

CARBOHYDRATE

- Eating a moderate amount (45-65% total caloric needs) of carbohydrates (CHO) can be heart healthy. CHO comes from fruits, vegetables, grains, milk, yogurt, sweet drinks and junk food/candy/snacking cakes. CHO is not found in meats, eggs and most hard cheese. Limiting your intake of CHO at meals can decrease insulin levels thereby improving heart health. This can also assist with controlling weight since increased blood sugars and high insulin levels promote fat storage. Persons who are very active may require more CHO, but post-op patients in particular have low CHO needs due to decreased activity.

Guidelines to lower CHO intake:

- Don't drink fluids with CHO; ex: sodas, sugar-sweetened tea, large amounts of fruit juice, sport drinks, specialty coffees, etc. If you drink milk, limit to 8 ounce (one cup) servings. Water is the healthiest choice for fluid intake. A "rule of thumb" for fluid intake is 1 fluid ounce per kilogram (2.2 pounds) body weight.
- Choose only one starchy CHO per meal; starchy CHOs include potatoes, corn, beans or peas, pasta, rice, breads and cereals. For instance, if you have potatoes, don't have bread. Just 1/3 cup of pasta or rice has 15 grams CHO; potatoes, corn, dried or canned beans or peas have 15 grams in 1/2 cup.
- Fill up on non-starchy vegetables: green beans, carrots, cabbage, cauliflower, asparagus, tomatoes, broccoli, okra, greens, spinach, kale, turnips, beets, mushrooms, celery, radishes, etc. Non-starchy vegetables contain 1/3 as much CHO by volume as starchy vegetables do.
- Don't "bread" meats – this adds unnecessary CHO. Eat "open-faced" sandwiches to reduce the amount of bread eaten.
- Limit concentrated sweets such as pies, cakes and candy to only occasionally.
- Eat a small piece of fruit for dessert rather than pie, cake or candy.
- Read labels for "Total Carbohydrate", not sugar. Fat-free foods are also generally higher in CHO and may contain as much CHO as the regular choice. Fat-free foods are also generally higher in CHO.
- Portion size is the key to controlling CHO intake. When filling your plate, a general guideline is 1/4 protein, 1/4 starchy vegetables and 1/2 non-starchy vegetables.
- Choose healthier sources of CHO: When eating grains, always choose whole grains, such as 100% whole grain breads, cereals, whole grain pastas and brown rice.
- Your activity after surgery should be dictated by your physician, but walking is encouraged and helps to burn up excess calories.

SOME EXAMPLES OF HEALTHY LOW CHO SNACKS WITH HEALTHY FAT AND PROTEIN MIGHT INCLUDE:

A handful of nuts and a small piece of fruit or a handful of trail mix	Individual pack tuna with whole grain crackers	Any non-starchy vegetable such as carrots, celery, zucchini, cucumbers with yogurt dressing
1 ounce hard cheese and a small apple or other fruit	Unsweetened yogurt or Greek yogurt with added fruit	Any non-starchy vegetables with hummus
1/2 cup cottage cheese and 1/2 cup fruit	Natural nut butter on whole grain toast	Air-popped popcorn (3 cups popped)