Mended Hearts®’ mission is “to inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education and advocacy.”

The National Lipid Association’s (NLA) mission is “to enhance the practice of lipid management in clinical medicine.”

The Foundation of the NLA’s mission is “to improve the welfare of patients and families affected by cholesterol and triglyceride problems.”
Before we begin

- All attendees are in listen-only mode.
- If you cannot hear, check the audio button on your personal computer to assure the sound is on.
- Please type your questions into the Q&A box at any time during the presentation. Questions will be read and answered after the presentation.
  - Note: The presenter will not be able to answer questions about you as a patient as she is not the treating physician.
- The PDF version of the slides, as well as the recording of this presentation, will be available on the Mended Hearts website following the event.
Beyond the Numbers
Lipid Control Webinar Series 2021

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Bring it Home
Under Budget:
Cooking Demo and Tips for Heart-Healthy Eating

BY MARY FELANDO, MS, RDN, CLS, FNLA
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Objectives

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<td>brief look at the Nutrition Facts Label</td>
<td>tips for low-cost heart-healthy eating</td>
<td>some budget friendly meal ideas</td>
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Disclaimers

- Nutrition recommendations are based on advice provided by the AHA/ACC and the National Lipid Association as well as the Dietary Guidelines for Americans.
- Check with your healthcare professional to see if these recommendations are right for you!
- If available, work with a Registered Dietitian Nutritionist to individualize your approach for optimal success! Find a nutrition expert at www.eatright.org.

References:
Heart Healthy Eating on a Budget

Tips for Heart Healthy Eating on a Budget

- Plan menus and make your grocery list from these menus
- Limit packaged and pre-cooked foods—many are high in salt, fat, and sugar
- Check for store specials and coupons in newspapers and online
- Shop at discount grocery stores and buy non-perishable items in bulk
- Buy generic or store brands
- Eat before going grocery shopping to avoid impulse buying
- Check out www.choosemyplate.gov/budget for more ideas!

Tips for Low Cost Heart Healthy Eating

Fruits and Vegetables
- Fill 9-10 inches of a plate
- Choose fresh and vegetables in season
- Limit meat portions to about 3 ounces

Protein Foods
- Cook meats with plant proteins (beans, legumes, lentils)
- Choose lean meats like chicken or turkey (on the skin)

Dairy Foods
- Limit milk and choose low-fat dairy foods
- Use water-packed, low-salt canned 
- Choose low-fat instead of full-fat dairy products

Snacks
- Make homemade popcorn or vegetables
- Season with low-salt, low-fat chips

Recommendations
- Eat before going grocery shopping to avoid impulse buying
- Check out www.choosemyplate.gov/budget for more ideas!

Budget Friendly Heart-Healthy Menu Ideas

Low-Sugar Cereal or Oatmeal + Fruit or Raisins or Whole Grain Toast + 2 Tbsp. Peanut Butter + 1% Milk

Tuna or Vegetable Wrap with Low-Fat Mayonnaise + 2 Tbsp. Peanut Butter on Whole-Wheat Bread

Red Beans and Brown Rice or Lentil Soup or Pasta and Beans or Chicken with Brown Rice + Salad or Green Vegetable + Fresh Fruit + Water or 1% Milk

Snacks
- Homemade Popcorn
- Vegetables + Hummus

A registered dietitian nutritionist can help you make a heart-healthy meal plan that works best for your lifestyle, and support you in your journey to a healthier dietary pattern.

Heart Healthy Eating on a Budget

The Foundation of the National Lipid Association partnered with two of our credentialed dietitians who looked at food choices that you can find in Dollar General stores in Pennsylvania and Florida to make a list of heart healthy and affordable foods that you can include in your diet. There are other budget stores like these in different parts of the country that provide many food choices, so be sure to check the food labels and compare brands to find the healthiest choice.

Remember to choose fresh or frozen fruits and vegetables, lean meats, fish and poultry, low-fat or fat-free dairy products, whole grains, legumes (peas, beans) and nuts, and healthy fats. When grocery shopping, notice and try to avoid foods that are high in saturated fat, sodium and added sugars. Highly processed foods are often guilty of bad for heart health, choose foods that have less than 50g of sodium, 1 to 2g of saturated fat, and 7g of sugar per serving.

Fruits and Vegetables
- Green onions, green bell peppers, carrots, broccoli, cauliflower
- Tomatoes, beets, spinach, kale, potatoes
- Mixed berries and melons
- Oranges, lemons, and limes

Protein
- Chicken breasts, ground turkey, ground fish
- Tuna, salmon, sardines

Fats and Oils
- Vegetable oils and nuts

Bread and Cereals
- Whole grains, brown rice

Dairy
- Low-fat or fat-free milk, yogurt, cheese

Snacks
- Nuts, seeds, and whole grains

Mediterranean Diet
- Oily fish
- Olive oil
- Legumes
- Nuts and seeds

Conclusion
- Choose heart-healthy foods and avoid those that are high in saturated fat, sodium, and added sugars.

Shopping List

Fruits and Vegetables
- Green onions, green bell peppers, carrots, broccoli, cauliflower
- Tomatoes, beets, spinach, kale, potatoes
- Mixed berries and melons
- Oranges, lemons, and limes

Protein
- Chicken breasts, ground turkey, ground fish
- Tuna, salmon, sardines

Bread and Cereals
- Whole grains, brown rice

Dairy
- Low-fat or fat-free milk, yogurt, cheese

Snacks
- Nuts, seeds, and whole grains

Mediterranean Diet
- Oily fish
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- Legumes
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Conclusion
- Choose heart-healthy foods and avoid those that are high in saturated fat, sodium, and added sugars.
*16,368 stores in the US (1,552 in Texas)
*Groceries, cleaning products and pet food account for most of their sales
*1000 stores to add produce by 2021

Source: Forbes.com 5/28/20
Heart Healthy Guidelines:

- Consume a dietary pattern that emphasizes veggies, fruit, whole grains, and includes low-fat dairy, poultry, fish, legumes, non-tropical oils, and nuts.
- Has limited intake of sweets, sugary beverages, red meats and processed foods.
- Limit saturated fat to <6% of calories and cholesterol to <200 mg daily.
- Limit sodium to <2300 mg/day or optimal for HT, <1500 mg/day.
Read it before you eat it!

Consider items with:

- Up to 1-2 grams saturated fat
- Less than 500 mg sodium
- Up to 7 grams of added sugar
Let’s pick a healthy, low-cost cracker
Check unit pricing for the best deal!
Limit Added Sugars to Less than 10% of Calories

This means approximately 25 grams for women and 36 grams for men daily.
**Try to skip the beverage and candy/snack aisles.**

**Shop the perimeter of the store for essentials.**

**Healthiest foods are often found high and low on shelves, not at eye level.**
8 top tips for bringing it home under budget:

• Plan weekly meals and make a list from that menu. Be sure to note items you already have in your pantry and refrigerator...use them up to prevent waste.

• Check the weekly circular and coupons (including digital) when planning meals.

• Stock up when things are on sale but keep track of your inventory.

• Keep some easy “go to” inexpensive meals on hand all the time (prevents dining out).

• Shop at deep discount grocery chains; get to know your store brands; become a loyalty member.

• Compare prices using “unit price” often shown on store shelves.

• Meatless meals, using beans can save money; fish, meat and poultry are the most expensive items in a food basket.

• Decide if “convenience items” are worth the cost.

• Eat before you go!
Ways to save at home:

• Store foods properly to prevent waste and spoilage. Rotate with the FIFO method.
• Cook it once, eat it twice. Make extras and use or freeze leftovers.
• Stretch main dishes by adding beans, frozen corn, peas and other veggies.
• Try having breakfast for dinner. Omelets, French toast and healthy pancakes are less expensive than meat and fish.
• Start a kitchen windowsill garden of herbs like basil, rosemary and oregano.
• When lemons are cheap, squeeze your own in an ice cube tray. Use to flavor salads, veggies, fish, and poultry instead of salt.
Beans, beans…

- Inexpensive form of plant-based protein.
- Rich in soluble fiber which lowers bad cholesterol.
- Rinse canned beans to lower sodium by 40%.
- Make from scratch with dry beans.
- Begin intake slowly and eat more as tolerated.
- Use beans on a salad or add to soups or puree with herbs to make a spread, wrap inside a tortilla, use as a side dish or enjoy as a main dish like veggie chili or beans with rice or pasta.
- Set a new goal… like Vegetarian Mondays!
Have a Nut!

Nutrition Facts
7 servings per container
Serving size 1 oz (28g/abouut 1/4 cup)
Amount per serving Calories 170
% Daily Value
Total Fat 16g 20%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 95mg 4%
Total Carbohydrate 5g 2%
Dietary Fiber 3g 11%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 6g 12%
Vitamin A 0%
Vitamin C 8mg 6%
Calcium 0mg 0%
Iron 1mg 6%
Phosphorus 200mg 4%

What is an ounce of nuts?
The answer varies depending on the type and size of each nut.

Here are examples of one ounce portions of each tree nut, along with the average number of nuts per serving.
Budget Friendly Heart-Healthy Meal Ideas*

• Toasted oat dry cereal/nonfat with 1% milk/raisins OR whole grain toast with peanut butter OR low-fat yogurt with canned no-sugar-added fruit

• Tuna/deli turkey or ham on whole wheat bread OR refried beans/salsa on tortilla OR healthy soup with whole grain crackers OR egg omelet with frozen veggies

• Beans and rice OR meatless bean chili OR lentil soup OR pasta and beans OR skinless chicken breast with steamed frozen veggies OR salmon patties

• Snacks like a handful of nuts, dried fruit like raisins or prunes, whole grain crackers like woven wheats, yogurt, canned no-sugar-added fruit, and Mozzarella cheese stick

*Using only foods available at Dollar General
Thanks for your time!
And now for the cooking demo, then QUESTIONS
For additional questions, please email: Andrea.baer@mendedhearts.org

Join us for the next session of the series:
The Deal with Blood Pressure
March 30, 2021 at 3:00 PM ET

Presenter: Dr. Keith Ferdinand, MD, FACC, FAHA, FASPC, FNLA
Patient Representative: Mike Coleman
Moderator: Andrea Baer, MS, BCPA

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