDL also prevents other cholesterol from sticking. Low-density lipoprotein, or LDL, is the cholesterol that sticks to the walls of your blood vessels, blocking off blood flow. It wears your “engine” down and causes it not to perform as well. You need HDL to fight the negative effects of LDL.

If your blood cholesterol is too high, your doctor may prescribe medicine, or make recommendations for changes in your diet and getting regular physical activity. High blood cholesterol can cause plaque to collect on the insides of your blood vessels, making them stiff and narrow—so narrow it might even prevent blood from moving through.

If your blood cholesterol level is within a healthy range, you can help to keep it healthy by doing the following:

- Replace unhealthy fats with healthy fats, instead of avoiding all fats.
- Choose fresh meats, poultry, fish, and dairy more often. Processed foods often contain more fat, salt, and sugar.
- Choose leaner cuts of meat and remove the skin from chicken and turkey. Include fish in your diet.
- Choose less processed meats, poultry, fish, and dairy more often.



As cholesterol (plaque) builds up in the arteries, the arteries begin to narrow, which lessens or blocks the flow of blood. Source: [www.cdc.gov/cholesterol/about.html](http://www.cdc.gov/cholesterol/about.html)

## Other Risk Factors

What are three additional risk factors for heart disease?

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# Ways To Keep Your Heart Healthy

## Healthy Heart Strategies

### Take good care of your heart!

- If you smoke, you can quit and protect your heart health. For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).
- If you have blood pressure medicine, take it as directed.
- If your doctor tells you to, limit your salt.
- If you have medicine to manage your blood cholesterol levels, take it as directed.
- Try to eat healthy fats.
- Limit the amount of alcohol you drink—up to one drink a day for women and two drinks per day for men.
- Be active for at least 150 minutes a week at a moderate pace or more.
- Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30 minutes.
- Manage or reduce stress.
- Reach and stay at a healthy weight.
- Choose fresh meats, poultry, fish, and dairy more often. Processed foods often contain more fat, salt, and sugar.
- Choose leaner cuts of meat and remove the skin from chicken and turkey. Include fish in your diet.
- Try using herbs and spices to flavor foods, especially if you must avoid salt.



# Ways To Keep Your Heart Healthy

**Ask your health care provider:**

- If you need to take medicine to keep your heart healthy.
- If you need any tests to check your heart health, for example:
  - o A blood pressure test measures the force of blood against your artery walls.
  - o A cholesterol test measures fats in your blood.

To learn more about heart health, review the “ABCs of Heart Health” or “4 PASOS ADELANTE”:

- [millionhearts.hhs.gov/files/4\\_Steps\\_Forward\\_English.pdf](https://millionhearts.hhs.gov/files/4_Steps_Forward_English.pdf)
- [millionhearts.hhs.gov/files/4\\_Steps\\_Forward.pdf](https://millionhearts.hhs.gov/files/4_Steps_Forward.pdf)

### What strategy do you think you can try this week?



# Be Heart Smart About Fats



You need fats in your diet for energy and to help your body absorb certain vitamins. Essential fatty acids help the body function, but they aren't made by your body; you consume them. Many foods contain fats; you just need to know which fats are healthy to eat and which ones aren't.

The fats to limit are called saturated fats—they are unhealthy fats. Saturated fats are found in foods such as butter, beef fat, higher-fat meats, cakes, cookies, pizza, casseroles, burgers, and traditional ground beef tacos.

Eating too much unhealthy fat can raise your blood cholesterol levels and increase your risk of heart disease.

# Be Heart Smart About Fats

## Fats To Limit or Avoid

Some fats can harm your heart.

You can avoid eating too much unhealthy fat by following these tips:

- Remove the skin from chicken and turkey.
- Choose meats with less fat, such as cuts with “loin” in the name.
- Cook with oils, like olive oil, instead of lard or butter.
- Use low-fat or fat-free dairy products.

When a recipe calls for an ingredient that is high in unhealthy fat, see if you can replace it with vegetables or whole grains, or a lower-fat dairy product, a leaner type of meat, or a healthy fat.

### Foods With Fats To Avoid or Limit



Chicken or Turkey Skin



Sauces Made with  
Butter or Cream



Palm Oil, Palm Kernel  
Oil



Fatback, Salt Pork



High-Fat Dairy Products Like  
Whole or 2% Milk, Cream, Ice  
Cream, Full-Fat Cheese



High-Fat Meats Like  
Ground Beef, Bologna, Hot  
Dogs, Sausage, Bacon,  
Spare Ribs



Lard



# Be Heart Smart About Fats

## Healthy Fats To Use Instead

Healthy fats can help reduce bad cholesterol levels in your blood and reduce your risk of heart disease.

Some healthy fats contain omega-3 fatty acids, which are good for your heart. Omega-3 fatty acids can help reduce your risk of heart disease and stroke.

### Foods High in Healthy Fats



Avocado



Canola Oil



Nuts Like Almonds, Cashews, Pecans, and Peanuts



Olive Oil



Peanut Butter and Peanut Oil



Sesame Seeds



Corn Oil



Cottonseed Oil



Oil-based Salad Dressings

# Be Heart Smart About Fats



Pumpkin and Sunflower Seeds



Safflower Oil



Soft (tub) Margarine



Soybean Oil



Sunflower Oil



Walnuts



Albacore Tuna



Herring



Rainbow Trout



Salmon



Sardines







Flaxseed and Flaxseed Oil







# Be Heart Smart About Fats

## Cook With Healthy Fats

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your ideas in the column that says, "Other Ideas." Check off each idea you try.

Instead of...	Cook the healthy way!	Other Ideas
 <p>Eating animal fat and skin</p>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Take the skin off chicken before you cook it.</li> <li><input type="checkbox"/> Trim the fat off meat before you cook it.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
 <p>Frying or deep-frying in butter or lard</p>	 <ul style="list-style-type: none"> <li><input type="checkbox"/> Grill, roast, sauté, poach, or stir-fry in a small amount of vegetable oil such as olive or canola oil.</li> <li><input type="checkbox"/> Use olive or canola oil.</li> <li><input type="checkbox"/> Simmer in water or stock.</li> <li><input type="checkbox"/> Steam or microwave.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>

Instead of...	Cook the healthy way!	Other Ideas
 <p>Baking with butter or lard</p>	 <p>Bake with:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ground or pureed veggies or fruit with no added sugar</li> <li><input type="checkbox"/> Nonfat plain yogurt</li> <li><input type="checkbox"/> Vegetable or fruit juice with no added sugar</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
 <p>Topping foods with cream sauce or butter</p>	 <p>Try these:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lemon juice or vinegar</li> <li><input type="checkbox"/> Herbs and spices</li> <li><input type="checkbox"/> Salsa or hot sauce</li> <li><input type="checkbox"/> Plain nonfat yogurt</li> <li><input type="checkbox"/> Tomato sauce</li> <li><input type="checkbox"/> Low-fat, low-salt salad dressing made with olive oil</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>