



NATIONAL NUTRITION MONTH

AT THE HEART OF DIABETES

Did you know, if you have diabetes, you are 2-3x more likely to have cardiovascular disease and have a 60% increased risk of dying from heart disease?

Diabetes and heart disease go hand in hand, but diabetes doesn't have to be a death sentence. It is important to your health to have your A1c checked every three months, take your medications as prescribed, check your blood sugar daily, maintain a healthy weight, monitor your blood pressure, and remember these simple nutrition tips:

- All Foods Fit – By limiting portion sizes, all foods can fit within a well-balanced diet
- Well-Portioned Plates- Focus on protein and non-starchy vegetables and balance your plate with healthier carbohydrates, such as whole grains and lower glycemic index foods, such as sweet potatoes.
- Fiber- Sources of insoluble fiber, such as apples, sweet potatoes, broccoli, brown rice, and leafy green vegetables, can help stabilize blood sugar by slowing down the release of glucose into the bloodstream.
- Be Mindful- Eat your meals slowly, putting utensils down between bites, and listen to your body's signals to stop eating when you begin to feel satisfied. This will help you to enjoy your food more, and prevent over-indulgence and weight gain.

If you have any questions or would like to set up an appointment to meet with a dietitian about better managing your diabetes, please call 501-219-7881, for more information.

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DISEASE**

AND HAVE

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HEART DISEASE**

RISK FACTORS FOR DIABETES



**UNHEALTHY
EATING**



**LACK OF
EXERCISE**



**OVERWEIGHT
OR OBESE**



**FAMILY
HISTORY**

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NATIONAL NUTRITION MONTH

WATCH YOUR FLUID INTAKE

Consuming or drinking too much fluid leads to:

- Swelling (edema) in hands, legs, ankles and feet
- Shortness of breath and feeling tired
- High Blood Pressure
- More work for your heart (even heart failure)
- Cramping and nausea during dialysis treatment

What counts as fluid?

- Anything that melts at room temperature (72°F) such as ice, popsicle, ice cream, jello, soups, stews, broth
- Fruits and vegetables have a lot of water; however, be sure to still enjoy as they are good for you!

How much fluid can you have?

- Limit fluid to 4 to 8 cups per day (depending on fluid loss)
- 1 cup = 8 ounces (oz)
- Daily total fluid intake ranges from = 32 to 64 fl oz

Helpful Tips:

- Weigh yourself each morning-if you are gaining a lot of weight drink less!
- Sodium binds to water as it is a product of sweat and plays a role in hydration, be cautious of your intake high salt/sodium foods or seasonings.

**LIMIT
FLUIDS TO**

**4-8
CUPS**
PER DAY
DEPENDING ON
FLUID LOSS

**32-64
FL OZ**
DAILY TOTAL FLUID
INTAKE RANGE



**WATCH YOUR
SODIUM INTAKE**



**SOME FOODS
CONTAIN A LOT OF
FLUID - MONITOR
AND COUNT TOWARD
DAILY FLUID INTAKE**

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HEALTHY FATS

Most of the time when the word “FAT” comes in health related discussion people consider it as a bad nutrient. But like all other nutrients, fats are also very important for maintaining good health. Fats are of two types “Good” and “Bad”. It is very important to incorporate good fat and avoid bad fat in diet to achieve good health. Let’s know more about fats!

What is fat?

- Essential Nutrient
- Perform essential functions
- Different varieties

Why eat fats?

- Supplies Energy, provide satiety
- Carries Vitamins A, D, E and K through the body
- Provides a reserve store of energy
- Act as a cushion and heat regulator

What are oils?

- Fats that are liquid at room temperature are called oils

What is Cholesterol?

- Cholesterol is **NOT** fat
- It is a “fat-like” substance present in all body cells that is needed for many essential body functions
- Cholesterol comes only from animal sources

TYPES OF FAT

Saturated Fatty Acids

- Raise the level of LDL (“bad”) cholesterol in the bloodstream
- Food sources: Meat, poultry skin, whole-milk dairy products, and the tropical oils-coconut oil, palm oil

Monounsaturated Fatty Acids

- Lower the levels LDL (“bad”) cholesterol and help raise levels of HDL (“good”) cholesterol in blood
- Food sources: Olives, avocados

Polyunsaturated Fatty Acids

- Fats that lowers total blood cholesterol levels
- Food sources: Vegetable oils, such as corn oil, soybean oil

Visible Fats

- Visible fats can be seen easily in food products
- For example butter, layer of fat on meats

Invisible Fats

- Invisible fats cannot be detected
- For example fats in milks, nuts, egg yolk, avocados

GOOD FATS

MONOUNSATURATED FATTY ACIDS (OMEGA 9)
LIKE OLIVE OIL, CANOLA OIL, NUTS & SEEDS

POLYUNSATURATED FATTY ACIDS (OMEGA 3 & 6)
LIKE SOYBEAN OILS & SUNFLOWER OIL

BAD FATS

SATURATED FATTY ACIDS
LIKE BUTTER, MARGARINE & PALM OILS

TRANS FATS
ARTIFICIALLY PRODUCED PARTIALLY HYDROGENATED FAT

HIGH FAT DIET LINKED TO
HEART DISEASE
OBESITY
DIABETES
HYPERTENSION

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HEART HEALTHY DIET

Did you know that by following a heart healthy diet you can reduce your risk of developing heart disease in half?! The food you eat directly impacts the health of your entire body, especially your heart. Knowing that you have more power than you thought in controlling your heart health is inspiring right? Don't let convenience and comfort in your current routine keep you from living your healthiest life possible! Now is the time to take steps toward eating a more nutritious diet to help reduce your risk of heart disease!

THE BASICS OF A HEART HEALTHY DIET

Vegetables

Aim for 5 or more servings of colorful veggies throughout the day: a serving is ½ cup cooked veggies or 1 cup raw. Eat the rainbow! Incorporate dark green, red, yellow, or orange veggies.

Fruit

Enjoy 4 or more servings of fruit a day: a serving is ½ cup chopped fruit or a whole medium-sized fruit that fits comfortably in your hand. Go for fresh, frozen, or canned fruit without added sugar.

Whole Grains/Unrefined Complex Carbohydrates

Choose whole grains instead of refined grains to incorporate more fiber into your diet. Aim for 5 or more servings per day: a serving is ½ cup cooked whole grains (oats, quinoa, brown rice, etc.), starchy vegetables (potatoes/winter squash), or legumes (beans, peas, lentils). A serving of whole grain products, such as bread, is one 1 ounce.

Dairy/Dairy Substitutes

Incorporate 2 servings of low-fat or nonfat dairy/dairy substitutes into your diet every day: a serving is 1 cup milk, ¾ cup yogurt, or ½ cup ricotta or cottage cheese.

Protein-Rich Foods

Choose lean protein choices such as fish (especially omega-3-rich fish), white meat poultry, egg whites, tofu/tempeh, or even edamame. Limit red meats and avoid deli meats, sausage, bacon, and other processed meat, which can be very high in sodium.

Healthy Fats

Portion control is especially important when it comes to fats, even if they fall under the heart healthy category. Enjoy 2-3 servings of heart healthy fats throughout the day: a serving is 1 tablespoon oil, 1 ounce dry-roasted nuts, ¼ of an avocado, 1 tablespoon nut butter, or 1-2 tablespoons salad dressing. Don't forget salmon is a great source of heart healthy fat as well!

Look at eating for heart health as a lifestyle, not a quick-fix diet! Nourishing your body is something you commit to for your entire life, not for a short season. Studies have shown that a diet rich in colorful vegetables, fruit, whole grains, lean protein sources, low-fat dairy, heart healthy fats and low in sodium, refined sugars, and saturated fats is best! In other words, cut back on processed foods and reintroduce your body to foods in their whole, natural state. That means saying no to convenience food, fast-food, sugar-sweetened beverages, fried food, juices, dessert, and other overly-processed foods and saying YES to a healthier you!

DIET TIPS

SAY YES

COLORFUL
VEGETABLES

FRUIT

WHOLE GRAINS

LEAN PROTEIN
SOURCES

LOW-FAT DAIRY

HEART HEALTHY
FATS

LOWER SODIUM

LOWER REFINED
SUGARS

LOWER SATURATED
FATS

SAY NO

CONVENIENCE
FOOD

FAST FOOD

SUGARY-
SWEETENED
BEVERAGES

FRIED FOOD

JUICES

DESSERT

PROCESSED
FOODS

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SUGARS

The sugar found in soda is one of the most rapidly digesting and rapidly absorbing forms of “sugar.” Although rapidly digesting sugar is not necessarily “bad,” too much sugar can lead to an unwanted rapid spike in blood sugar levels, which can be detrimental to your health over time.

Sugar in terms of naturally occurring sugars, should be a part of your daily diet. Products such as fruit, vegetables, and dairy products with no added sugar are beneficial to your overall health.

Why do so many people choose to drink sugar sweetened beverages?

- They are convenient
- They satisfy thirst for a short period of time
- They rapidly release sugar into your bloodstream
- They TASTE good

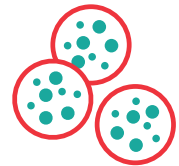
Diets high in added sugar and lifestyles low in physical activity have been linked to type II diabetes, among other obesity related diseases.

Diets high in added sugar may result in the following:

- Type II Diabetes
- Metabolic Syndrome
- Weight Gain
- Dental Cavities
- High Blood Sugar
- Heart Disease
- Fatty Liver Disease
- Kidney Stones
- Asthma/COPD
- Inflammation of Joints

SUGAR STATS

ON AVERAGE, 4 GRAMS OF SUGAR EQUALS 1 TEASPOON OF GRANULATED SUGAR



3 COOKIES HAVE

54g SUGAR

THE EQUIVALENT TO OVER 1/4 CUP OF GRANULATED SUGAR



A 20 OUNCE SODA HAS

17tsp GRANULATED SUGAR

(OVER 1/3 CUP)

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