

Cardiovascular Disease and Nutrition

Presented by: Emily Fisher and Rachel Hill

Overview

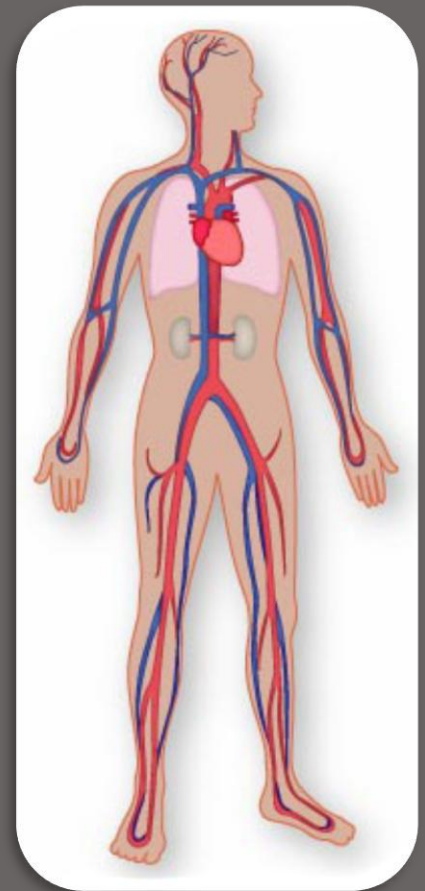
- Overview of cardiovascular disease
 - Definition
 - Risk factors
 - Long-term effects
 - Signs and symptoms
- Healthy habits for a healthy heart
 - Dietary factors
 - Exercise



Overview of Cardiovascular Disease

What is cardiovascular disease?

- ❑ Any disease of the heart or blood vessels
 - ❑ High blood pressure
 - ❑ Atherosclerosis (hardening of arteries)
 - ❑ Congestive heart failure
- ❑ Can lead to:
 - ❑ Heart attack
 - ❑ Stroke
- ❑ Occurs over time
- ❑ Has life-long effects



What leads to heart disease?

- Age
- Genetics
- Poor nutrition
- Physical inactivity
- Smoking
- Other conditions
 - Diabetes
 - High cholesterol
 - High blood pressure



What are the effects of heart disease?

- ❑ Buildup of fat in the arteries →
- ❑ Hardening and narrowing of arteries →
- ❑ Heart works harder to pump blood →
- ❑ Artery becomes blocked →
- ❑ Leads to:
 - ❑ **Heart attack** – lack of blood to the heart
 - ❑ **Stroke** – lack of blood to the brain



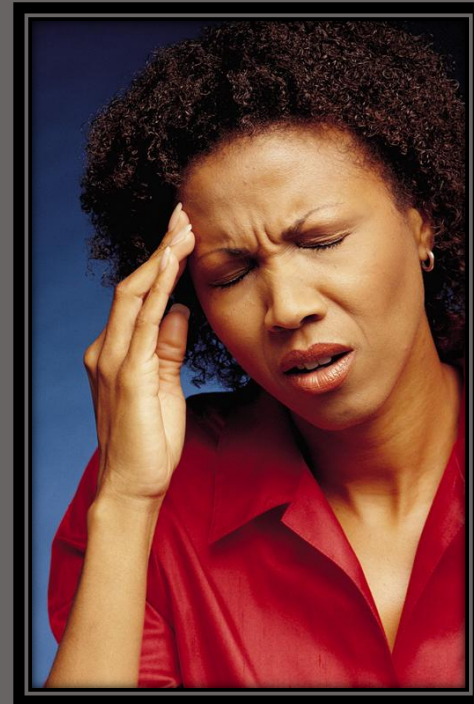
Signs of a Heart Attack

- ❑ Chest discomfort or pain
- ❑ Upper body pain
- ❑ Stomach pain
- ❑ Shortness of breath
- ❑ Anxiety
- ❑ Lightheadedness
- ❑ Sweating
- ❑ Nausea and vomiting



Signs of a Stroke

- ❑ Numbness or weakness in face, arms, or legs
- ❑ Confusion
- ❑ Slurred speech
- ❑ Blurred vision
- ❑ Difficulty walking
- ❑ Dizziness or loss of balance
- ❑ Severe headache



Healthy Habits for a Healthy Heart

Healthy Eating for a Healthy Heart

- ❑ Main goal is to lower LDL (bad) cholesterol

- ❑ Focus on:

- ❑ Low fat
- ❑ Low cholesterol
- ❑ Low sodium
- ❑ High fiber
- ❑ Exercise



Facts about Fats

□ Unsaturated Fat

- Liquid at room temperature
- Ex: vegetable, olive, and canola oils, nuts



□ Saturated Fat

- Solid at room temperature
- ↑ LDL (bad) cholesterol
- Ex: butter, lard, meat, cheese, milk



□ Transsaturated Fat

- Man-made fat
- ↑ LDL (bad) cholesterol
- Ex: packaged foods, fried foods



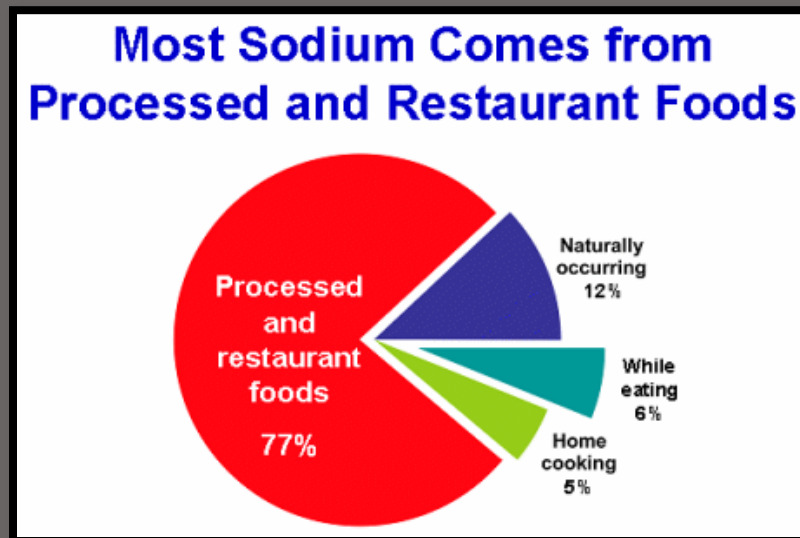
Sodium (Salt)

- ❑ Sodium pulls water to itself, which plays a role in increasing blood pressure
- ❑ Extra volume makes your heart work harder
- ❑ High blood pressure damages blood vessels
- ❑ All of this can lead to heart disease and its complications



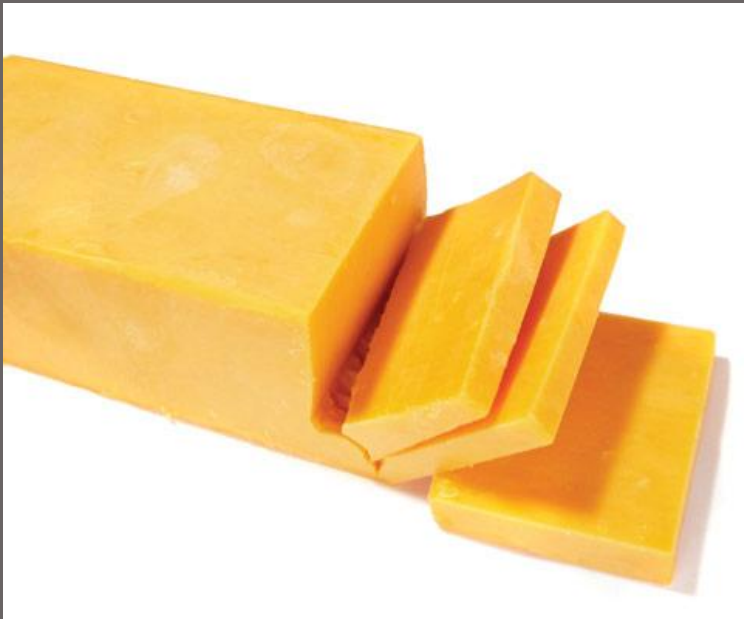
Sodium Trivia

- We need about 2,300 mg of sodium per day
 - = 1 teaspoon of salt
- On average, Americans get 3,400 mg of sodium per day.



Sodium Game: Higher or Lower?

1 slice of cheddar cheese



176 mg

1 slice of American cheese



275 mg

Sodium Game: Higher or Lower?

½ cup canned green beans



390 mg

½ cup frozen green beans



0 mg

Sodium Game: Higher or Lower?

2 oz sliced deli turkey

3 oz grilled chicken breast



710 mg

60 mg

Fiber

- ❑ Fiber is the part of a plant that cannot be digested by the human body.
- ❑ Found in...
 - ❑ Whole grains
 - ❑ Fruits
 - ❑ Vegetables
 - ❑ Beans
- ❑ Benefits of fiber
 - ❑ Lowers cholesterol
 - ❑ Helps you feel full and maintain a healthy weight
 - ❑ Keeps your digestive system regular



Exercise Matters!

- ❑ Why exercise?
 - ❑ Helps maintain a healthy weight
 - ❑ Strengthens heart
 - ❑ Lowers blood pressure
 - ❑ Helps control diabetes
- ❑ Any activity counts!
- ❑ How much?
 - ❑ 30 minutes of moderate activity most days of the week



Questions?