

>>This episode of living essentials is sponsored by angel partners. Angel partners: committed to the services and technologies that support family values and lifelong learning. >>Next on living essentials, we're talking about heart-healthy eating. With coronary heart disease being the leading cause of death in America today, it's easy to see that eating a healthy diet can make all the difference in maintaining a healthy heart. But with so many conflicting messages about diets out there, it can be hard to know what to do. We'll give you lots of tips on how to create your own heart-healthy diet. Stay tuned. [music notes]

Welcome to living essentials. I'm Rebecca Cressman, and today we are talking about heart-healthy eating. With me today is Jalaine Cantor, a registered dietician and outpatient dietician for Utah Valley Regional Medical Center. Thank you for joining me today. Before we start we want to give you an idea of what we're going to talk about. First we'll talk about 6 basic building blocks for a healthy heart. Then, we'll talk about how to modify recipes to be more heart-healthy by eliminating, reducing, or substituting ingredients. And lastly, we will address the importance of reading labels carefully. So let's start with Jalaine with those basic building blocks of a healthy heart, and the first building block would be eating more fruits and vegetables? >>right. There's a lot of different basic building blocks that we can use, but the main one is the fruits and vegetables. A lot of it's because they have higher fiber amounts as well as a lot of good vitamins and minerals, which all help with reducing your cholesterol overall. >>alright, so if we're going to say ok, the first major change I'm going to make in my diet is eat more fruits and vegetables, how many servings a day would you recommend? >>the food guide pyramid used to do the 3-5 servings of vegetables a day, 2-4 of fruits. Now they've changed to cups, which makes it a little bit easier. So they do 1.5-2 cups of fruits and 2-3 cups of vegetables. As well as another good tip on doing that is to actually take your plate, divide it in half, and one half of it is just your fruits and vegetables. >>and that will be a change for a lot of us. There's been some mixed news about dark green leafy vegetables. And we've been told that iceberg lettuce is maybe not the best choice, but there's a warning and I think people would be surprised to find out more. What is that? >>for some heart patients they are on a blood thinner, which makes it so their blood doesn't clump up as much. Green leafy vegetables have a vitamin called vitamin K in it that actually does the opposite and will clump your blood up, and so you don't want to eat too much of them. You can still have them, but try to stay about the same amount every day. >>so not increasing too much. Ok, the second building block after we have fruits and vegetables entered into our diet are whole grains. >>whole grains are a great way to also get your fiber as well as your different vitamins and minerals. Fiber helps... I kind of think of it as a glue. It acts as glue that will take out the cholesterol from your body, and so you get lower amounts of cholesterol. As well as it has a lot of B vitamins, folic acid, vitamin C, that have really been shown to help with heart health overall. >>we've been hearing so much about different kinds of fats – saturated fats and unsaturated fats – and so I don't think it's a surprise that we're going to hear that it's also important in the building blocks of a healthy heart diet is to look for unsaturated fats. You have some samples for us, give us an example. >>when we talk about fats we name them as "good" or "bad". The mono-unsaturated and the poly-unsaturated fats are the good types of fats, which are things like your avocados, your nuts, peanut butter, things like that. >>these are mono? >>mono-unsaturated fats. And olive oil as well and canola

oil; they're great to cook with, they'll actually help in reducing your cholesterol overall, they've been shown through research to do that. >>now I haven't really studied latin, so let's go over this really quick. A mono-unsaturated fat versus a poly-unsaturated fat, basically what's the difference between the two? >>to get into chemistry, mono-unsaturated is just one of the double bonds in a fat molecule is no longer, it's just one bond. Poly-unsaturated means there's a couple of different ones, that they don't have the double bonds in it. >>and you mentioned this is a mono-unsaturated fat, healthy, good for us. What is an example of a poly-unsaturated? >>a poly-unsaturated is kind of a neutral fat, and those are things like your salmon, which actually have been shown to be really good with omega-3's which have been shown to be heart healthy as well, as well as some of your mayonnaises and margarines. And I think a lot of people don't think of those when they think of the healthy fats. >>is there a better choice for us when we are trying to choose between mono-unsaturated and poly-unsaturated? >>I would try to do the mono-unsaturated as much as possible, but the poly-unsaturated are just as good, so either-or. >>because we brought up mono-unsaturated poly-unsaturated, let's refer just a minute. You mentioned that this was mono-unsaturated, what foods would be poly-unsaturated? >>the salmons or other types of fishes, the mayonnaises, light mayonnaises, and the tub margarines, and some salad dressings as well – a lot of the vinaigrettes and things like that. >>so as long as they're in moderation we're ok with that. what about the trans fats and saturated fats; the bad guys. >>the trans fats and saturated fats have been shown through research to create a negative effect which raises your blood cholesterol. As well as some of the trans fat will actually decrease the good cholesterol that we want in our body. And so things that are types of saturated fats are like your coconut milks, bacon, your sour creams, half and half creams, and those kinds of things. >>so you just had kind of a sigh of sadness there. We've also heard that processed foods should be avoided; is it because of the type of fats that they have? >>right. A lot of the processed foods like your baked goods, your donuts and things like that have the trans fats, which are actually worse for you than the unsaturated fats. So you want to try and do more home cooking and piecing it rather than doing the prepackaged thing. >>well the fourth building block you recommend is a heart-healthy proteins. So we've mentioned salmon, what other sources of protein do we have that would be heart-healthy? >>other sources of proteins, nuts also are a great source of protein; you want to remember that they are high in fat though, and so only about 6-10 nuts is what you want to get per serving. That's a perfect sample size. >>love to put these on salads. Ok, so this would be the serving. >>a serving for that. also things like your turkey-burgers, your lean burgers, chicken, fish, shellfish, anything like that. >>and people might be surprised because they're still kind of learning to embrace, but this is ground turkey. >>that's ground turkey. A little bit lighter than your regular beef, has a lot less fat than your regular beef as well. >>so a lot more bang for your buck, and a lot healthier for us. Cost wise? >>cost wise it's a little bit more expensive but overall it's pretty similar to the beef. >>this looks like a pretty good cut of beef. If we wanted to choose a heart-healthy steak, what are we looking for? >>I get this all the time. Men in my class always are like oh, I have to give up my red meats. You don't. you actually can pick things like sirloin steaks, rump roast, t-bone steak, pork chops, things like that, more of the leaner types of meat, leaner cuts of meat. >>so t-bone is good? >>yes. >>so higher price, but good for us. Ok this is an example of poultry, and this is also heart

healthy? >>right. Usually we recommend the white meats without skin, that'll take a lot of the saturated fat off as well. As well as cooking methods, you can play with the fats as well. >>what about pork? I use it a lot in our home just because we like the flavor, but what's the true story on that? is that a heart-healthy choice for us? >>it can be depending on what type of cut you get. Again, like the rumps, the part of the animal that they're using the most of, so like the rump roast, things like that, usually have less fat. It's worked more and so you can choose the leaner cuts of those. >>now you've got some samples here. we've got eggs, and I'm looking for the tofu. >>right here. this is the tofu. >>let's talk about these two. Are they heart healthy? >>they can be. The tofu is a really good... it's a plant protein and so it usually has a lot less fat. The thing with tofu is it takes on the taste of what you cook it with and so I recommend if you want to do the tofu, start out with the harder tofu rather than the silky ones because a lot more is the texture that people don't like. Eggs can be a heart-healthy protein; the whites are specifically very heart healthy. It's when you start doing the yolks that you get a little bit more fat. So I usually recommend, you can do egg whites or an egg substitute in your baking, your scrambled eggs, omelets, things like that. and then one or twice a week you'll have room for a hard-boiled egg or a poached egg or something. >>and I can kind of vouch that nobody knows when I'm sneaking in the egg substitute in a scrambled egg. Now let's talk about another source of protein that we've got here. this is some of the milk products that we have. So how about low-fat dairy as an important source of protein? >>low-fat dairy is another building block; it's our fifth building block. We recommend doing the skim-milks or the 1% milks. I also have a lot of people that don't like the skim milks so I usually recommend to start out with a 2%, add a little bit of skim milk to it, and then slowly decrease the 2% as you're adding more of the 1%, maybe over a month's period of time. Work your way to that change, you don't have to do it automatically. >>ok now this is the cow milk. What else do we have? >>you can also do soy milk or rice milk, which is a low-fat product, as well as a lot of your low-fat yogurts and cheeses you can do; they have a lot of different low-fat cheese products out there as well. >>what about sodium, sugar, and alcohol? Where do they play, because they're kind of the additives, the extra that we add to our menu. What do we need to know to remain heart healthy for those? >>overall we recommend just as a general for anybody to decrease the amount of alcohol, sodium, and sugar in your diet. The salt especially for heart patients, because salt retains water, or holds on to that water in your body, and so it puts more pressure on the heart, and so you don't want that pressure. Sugar just because it adds more calories and there's not a lot of vitamins or minerals. And just overall with alcohol, I would recommend not doing it. You're going to have more benefits not doing it than drinking some, so. >>you gave us an idea about how we can kind of add in some of the lower fat milk into what our family's used to. You also have some ideas on how we can eliminate and substitute items into our menus, so we're going to move on to that. Well you say that one of the best things we can do if we want a heart-healthy diet is to learn what we need to eliminate and what we need to redo. So let's start out with what do we need to eliminate? >>when you're doing recipes, there's a lot of times that you can totally eliminate certain ingredients, especially things like eggs and oils in pancake and waffle mixes, that really helps. As well as, if you can't eliminate it, then you can reduce it. So things like salt, sugar, even sometimes oils you can reduce the amount that you're using to just cut down on the fats, the sodium, all of that kind of

stuff. >>so less eggs, if those at all, less oil if at all, and what else? >>less sugar and less salt. >>alright. And in terms of reducing, in other words just getting used to some type of a recipe that just doesn't taste as sweet as it used to? >>right. >>and then you say that there's a whole world of substitutions out there, and I can't wait to move to that. so where should we start with substitution? I'm looking at one of my favorite things. >>butter. >>you're going to tell me I have to substitute. So it's creamy, it tastes great. Convince me. >>with butter, because it's a saturated fat, you can either use a margarine, which still gives you the creaminess and the flavor of the butter, but it has more of the heart-healthy fats in it. Or you can actually do half of the butter and some of the low-fat plain yogurt, and it works really good in cookie recipes, cakes, things like that, and you don't really taste the difference. >>ok but I'm thinking of what we do traditionally to make honey-butter. We'll take some butter, we'll take some honey, we mix it up, and then we're ready to go. This is one way to actually substitute. Take some of that butter away, mix in, and then that's available for a spread, on both vegetables as well as breads as well. Very very good. >>also you can substitute about a cup, 3/4 to a cup of applesauce for a cup of shortening or butter. And you can do that specifically in your cakes and cookies that are a little bit more fluffy. >>so if the recipe calls for a cube of butter, right then I'm thinking ah, that's one of jalaine's recommended substitutions. So I go to the pantry, I pull out the applesauce, if I have a request for 1 cube of butter how much applesauce would I substitute? >>about 3/4 cup of applesauce. >>but it seems so much more moist than butter? >>right, and that's why it's good in cakes and stuff like that, because it gives that moistness. In breads and stuff like that you might want to do the margarine or the yogurt. >>alright. Now we've got a sample, and I appreciate that you've done the dirty work for us already, but you mentioned that eggs are one of those items that we want to either eliminate or reduce, but you actually have ideas for substituting. >>there's a lot of things you can do to substitute for them. One egg is equal to two egg whites, so you can just take an egg and work it so that you don't have the yolk. >>and you said that that means cracking the egg, dumping the yolk in the sink or wherever it may be, keep the whites, drain them into a bowl, >>which we've done here. you can also use about a fourth a cup of egg substitute. Now you can either buy these or you can make them at home. and I'm going to give you a little recipe for making it at home. so you take about 6 egg whites, so again you're taking the egg, getting rid of the yolk and keeping the egg whites. >>and again, 2 egg whites equal to 1 egg. So we have double the egg whites of what we required in our recipe for the eggs. >>and then you take about a fourth of a cup of non-fat powdered milk, which doesn't have any of the fats because it's nonfat, and then about a tablespoon of heart-healthy oil. So canola oil, olive oil, whatever you have available. >>if it's labeled heart healthy it's... >>you want to stick with the mono-unsaturated fats so like the olive oil, the canola oil, but usually they will have a heart on them to show you that. and then you can add a little bit of yellow food coloring if you want to give the look of an egg, and then you just mix it. And that will substitute, make your own home-made substitute so you don't have to buy it. >>and then you're not worried about how long you can keep it in the refrigerator because any time you need it you can make it. >>another idea is also getting the plain gelatin and just adding water to it, and that creates the binding capacity like an egg would. >>so what would you do with the gelatin? >>you would do this separate, so you can either do this or you could do plain, powdered gelatin mix, put a little bit of water in, and mix that up,

and it creates the binding capacity of an egg. >>alright, so that wouldn't pass for scrambled eggs, but it would pass in a recipe that asks for eggs, which is a binder. Anything else with eggs that we need to watch for? >>I think that's probably good with the eggs. >>ok, how about milk? How do we, and this is sad for my teenagers, so be careful, but substituting milk? What's your recommendation? >>obviously going with instead of a whole milk with a skim milk, and you can do that with a lot of recipes. A lot of recipes will call for the whole milk but you can do the skim milk and it does the same thing. Also choosing things like, if it calls for creams or stuff like that, doing an evaporated skim milk and then for your cheeses doing either a low-fat cheese, which we have here, low-fat cheeses. You can also combine for casseroles like the low-fat cheese as well as the cottage cheese together instead of regular cheese. And then you can also do >>for example in a recipe of lasagna. Rather than putting in all the shredded cheese you could go for cottage cheese. And what kind of a lower fat cheese? >>this is a mozzarella, so usually you can find skim mozzarellas or anything that says skim would be good. They also have low-fat cheeses as well. I personally don't like the taste of them as much, so I go with a sharper tasting cheese. So instead of getting a mild cheddar I get a sharp cheddar or the extra sharp cheddar. I get feta, I get bleu cheese, and so because I do that I can actually, if it calls for a cup of cheese, I can usually use about a fourth of a cup and get the same taste but reduce the fat that way. >>just because you have a more flavorful cheese. Very nice. Ok, this looks like cream. >>cream, right. >>tempted to drink it. What are we going to substitute that for? >>the nonfat evaporated skim milks would work well. So just the canned evaporated milks would work. >>nonfat evaporated milk. This is that. Ok, so it's asking for cream and we've got holidays all year long where you've got recipes that have pies or whatever. You could actually just pull out the can of non-fat >>and use the same amount as you would with cream and it gives you lower fat but still gives you the same texture. >>that rich, creamy flavor. Ok. Lots of ideas when it comes to milk and substitutions there. What about cocoa? >>cocoa is great. I love chocolate. I love the baking chocolate. >>so you kept it away from me because you know I like it too. >>so you wouldn't eat it. But what you can do, with baking chocolate that's a really high fat, saturated fat product. You can actually use about 3 tablespoons of cocoa powder and one tablespoon of olive oil or canola oil, mix that, and put that in replacement of your baking cocoas. >>we're going to go from chocolate to ground beef. So what do you recommend for substitutions for ground beef? >>a lot of times you can either pick the 97% lean ground beef, or you could go with something like a turkey-burger, tofu, again some things that we've already mentioned with the leaner cuts of meat. Also you can use vegetables in replacement of meat. So you could do a vegetable lasagna or use more of the vegetables in your casseroles in replacement of the meats. >>I can't imagine using tofu in my lasagna recipe, but slowly substituting over time. >>and most of the time if you slowly substitute it, and like I said the tofu takes on the taste of what you cook it with, so a lot of times people won't even know until you mention oh, that's made with tofu, and then they're like oh, didn't even know that. >>I'm also thinking that there's always sodium warnings with heart-healthy diets and saying ok, you need to watch your sodium use with your meats. What's your ideas or suggestions there? >>the main thing with that is, I do a couple different things or recommend a couple different things. the first is you can look for light salts. A lot of different brands will make specific light salts which have about half the sodium in them.

So right there you're cutting out the sodium already. You can also do things like spices and other things like that to bring out the flavors more than the salt. >>speaking of flavors, one of the things I do very often with the family is I make a stew. I like the fact that I can heat it up in one place, cook it for hours, it's tasty and we can use it. What recommendations do you have to still have a seasoned stew but that's heart-healthy? >>you can use a lot of things like all-spice, cumin, garlic, onion, anything like that which will bring out the flavor. Also just be creative, you know? A lot of times you might throw stuff together and you might think, what am I even doing? But it actually turns out good. >>so if you're expecting to have a salty stew, instead of doing that go ahead and look at some of those alternative ingredients that will add some flavor and seasoning. What about fish? What would be your recommendation there? We've got a sample of salmon right here begging for some salt, we want it to be heart healthy, so what do we do? >>great things to put on fish is things like lemon or lime, basil, dill, anything like that that will bring out the flavor. I also like rosemary, and they even say nutmeg might be a good one to use. I wouldn't have ever thought of that, but that might be something. >>I was thinking about roasted chicken, that would be fantastic. And we have an example of some of that here, and of course we've got all kinds of seasons here, you mentioned basil, which is a great one. Ok, this is a roasted chicken. And so the recommendation on this, would it be similar to fish? Or what seasonings would you recommend? >>you can use similar ones as well. Things that really taste good with chicken are the basil, again. Basil is kind of an all-encompassing one. >>goes great on anything. Vegetables, you name it, basil is great. >>rosemary is great, garlic, anything like that. >>and it just adds such an additional flavor to that. Now very often we're also looking to kind of mix up the different proteins we have in our diet, pork I mentioned is one of my favorites. What about lean cuts of pork? Are those ok for a heart-healthy diet, and what would be your recommendations for seasoning that? >>those would be great. My favorite things with pork are to do cinnamon, which really actually tastes good with applesauce, which tastes good with pork as well. >>so you're actually sprinkling cinnamon on >>uh huh, cinnamon on it, and then you cover it with applesauce. So you're getting fruits, plus you're getting a lean cut of meat and it's seasoned well. And you don't need the salt to bring out the flavor because you're using those different seasonings on it. >>and I'm glad you brought up salt again, because very often, we started off the show talking about how we need to have more fruits and vegetables as a basic foundation of a healthy diet, and we get in the custom of salting our vegetables. What's the idea for substituting there? >>with vegetables you can use a lot of the different flavors, especially things that are kind of a mix. If you find certain spices that maybe are a mix of things, those work great with vegetables. But anything like dill, basil, anything like that. also with salt that I didn't mention is you want to be careful of the sea salts or the natural salts, because they have about the same amount of sodium as regular table salt, so you don't want to do that. one thing that I usually recommend to my patients, and it sounds silly, but take your salt shaker and empty it and then add about a fourth of a teaspoon of salt in your salt shaker, and that's what you can use to salt your food on the table, and then all the rest of the salt is going to come through what's already packaged in it and through cooking and other things like that. >>so you're already setting the limit when you set the table. >>right. Because we're so used to just dumping and dumping and dumping and we don't really know. >>and it's invisible. I'm seeing

something that I'm familiar with, and it's appearing at more and more stores. This is called a spritzer bottle, or what is it? >>they're spritzers or spray dressings. These are great, they have no calories, hardly any fat, as well as vinaigrettes and stuff. But these really have a lot of different flavors with them and they taste great on salads. You can use them on vegetables, anything like that. I've even used it on my meats using that as a seasoning as well. >>and this would be fantastic, not only to season the vegetables and the meat, but great on salads, takes away that whole question of how much salad dressing to have, and all the great flavors there. Ok, we're not always wise consumers, I'll speak for myself, I'm not always good at reading labels. You've got some ideas on the best way for us to be knowledgeable and you've got an example for us. >>we actually have a food label. >>a lifesize label, and I'm going to hold it right here. and walk us through some of the most essential parts of this label. >>obviously you can see there's a lot of things that you're looking at on the nutrition facts label. I'll give you a couple of things that you want to definitely look at with cardiac health. The first one, and I always recommend that, is the serving size. The reason that you want to do that is everything is based off that serving size. So if you're not looking at the serving size, you don't know what you're eating. And example of that is, a lot of cookies, the big cookies, if you just look at the calories it might say about 100 calories, but the serving size is actually a fourth of a cookie. So if you eat that whole cookie you're eating 4 times the amount of what is listed. >>I've actually caught myself looking at the back of a cookie package and realizing they only wanted me to eat 3 of those. Uh oh. >>and then you're done with the whole bag. >>ok, so looking at the serving size, become wise, what else? >>the next one would be calories, and that's just an overall good one to look at just because then you're more aware of what you're doing so you're not eating high amounts of calories. The main ones that I would look at with cardiac health are going to be your total fat and your saturated and trans fats. And what I do there, total fat obviously you want to reduce the amount of fat you're eating, but you also want to look and make sure what types of fat are included in that total fat. so anything that's indented is included in that total fat number. So you have 2.5 grams of total fat, 1 gram saturated fat, .5 grams trans fat, you know that more than half of your total fat is coming from those bad fats that we talked about, so you might want to look for a product that's going to be more healthy for you. >>should we also be watching for cholesterol or protein? >>cholesterol is great to look at because that is obviously what we're trying to reduce overall with heart problems is our blood cholesterol, however they're finding through research that saturated fats and trans fats have more of an effect on cholesterol than cholesterol itself. >>you know, it seems like years ago we paid much more attention to how many calories, and now we're starting to look at this number, calories from fat. how important is that? >>this is really good because then you can see how much of your calories are actually coming from fat. overall this shows you that it's a lower fat product because there's not a lot of calories coming from it. >>so back in the higher numbers, 40-50, >>if you have 100 calories and 50 from fat you know that half of your calories are coming from fat. >>now we talked about reducing our sodium and in some cases maybe eliminating, depending on what the food is, what's a good number for that? >>anywhere from about 300 milligrams or less would be great per serving size, and 300 might even be bordering on a little bit high. So you want to look for some of the lower ones; 100's, 200's, things like that. >>what about fiber? >>fiber is a great one to get, and I always recommend looking for foods that have

about 3 grams of fiber or more. And that's considered a high fiber product. >>alright. Less than 3, not as good for you and your health as desired. Sugars? >>sugars are all incorporated in the total carbohydrate, and it's good to look at, but really what you want to be looking at is the total carbohydrate overall. >>alright. Well as we're closing the show, a lot of us go out to eat, go to restaurants, what's your tip for staying heart healthy there? >>I always recommend first to ask for the sauces on the side. That way you have the ability to put on the amount of fat that you want. As well as, always ask if they can substitute, ask if they have heart-healthy menus. Don't be afraid to ask questions, because they're in the business to serve you, and they want it to be enjoyable, but they also want to be able to meet your dietary needs. A tip that I use for myself is either share a meal or actually when I order a meal I ask for a to go box at the beginning of the meal and then they bring it out, I portion out what I'm going to eat, put the rest in the to go box, and that way I know it's for the next day. Because if it's on my plate, I eat it, so that way I'm already portioning out what I'm going to eat and I'm not tempted to overeat with that. >>very smart. Thank you so much. In fact all of us feel an awful lot smarter than we do before. we also want to thank you for watching and learning with us. Be sure to join us next time on living essentials. Goodbye. For more information on this and other episodes of living essentials, or to download an episode, visit us online at byubroadcasting.org/livingessentials. There you'll find helpful hints, how-to's, and additional information that will enrich and simplify your everyday life. >>this episode of living essentials is sponsored by angel partners. Angel partners: committed to the services and technologies that support family values and lifelong learning.