



# Blood Pressure Campaign

WEEK TWO

## Heart Healthy Nutrition

Welcome to week two of the Blood Pressure Campaign!

Included in this packet is everything you need for your second week.



## BLOOD PRESSURE CAMPAIGN

# Week Two Overview

## Heart Healthy Nutrition

Remember to track each completed activity on your campaign tracking sheet!

### Watch 'Blood Pressure Timeline'

Watch **Blood Pressure Timeline** to learn the history of heart health nutrition recommendations over the past 70 years leading up to the current research-based interventions.

**Watch Now**



### Read 'Heart Healthy Nutrition'

*Pages 3-4*

Learn about current nutrition recommendations to improve heart health and decrease your risk for cardiovascular disease.

### Try a Heart Healthy Recipe

*Pages 5-7*

Freshen up your menu with some tasty heart-friendly recipes. Try out the ones included with this week's resources or find one online. Note which recipe you try below.

**Heart healthy recipe I tried this week:**

### Increase Fiber Intake

*Page 8*

Consume adequate fiber by getting one form of dietary fiber in each meal one day this week. Look at the recipes from this week for specific examples of fiber-rich choices.

### Add Omega-3 Fatty Acids

*Page 9*

Try a new omega-3-rich source of food this week. Consider salmon or tuna for lunch or dinner or walnuts, chia seeds or flax seeds added to yogurt or a smoothie.

### Apply Your Knowledge

*Page 10*

Next time you go to the grocery store, apply what you learned this week by steering clear of the low-fat products and stick with the regular version of your favorite products.



# Heart Healthy Nutrition

## Blood Pressure Nutrition

Nutrition recommendations for heart health have been subject to quite the controversy. In fact, as you read you may notice that the recommendations have changed and evolved over the years. Researchers have come a long way in this field and continue to push for the most current and correct recommendations for the public. Don't forget to watch [Blood Pressure Timeline](#) for a complete review.

## History of Heart Health Recommendations Over the Years

- 1950 – 1970** ● Twenty years of debate among researchers about major culprit for cardiovascular disease (CVD) between dietary fat versus refined carbohydrate/sugar
- 1974** ● Dietary fat wins debate: researchers conclude that dietary fat and cholesterol lead to atherosclerosis, heart attack and overall CVD
- 1980** ● Public encouraged to limit dietary cholesterol leading to a major drop in egg consumption
- 2000 – 2015** ● Researchers begin to question the saturated fat-CVD hypothesis
- 2015** ● Removal of recommendation to limit consumption of dietary cholesterol from Dietary Guidelines for Americans 2015  
Several studies find strong connection between refined carbohydrate and added sugar with CVD
- 2016** ● Dairy consumption is found to have a protective effect against CVD
- 2020** ● Consuming fiber and omega-3 fatty acids and limiting intake of added sugars are found to protect against CVD\*

If you're interested in learning more about the history and controversy of heart health recommendations, take a moment to read [Fat, Sugar, Whole Grains and Heart Disease: 50 Years of Confusion](#).

## What Does This Mean for You?

It is helpful to remember that nutritional science evolves as new information is uncovered, which contributes to improved health over time but can be frustrating for someone strict about following specific dietary practices with a goal to achieve a health outcome. For those looking to set more focused goals to improve heart health and decrease risk for cardiovascular disease, take a look at the current research-based nutrition recommendations.

### Current Nutrition Recommendations



**Consume 3 Servings of Soluble Fiber Per Day**  
*3 Grams Per Serving*

Find soluble fiber in oats, apples, citrus fruits, carrots, or beans.



**Increase Consumption of Omega-3 Fatty Acids**

Find omega-3 fatty acids in cold-water fish (or fish oil), nuts and seeds.



**Limit Consumption of Refined Carbohydrates & Replace with Whole Grain Alternatives**

The main sources of refined carbohydrates include white flour, white bread, white rice, pastries, and sodas.



**Avoid All Forms of Tobacco, Including Second-Hand Smoke**

### Did You Know?

#### No need to cut out eggs!

Eggs have historically been vilified for their dietary cholesterol content. However, research has since proved that limiting dietary cholesterol for the general population is unnecessary for health. Also, eggs contain additional vitamins and nutrients that can lower risk of heart disease. The Physicians' Health Study found that eating an egg a day is generally safe for heart health. For most, the benefits of consuming eggs outweigh the potential cons.

#### Think twice before buying low-fat products.

This may be a shock to some, but did you know there is not a significant nutritional benefit to selecting low or no fat content in dairy products and other pre-packaged foods? Often, products marketed as low-fat or fat-free end up containing increased sugar or sodium content to maintain a similar taste, so the best choice is to stick with the regular version of your favorite products.



## Apple Cinnamon Smoothie



### Ingredients

- > ½ frozen banana
- > ½ medium apple, chopped
- > 2 Tbs oats
- > 1 Tbs almond butter
- > 1 c. unsweetened almond
- > milk
- > ¼ tsp cinnamon
- > 3 ice cubs

### Directions

Add all ingredients to blender and blend until smooth.

### Nutrition

- > 264 Calories
- > 12g Fat
- > 7g Fiber
- > 17g Sugar *None Added*
- > 6g Protein

## Mango Avocado Smoothie

Adapted from [runningwithspoons.com](http://runningwithspoons.com)



### Ingredients

- > ½ c. unsweetened vanilla almond milk
- > ½ c. plain yogurt
- > 1 c. frozen mango
- > ½ ripe avocado
- > 2-3 tsp maple syrup (optional)
- > pinch of salt, to taste

### Directions

Add all ingredients to blender and blend until smooth.

### Nutrition

- > 278 Calories
- > 11.6g Fat
- > 5g Fiber
- > 25.8g Sugar
- > 13.5g Protein



## Salmon Avocado Salad

Adapted from [downshiftology.com](http://downshiftology.com) | Servings: 2



### Salad Ingredients

- > 4 c. baby spinach or other leafy greens
- > ½ cup cooked quinoa
- > 2 tomatoes, chopped
- > 1 avocado, diced
- > 1 cucumber, sliced
- > ¼ cup red onion, chopped
- > 2 Tbsp olive oil
- > 2 salmon filets
- > Salt and pepper to taste

### Dressing Ingredients

- > ⅓ cup olive oil
- > 2 large lemons, juiced
- > 1 tsp Dijon mustard
- > ½ tsp honey or maple syrup
- > 1-2 garlic cloves, minced

### Directions

1. Heat olive oil in large pan over medium-high heat.
2. Season the salmon filets with salt and pepper.
3. Add the salmon filets top side down and cook for 4-5 minutes. Flip the salmon and cook for an additional 2-3 minutes or until salmon is mostly opaque, with a smidge of softness in the middle
4. Divide all other salad ingredients between two bowls, then place cooked salmon on top
5. Mix dressing ingredients together in a small bowl and drizzle over salad
6. Serve and enjoy!



## Turkey Bean Tostadas with Avocado-Tomato Salsa

Adapted from the [American Heart Association](#) | Servings: 5



### Salsa Ingredients

- > 2 c. chopped tomatoes (~2 medium tomatoes)
- > 1 medium avocado
- > 2 Tbs finely chopped red onion
- > 2 Tbs fresh lime juice
- > 1-2 fresh jalapeno peppers (seeds and ribs discarded, finely chopped)
- > 1 c. frozen whole kernel corn

### Tostada Ingredients

- > 5, 6-inch corn tortillas
- > 8 oz ground, skinless turkey breast
- > 1 can no salt added black beans (rinsed, drained)
- > 2 Tbs water
- > **Optional Spices:** chili powder, cumin, coriander
- > **Additional Toppings:** lettuce, onion, olives

### Directions

1. In a small bowl, stir together all the salsa ingredients. Set aside.
2. Preheat the oven to 400 degrees F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side, or until golden brown.
4. Meanwhile, in a medium nonstick saucepan, cook the turkey over medium-high heat for 5 minutes or until the turkey is no longer pink. Add the beans and water to the saucepan and cook for an additional 5 minutes or until the beans are heated through.
5. Using a potato masher (or fork), coarsely mash the beans and turkey together and remove from heat.
6. Serve and enjoy!



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# Increase Your Fiber Intake

Consume adequate fiber by getting one form of dietary fiber in each meal one day this week. Look at the recipes from this week for specific examples of fiber-rich choices. Use the table below to help you plan out your fiber-rich day!

**My Dedicated Fiber-Intake Day of the Week:** \_\_\_\_\_

Breakfast	
Lunch	
Dinner	
Snacks	





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# Add Omega-3 Fatty Acids

Try a new omega-3-rich source of food this week. Consider salmon or tuna for lunch or dinner or walnuts, chia seeds or flax seeds added to yogurt or a smoothie. Use the table below to help you plan Omega-3s into your week.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							



## BLOOD PRESSURE CAMPAIGN

# Apply Your Knowledge

Next time you go to the grocery store, apply what you learned this week by steering clear of the low-fat products and stick with the regular version of your favorite products. Create a grocery list to make your trip easier.

### Grocery List

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