

Healthy heart handbook



HEALTHY HEART TIPS FOR: NUTRITION | EXERCISE | STRESS | AND MORE



Tyler
Heart Institute
Montage Health

montagehealth.org/heart



Nutrition

Eating the right food protects the heart by reducing or even preventing inflammation and high cholesterol.

FILL YOUR DIET WITH:



Anti-inflammatory foods

A heart-healthy diet includes a variety of whole fruits, vegetables, grains, nuts, healthy fats, and moderate amounts of lean meat.



Whole grains

Whole grains are packed with nutrients and fiber, which are critical to heart health.



Colorful fruits and vegetables

Eating a colorful assortment of fruits and vegetables provides nourishment associated with heart health and other health benefits.

Read on to learn more and for heart-healthy recipes.

An anti-inflammatory, heart-healthy diet avoids heavily processed foods like packaged snacks or deli meat and includes a variety of whole fruits, vegetables, grains, nuts, healthy fats, and moderate amounts of lean meat.

INFLAMMATION FIGHTERS



Tomatoes



Olive oil



Green leafy vegetables, such as spinach, kale, and collards



Nuts like almonds and walnuts



Fatty fish such as salmon, mackerel, tuna, and sardines



Fruits including strawberries, blueberries, cherries, and oranges

INFLAMMATION STARTERS



Refined carbohydrates, such as white bread and pastries



Fried food, such as French fries and fried chicken



Soda and other sugar-sweetened beverages



Red meat (burgers, steaks) and processed meat (hot dogs, sausage, deli meat)



Margarine, shortening, and lard

WHOLE GRAINS A–Z

Whole grains are packed with nutrients and fiber, which are critical to heart health. Refined grains like white bread and white rice are stripped of their nutrients and fiber, resulting in more calories for less nutritional value.

Whole grains can be found in whole foods like oatmeal and brown rice. Look for these at the grocery store:

- | | | |
|--------------|----------|-----------------|
| ■ Amaranth | ■ Farro | ■ Sorghum |
| ■ Barley | ■ Kamut | ■ Spelt |
| ■ Brown rice | ■ Millet | ■ Teff |
| ■ Buckwheat | ■ Oats | ■ Triticale |
| ■ Bulgar | ■ Quinoa | ■ Wheat berries |
| ■ Corn | ■ Rye | ■ Wild rice |

Eating a colorful assortment of fruits and vegetables provides nourishment through phytonutrients, which are compounds that come from plant-based foods and are associated with heart health and other health benefits.



EAT THE RAINBOW

ORANGE (beta-carotene)

Immune system, eye, skin, bones

FOODS: Pumpkin, sweet potato, carrots, winter squash, cantaloupe, apricots

RED (lycopene)

Heart, prostate cancer

FOODS: Tomatoes, pink grapefruit, red peppers, watermelon, tomato products

GREEN (lutein)

Heart, eye, cancer

FOODS: Collards, kale, spinach, broccoli, Brussels sprouts, lettuce, artichokes

PURPLE (anthocyanidins)

Blood vessels

FOODS: Blueberries, blackberries, plums, cranberries, raspberries, red onions, red potatoes, red radishes, strawberries

Source: fruitsandveggies.org

Visit montagehealth.org/nutrition to learn about nutrition counseling options.

Heart-healthy recipes

Green superfood smoothie

SERVES 1 | SERVING SIZE: 16 FL. OZ.

INGREDIENTS

8 oz. orange juice
½ avocado
¼ cup mango
½ cup spinach

Combine in the blender until smooth.



Cowboy caviar with chipotle sauce

SERVES 8 | SERVING SIZE: 1 CUP

INGREDIENTS

15 oz. black-eyed peas	3 Tbsp. olive oil
15 oz. black beans	½ tsp. salt
1 ¼ cup corn kernels	½ tsp. pepper
14 oz. pico de gallo	½ cup freshly
4 Tbsp. fresh lime juice	chopped cilantro
½ tsp. ground cumin	

1. Drain and rinse black beans and black-eyed peas
2. Mix lime juice, olive oil, cumin, salt, and pepper together
3. Combine all ingredients in a large bowl and gently mix together



For chipotle sauce:

8 oz. roasted and salted cashew nuts	2 Tbsp. fresh lime juice
3 oz. whole chipotle pepper	¼ bunch green onions
2 Tbsp. sweetened lime juice	¾ oz. fresh cilantro
	Salt and pepper to taste
	2 Tbsp. water

1. Cover cashews with cold water and soak overnight
2. Place all ingredients into blender and blend until smooth



Exercise

Physical activity is important to maintaining healthy heart, lung, joint, muscle, and even bowel functions. Regular exercise improves circulation, strengthens the heart and other muscles, and helps lower cholesterol.

Adults need at least **150 minutes of moderate** physical activity or **75 minutes of vigorous** physical activity per week, or a combination of both. Aim to achieve at least 10 consecutive minutes of moderate or vigorous physical activity each time.

How do I know if my exercise is moderate or vigorous?

Try the talk test: If you can hold a conversation during exercise, it is considered moderate. If it is difficult to speak, the exercise is considered vigorous.



Read on to learn more and for exercise tips.

Getting started

Getting started is the toughest part. Remember that you don't have to be perfect — any movement is better than none. Find activities you enjoy, start small, commit, and stay disciplined. Over time you can gradually increase your intensity, time, and frequency to meet the exercise guidelines.

Consult with your doctor before starting an exercise program to learn whether you have restrictions or limitations to consider.

CALORIES BURNED PER HOUR FOR COMMON PHYSICAL ACTIVITIES

MODERATE physical activity

		Calories burned*
	Hiking	370
	Light gardening/ yard work	330
	Dancing	330
	Golf (walking and carrying clubs)	330
	Bicycling (less than 10 mph)	290
	Walking (3.5 mph)	280
	Light weightlifting	220
	Stretching	180

VIGOROUS physical activity

		Calories burned*
	Running/jogging (5 mph)	590
	Bicycling (more than 10 mph)	590
	Swimming (slow freestyle laps)	510
	Aerobics	480
	Walking (4.5 mph)	460
	Heavy yard work (e.g., chopping wood)	440
	Intense weightlifting	440
	Basketball	440

*Approximate calories burned for a 154-pound person. Source: Dietary Guidelines for Americans, 2005. U.S. Department of Health and Human Service; U.S. Department of Agriculture

There are two main types of physical activities, and both are important to heart health.



Aerobic (cardio) exercise — Continuous and rhythmic physical activity that increases heart rate (e.g., walking, jogging, cycling, swimming, hiking, climbing stairs, jumping rope, cross-country skiing, skating, rowing, dancing)



Strength (resistance) training — Uses resistance to make the muscles contract to build muscle and strength (e.g., weight machines, free weights, resistance bands, and body-weight exercises like squats, push-ups, lunges, pull-ups, and sit-ups)



Getting the most out of your workout

- Choose activities that make you move against gravity while staying upright
- Choose activities that use your major muscle groups
- Challenge yourself. For example, instead of your usual stroll, increase your walking pace, take the stairs, or try adding a hill to your walk or run
- If you can do any resistance exercise with ease beyond 20 repetitions, increase the weight
- Vary your workouts — try different machines at the gym, take different walking, jogging, or cycling routes, try different classes, etc.

Visit montagehealth.org/exercisetips for 10 tips to get you and your family moving.



Stress

Stress can contribute to health issues including heart disease, high blood pressure, anxiety, depression, insomnia, overeating, and weight gain. Stress management techniques like breathing exercises, meditation, relaxing hobbies, yoga, and tai chi are healthy coping tools to manage stress.

Try these techniques

- Grounding
- Progressive muscle relaxation
- Square breathing
- Lazy 8 breathing
- Five-finger breathing
- TIPP

Read on to learn more about these stress management techniques.

Stress management techniques

Find what works best for your mind-body balance.



Grounding

Grounding helps to shift attention away from stress and anxiety and into the present moment.

When you need a calm moment, take a deep and slow breath, slowly exhale, and then identify:

- **Five** things you see or notice about your environment
- **Four** things you can touch around you
- **Three** things you can hear
- **Two** things you can smell
- **One** thing you can taste

Finish with a deep and slow breath, then slowly exhale.

Progressive muscle relaxation

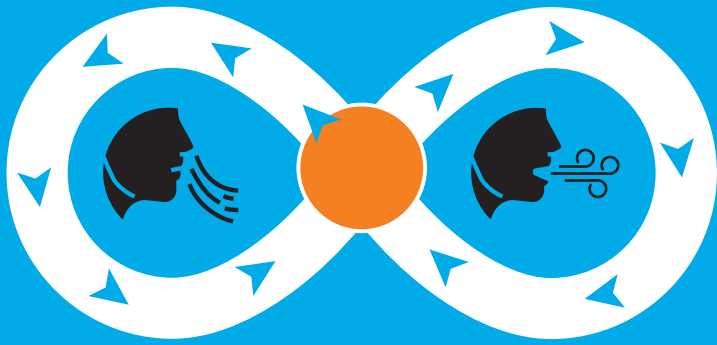
Follow these steps with each body part (feet and toes, buttocks, hands and fingers, stomach, cheeks and jaw, eyes):

1. Start at your feet and move up. Focus on one body part/muscle at a time for 5 seconds.
2. Release any tension in the muscle.
3. Observe how your body feels and move to the next body part.

Square breathing

1. Inhale for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale for 4 seconds
4. Hold your exhale for 4 seconds.

Repeat as needed.



Lazy 8 breathing

Slowly trace your finger along the arrows, taking one big breath while tracing the left side, and slowly exhaling while tracing the right side.



Five-finger breathing

Using the index finger of one hand, slowly trace the edge of your other hand and fingers. Take a deep, slow breath as you move up your fingers, and slowly exhale as you move down.

TIPP

When nerves are on edge, practice TIPP skills:



Temperature

Lower the temperature, hold a cold pack, put cold water on your face, or run your hands under cold water.



Intense exercise

Try a short burst of intense exercise to help calm the body (jumping jacks, running in place, dancing in the living room, etc.).



Paced breathing

Take slow and deep breaths. Deep breathing helps to control your physical and psychological well-being and reduce stress.



Paired muscle relaxation

Inhale, tighten your muscles, feel the strain, and relax as you exhale.

Getting quality sleep, and enough of it, is one of the best ways to reduce stress.

Visit montagehealth.org/sleeptips for sleep tips for the whole family.