

# SESSION 24: Keep Your Heart Healthy



## Session Focus

Some people who experience obesity are more likely to have problems with their heart or arteries.

### This session we will talk about:

- Why heart health matters
- How to keep your heart healthy
- How to be heart smart about fats

### You will also make a new action plan!

## Doing these things each day can help your heart:

- If you smoke, quit.
- Be active for at least 175 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 stress.
- Limit alcohol.
- Choose foods that are:
  - Low in calories, salt (sodium), and fats—especially unhealthy fats
  - High in fiber, water, vitamins, minerals, and protein

## Ask your healthcare provider:

- If you need to take medicine to keep your heart healthy
- If you need any tests to check your heart health

### Tests for Heart Health

- **Blood pressure test** measures the force of blood against your artery walls.
- **Cholesterol test** measures fats in your blood.

## Avoid unhealthy fats

Unhealthy fats can harm your heart.

*There are three types of unhealthy fats: saturated fat, trans fat, and cholesterol.*

### Foods high in saturated fat include:

- Chicken skin and turkey skin
- Chocolate
- Coconut and coconut oil
- Fatback and salt pork
- Gravy made with meat drippings
- High-fat dairy products, such as whole or 2% milk, cream, ice cream, and full-fat cheese
- High-fat meats, such as regular ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- Lard
- Palm oil and palm kernel oil
- Sauces made with butter or cream

### Foods high in trans fat include:

- Processed foods made with hydrogenated oil or partially hydrogenated oil, such as cookies, chips, and cakes
- Shortening
- Stick margarine

### Foods high in cholesterol include:

- Chicken skin and turkey skin
- Egg yolks
- High-fat dairy products
- High-fat meats
- Liver and other organ meats

## Limit healthy fats

Healthy fats are good for your heart. But they are also high in calories.

*There are three types of healthy fats: monounsaturated fat, polyunsaturated fat, and Omega-3 fatty acids.*

### Foods high in monounsaturated fat include:

- Avocado
- Canola oil
- Nuts like almonds, cashews, pecans, and peanuts
- Olives and olive oil
- Peanut butter and peanut oil
- Sesame seeds

### Foods high in polyunsaturated fat include:

- Corn oil
- Cottonseed oil
- Oil-based salad dressings
- Pumpkin and sunflower seeds
- Safflower oil
- Soft (tub) margarine
- Soybean oil
- Sunflower oil
- Walnuts

### Foods high in Omega-3 fatty acids include:

- Albacore tuna
- Herring
- Rainbow trout
- Salmon
- Sardines
- Walnuts, flaxseed, and flaxseed oil

## Cook the healthy way

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 TO TRY: |
|--|--|---------------------|
| Frying or deep frying in unhealthy fat | <input type="checkbox"/> Grill, roast, saute, or stir-fry in a small amount of healthy fat<br><input type="checkbox"/> Steam or microwave<br><input type="checkbox"/> Simmer in stock or water                             |                     |
| Coating pans with unhealthy fat        | <input type="checkbox"/> Use non-stick pans<br><input type="checkbox"/> Use cooking spray  |                     |
| Topping foods with fatty sauces        | <input type="checkbox"/> Try lemon juice, salsa, herbs, vinegar, non-fat yogurt, tomato sauce or low-fat salad dressing made with healthy oil  |                     |
| Baking with butter and oil             | <input type="checkbox"/> Bake with ground/pureed veggies or fruit with no added sugar<br><input type="checkbox"/> Bake with non-fat yogurt<br><input type="checkbox"/> Bake with veggie or fruit juice with no added sugar |                     |
| Eating animal fat and skin             | <input type="checkbox"/> Take the skin off chicken before you cook it<br><input type="checkbox"/> Trim excess fat  |                     |