



Photo by Pixabay.com

## EAT WELL, AGE WELL.

### HEART HEALTHY EATING

The “cardiac diet” is the unofficial term for a heart healthy diet. In this diet, you eat plenty of nutrient-rich foods including fruits and vegetables, whole grains, lean poultry and fish. You want to avoid saturated fats, trans fats, and excess sodium and added sugars.

Following a heart healthy or cardiac diet is important because it can reduce your risk of heart disease in the future. By limiting processed foods and adding more nutritious ones, you will be fueling your body with what it needs to stay healthy and improve your overall health. Following this diet can help you obtain a healthy weight, lower your blood pressure, cholesterol and blood sugar levels.

Here are some quick recommendations when following a heart healthy diet.

1. At mealtimes, fill half of your plate with fruits and/or veggies. Examples of vegetables include cauliflower, mushrooms, spinach, and bell peppers.
2. Omega-3 fatty acids are found in fatty fish and some nuts and seeds. These foods include salmon, tuna, and walnuts.
3. One of the most important components of a heart healthy diet is soluble fiber. Foods high in soluble fiber are oats, beans, and berries.

### WEEKLY CHALLENGES

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EVALUATE YOUR DIET AND FIND SMALL WAYS TO INCORPORATE HEART HEALTHY FOODS

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MAKE A SALAD WITH SPINACH, MUSHROOMS, AND BELL PEPPERS

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INCORPORATE MORE SOLUBLE FIBER INTO YOUR DIET

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EAT A FOOD THAT IS HIGH IN OMEGA-3 FATTY ACIDS AT LEAST TWICE THIS WEEK

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

### **Week 1:** Give out/Post

- The 1- page overview handout *Heart Healthy Eating*
- Placemat/handout – *Honey Garlic Salmon*
- Table Tent- *Omega 3's*
- *Monthly Tracking Calendar*

### **Week 2:** Give out/Post

- Placemat/handouts – *Breakfast Cookies*
- Table Tent- *Nuts and Seeds*

### **Week 3:** Give out/Post

- Placemat/handouts – *Vegetable and Turkey Stir Fry*
- Table Tent- *Soy Foods*

### **Week 4:** Give out/Post

- Placemat/handouts – *Quick Chicken Chili*
- Table Tent- *Fish, Nuts, Grains*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)