

The Dual Challenge of Diabetes and Hypertension

Goal
4

I will include healthy fats (olive or canola oil, salmon) in my diet and follow a Therapeutic Lifestyle Change Diet to reduce my cholesterol.



Tender Loving Care for your heart is as easy as watching what you eat and making wise decisions for heart care. TLC also stands for Therapeutic Lifestyle Changes that include diet, exercise and weight management as the first line defense for heart care. The National Cholesterol Education Program recommends the TLC plan. The diet includes eating more whole grains, focusing on the type of fat you eat and consuming natural plant chemicals. By eating more of these products, you can lower your cholesterol and protect your heart. Functional foods are designed to achieve health benefits without sacrificing taste. Functional foods are ordinary foods that have been fortified with vitamins, minerals or other natural chemicals. There are more functional foods on the market now than ever before. The following is just a brief overview of foods that you can choose to make healthier decisions for your heart.

Soy Products

Soybeans contain natural chemicals called sterols and stenols. These important natural ingredients can help lower LDL cholesterol. You can eat soy products or choose foods fortified with soy.



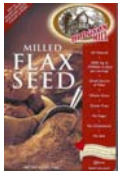
Healthy Oils

Make sure you choose an oil that is high in monounsaturated fats. These oils help increase your HDL and protect your heart. Olive and Canola oil are both good choices.



Omega 3-Fatty Acids

These are important “good” fats. They act as anti-inflammatory agents, protect our HDL, make our blood less likely to produce clots, decrease cholesterol, triglycerides and blood pressure. The most common source of Omega-3 fatty acids include salmon, Omega fortified eggs, flax and walnuts. There are several other foods that have Omega-3 fatty acids that also are high in fiber.



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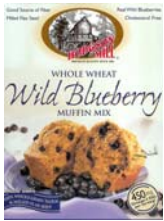
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High Fiber Products

Fiber is important to our bodies for several functions. There are two main kinds of fiber: insoluble and soluble. Both provide benefits to our hearts. Examples of insoluble fiber include whole wheat products, beans and legumes, vegetables, and some fruits. Examples of soluble fiber include oat bran products and some fruits. Oat bran products help lower cholesterol while whole wheat products supply a large quantity of the B vitamins for heart health.



AVOID TRANS FATS and SATURATED FATS!

Trans fats are hydrogenated fats that act just like a saturated fat in clogging the arteries of the heart. Trans fats are found primarily in snack foods and bakery type items. Saturated fats are animal fats. Choose lean cuts of red meat, alternate pork, chicken and fish into your diet. Avoid the use of butter. Choose a trans fat free margarine. Read the food label to determine the level of trans fats in the food you are eating. There are no recommendations for the level of trans fats other than the "lower is better".

