



Maintaining a Healthy Heart

Health Promotion and Education Program
PM C Medicare Choice, Inc.

Objectives

At the end of the presentation, participants will:

- Define in simple words what is sodium
- Define in simple words what is weight control
- Explain in simple words what is cholesterol

Pre test

1. A low sodium diet is based on consumption of:
 - a. 2,000 mg of sodium per day
 - b. 5,000 mg of sodium per day

2. An increase of _____ in weight in one day is considered a possible sign of complication.
 - a. more than 2 pounds
 - b. more than 1 pound

3. A food high in cholesterol is one that has:
 - a. 25mg or less
 - b. 25mg or more

Things to Know

- Cardiovascular diseases are the leading cause of death in Puerto Rico
- Our body uses sodium to maintain fluid balance in the organs
- The excess fluid requires more effort of the heart

What is sodium?

- Sodium is a necessary mineral found in salt and in most foods, such as: milk, meat, corn and tubers
- Salt intake varies greatly from person to person

What is a low sodium diet?

- It is to modify the regular diet, eliminating or reducing foods high in sodium
- We recommend consuming 2 grams (2,000 milligrams) per day. This is, preparing your meals without adding table salt and using only the sodium that is already part of the food
- Consuming less sodium helps reducing excess fluid in the body

What foods should I avoid?

Instead of:

- Seasoning with salt
- Tomato sauce with salt
- Canned soups
- Canned vegetables with salt
- Sausages (hot dog, sausage, luncheon meat)

You can use:

- Annatto or natural garlic
- Tomato paste
- Soups prepared at home (without the ham and salt)
- Fresh or frozen vegetables
- Chicken or turkey meat

How can I decrease the amount of sodium?

- Choose foods containing 140 mg of sodium or less per serving
- Replace the seasoning powder by natural spices, such as garlic, coriander and lemon juice
- Choose products with packaging indicating low sodium

Learn to read food labels

- You can know if the product is high or low in sodium (140 mg)
- Remember: processed and canned foods are high in sodium

		% del valor diario*
Grasa total 13 g		20%
Grasa saturada 5 g		25%
Colesterol 30 mg		10%
Sodio 660 mg		28%
Carbohidratos totales 31 g		10%
Fibra dietética 0 g		
Azúcares 5 g		
Proteína 5 g		
Vitamina A 4%		• Vitamina C 2%
Calcio 15%		• Hierro 1%
*El porcentaje del valor diario se basa en una dieta de 2000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de las necesidades calóricas:		

Steps to read the food label

1. Check the serving size and number of servings in the package

Nutrition Facts


Serving Size 1 cup (228g)
Serving Per Container 2


Datos de Nutricion

Tamaño de la Porción 1 taza (228 g)
Porciones en el paquete 2

Steps to read the food label

2. Observe the recommended sodium and fat content on food labels (140 mg of sodium and 3g of fat)

Total Fat 12g	18%
Saturated Fat 3g	15%
	
Cholesterol 30mg	10%
Sodium 470mg	20%

Grasa Total 12g	18%
Grasa Saturada 3g	15%
	
Colesterol 30mg	10%
Sodio 470mg	20%

What is weight control?

- Refers to maintaining weight within healthy levels
- A sudden weight gain indicates that the body is retaining fluid, or the state of health is getting worse, so it is important to take action

How to control weight?

- Follow a diet low in salt, fat and cholesterol
- Perform physical activity and develop an action plan as recommended by your doctor
- Weigh yourself daily and record the outcomes, as well as symptoms noted

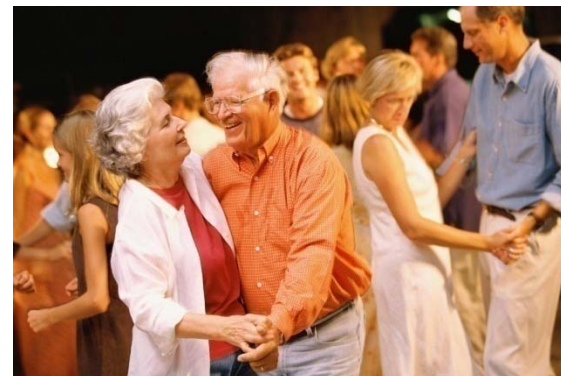
Types of physical activity



Walk



Swim



Dance

What is cholesterol?

- Cholesterol is a soft, waxy substance that comes from two sources: the body and foods
- The liver is the organ that produces cholesterol
- The body needs cholesterol to function properly

Types of cholesterol

- The **good cholesterol** or **HDL** helps us to eliminate extra fat and cholesterol in the blood. The desired level is 40 mg / dl.
- On the other side, the **bad cholesterol** or **LDL** **increases** the risk of accumulating fat in the arteries that can cause a risk of a heart attack and brain. The ideal level is below 100mg/dl.

Cholesterol Levels

Level	Total Cholesterol In blood mg/dl	Risk for the Cardiovascular Disease
Ideal	Less than 200	Minor
Limit	from 200 to 239	Moderate
High	Higher to 240	High

Prevention

- Maintain a healthy weight
- Weigh yourself daily at the same time with the same amount of clothing
- Tell your doctor if you gain 2 pounds or more in a day or more than 5 pounds in a week
- Limit caffeine and alcohol
- Do not smoke, and avoid secondhand smoke

Prevention

- Perform physical activity at least 30 minutes most days of the week
- Eat more fruit and vegetables
- Read the food label before purchasing
- Learn recipes made with foods low in sodium

Post test

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Correct Answers

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References

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