What is a Heart Healthy Diet?

Janice L. Raymond, MS, RDN, CSG

Cardiovascular Disease

- Estimated 81,000 adult Americans have one or more types of CVD (1 in 3)
- 15 percent of adults 20 and older have total serum cholesterol levels of 240 mg/dL or higher.
- CVD remains the #1 killer of men and women in the US
- Every minute in the US someone dies of a coronary event (AHA 2015)

Some Definitions

Cardiovascular Disease (CVD) is a group of interrelated diseases that include:

- Atherosclerotic
- Hypertension
- Ischemic heart disease
- Peripheral vascular disease
- Heart failure

Question: What is an epidemic?

Answer:

“Affecting or tending to affect a disproportionately large number of individuals within a population, community or region at a time”

Merriam-Webster
Meet the Healthiest Hearts in the World

From The Science Times, 4/7/17

Meet the Tsimane

65% of Octogenarians have no atherosclerosis

An 80 year old Tsimane has the vascular age of a 50 year-old American

Tsimane of Boliva

The Tsimane Diet

14% Protein
14% Fat
72% Carbohydrate
Tsimane Diet
• Plantains
• Rice
• Corn
• Manioc
• Wild game
• Fish
• Wild nuts
• Fermented beverage

The Guidelines
• AHA/ACCF Guideline for the Management of Heart Failure (2013)
• AHA/ACC Guideline to Reduce Cardiovascular Risk (2013)
• ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults (2013)

2013 ACC/AHA Lifestyle Management Guideline

CRITICAL QUESTIONS

CQ1: Among adults, what is the effect of dietary patterns and/or macronutrient composition on CVD risk factors, when compared to no treatment or to other types of interventions?

CQ2: Among adults, what is the effect of dietary intake of sodium and potassium on CVD risk factors and outcomes, when compared to no treatment or to other types of interventions?

CQ3: Among adults, what is the effect of physical activity on BP and lipids when compared to no treatment, or to other types of interventions?

Developing Guidelines

Descriptive
• What is?
• What was?

Experimental
• Why?
• How?
Blood Cholesterol = Risk Factor

• ACC/AHA 2013 Cholesterol & Risk Level
• The guidelines focus on dosing of statin drugs and do not actually have a target for total cholesterol for the general population
• Total cholesterol below 200 mg/dL is generally accepted to be desirable and 170 mg/dL is optimal
• LDL cholesterol below 130 mg/dL is generally accepted to be desirable and 100 mg/dL is optimal
• HDL cholesterol above 40 mg/dL is generally accepted to be desirable and 50 mg/dL is optimal

Methodology and Evidence

• Used RCTs, observational studies, meta-analyses, and systematic reviews of studies published 1998 – 2009 with a few exceptions for landmark studies
• Overall, dietary patterns rather than individual dietary components were emphasized
• Only studies on dietary intake rather than intake of supplements was reviewed

AHA/ACC Lifestyle Mgmt Guide

Advise adults who would benefit from LDL-C lowering to:
- Eat a diet that “emphasizes” vegetables, fruits, whole grains, includes low-fat dairy, poultry, fish legumes, nontropical vegetable oils and nuts; and limits intake of sweets, sugar-sweetened beverages and red meats.
- 5-6% of calories for saturated fats, reduce trans fat

AHA/ACC Lifestyle Mgmt Guide

Advise adults who would benefit from BP lowering to:
- Eat a diet that “emphasizes” vegetables, fruits, whole grains, includes low-fat dairy, poultry, fish legumes, nontropical vegetable oils and nuts; and limits intake of sweets, sugar-sweetened beverages and red meats.
- Adapt this dietary pattern to appropriate calorie requirements and cultural patterns
- Achieve this pattern by following plans such as DASH, the USDA food pattern, or AHA diet.
DASH DIET

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats and Sweets</td>
<td>Lean cuts, lean lean trimmings, white meat, and red meat (not pork). Cut fats from meats (e.g., bacon, hot dogs, sausage, etc.). Use lean meats to reduce saturated fat.</td>
</tr>
<tr>
<td>Grains, Fruits, Vegetables</td>
<td>Increase to the limit allowed in the diet, especially whole grains, legumes, and vegetables.</td>
</tr>
<tr>
<td>Fish and Seafood</td>
<td>At least two servings a week, preferably more often. Fish that are lower in mercury.</td>
</tr>
<tr>
<td>Whole Grains, Beans, Legumes, Soy Products, Other Foods</td>
<td>Increase to the limit allowed in the diet.</td>
</tr>
<tr>
<td>Fruits and Vegetables</td>
<td>You can eat as much of these foods as you like, but eat at least half your fruits and vegetables.</td>
</tr>
</tbody>
</table>
Developing a Heart Healthy Menu in LTC/Rehab

Lindsey Callihan, MS, RDN, CD

A look at Providence Mt. St. Vincent

109 Assisted Living
149 Skilled Nursing
58 Transitional Care
1,200+ meals served daily in 16 different locations

Attention to resident-directed care, individual choice and compassionate care.
• Pioneer Network Standards of Care – Person centered care
• Thomas Cuisine Mgmt
• Taste changes
• Moisture/salivary changes
• Digestive changes
• Chewing/swallowing difficulties

Event and Action Timeline

Pre-2010
• At the Mount: Cardiac, 404, 2gm Sodium Diets, CCD

2011
• MyPlate developed
• Pioneer Dining Standards

2013
• New 2013 AHA/ACC Guidelines Released
• At the Mount: All diets removed except “Cardiac Diet” for rehab unit only

2014
• Change of food service provider to Thomas Cuisine Mgmt: wholesome food, good ingredients and from-scratch cooking

2015
• New 2015-2020 Dietary Guidelines released
• At the Mount: “Cardiac Diet” eliminated; Heart Healthy Menu implemented

How?
• Standards of Care: “Person-Directed, supporting autonomy and enhancing well-being.” - PN
• Conversations with administration/providers
• Practical experiences of patients/residents
• Patient/Resident satisfaction surveys – continued QI

Why Heart Healthy?

CHF/Heart Disease
Obesity
Diabetes

Mediterranean Diet
High in Omega-3
FA

Low sodium, high fiber, vitamins, minerals

High in vegetables and protein sources
The Heart Healthy Shift

- Low-sodium gravy for everyone
- Low-sodium soup
- Low-sodium bases and broths
- Nuts (bread, pancakes, muffins, pilaf, desserts, shakes)
- More, more, more fruits and vegetables
- Vegetarian sources of protein (beans, tofu, nut protein)
- Herbs and spices
- Grains
- Fish
- House made dressing
- From scratch cooking as able

Let’s Brainstorm!

- Mashed Potatoes → Hoppin’ John, white bean stew, sweet potatoes
- Steamed Vegetables → Ratatouille, add herbs and spices or lemon, sesame seeds/nuts, pesto, balsamic vinegar
- Rice → Wild rice medley, farro, quinoa, barley, dried fruit, vegetables, herbs
- Pork, Beef, Chicken, Meatloaf, Fish → Add herbs, garlic, onion, pesto, tomato, mustard
- Baked goods → reduced red meat, more vegetarian sources, poultry
- Add nuts, seeds, nut butter, fruits, pumpkin, spices, whole grains, vanilla

Can’t change the whole menu?

Heart Healthy Menu (Not Diet)

- Separate Menu
- Option for strict Heart Healthy Followers
- Heart disease, obesity, diabetes
- “Healthy” eaters, vegetarian
- Education!

Omega 3 Fats
Vegetarian Protein
Potassium, Mg, Phytonutrients
Fiber

Sodium
Sugar
Processed ingredients
Saturated fats
Red Meat
Education!

- Who should choose the Heart Healthy Menu?
- What nutrients does the Heart Healthy Menu provide?
- What foods are not included in the Heart Healthy Menu?
- What other Heart Healthy options are available?
- What if I want to continue a Heart Healthy Menu after discharge?
- Glossary: Legumes, Omega-3 Fat, Monounsaturated Fat, Phytochemicals
The Journey Continues

- Continued QI
- Patient Interviews
- Nursing/Dining Host education
- Menu and Recipe development
- Consistent education with doctors, nurses, patients
- Current research
- New generation

Thank you!

Questions?