

## Healthy Nutrition - A Basic Guide (Updated)

Reduction in the risk for cardio-vascular disease (CVD) includes a balanced dietary program with consideration of both the source and the amount of calories consumed each day. The benefit of following a balanced nutritional program is clearly supported by multiple large-scale clinical research studies. Total calories are based on age, gender, physical activity levels and weight goals. All calories are not equal. Weighing the source, balance and amount of calories are paramount for achieving your health goals. The Mediterranean-style eating pattern is not simply a matter of using extra-virgin olive oil instead of butter – it is a **lifestyle**. Awareness of portion sizes and eating mindfully will give you a successful nutritional program for both achieving a healthy sense of well-being, your weight goals and reducing your CVD risk. It is based on the following guidelines:

### 1) Healthy Fats:

- a. Saturated Fats: <6% of total calories
- b. Polyunsaturated Fatty Acids (Canola & Soybean oil): 10-15% of total calories
- c. Monounsaturated Fatty Acids (Canola & Olive oil): 10-20% of total calories
- d. Omega-3 Fish Oil capsules (EPA & DHA – 2400 mg/day in divided doses)
- e. Spreads: Two servings/day with soybean / or canola oil, hummus
- f. Salad Dressing: Vegetable (soybean), Canola, Olive oil, Coconut oil
- g. Nuts & Seeds: almonds, flaxseeds, pecans, pine nuts, macadamia nuts
- h. Avocados

### 2) Healthy Proteins:

- a. Beef & Pork: Occasional lean cuts only
- b. Seafood and Poultry (chicken & turkey breast; white meat only; remove skin)
- c. Dairy:
  - i. Eggs
  - ii. Milk
  - iii. Yogurt - Full-cream is OK
  - iv. Cottage Cheese
  - v. Cheeses
- d. Beans & Lentils
- e. Soy protein, Soybeans, Tofu

### 3) Healthy Carbohydrates:

- a. Vegetables – above the ground vegetables
- b. Fruits – controlled amounts based on Insulin-resistance levels
- c. Legumes
- d. Whole grain foods

The traditional Mediterranean diet is characterized by a high intake of olive oil, fruit, nuts, vegetables, and cereals; a moderate intake of fish and poultry; a low intake of dairy products, red meat, processed meats, and sweets; and wine in moderation, consumed with meals. In observational cohort studies and a secondary prevention trial (the Lyon Diet Heart Study), increasing adherence to the Mediterranean diet has been consistently beneficial with respect to cardiovascular risk. A systematic review ranked the Mediterranean diet as the most likely dietary model to provide protection against heart disease and stroke. Refer to the article: *The Mediterranean Eating Style*.

Ref: New England Journal of Medicine, Vol. 368, No 14: *Primary Prevention of Cardiovascular Disease with a Mediterranean Diet*. April 4, 2013

Patients who have obtained their **Boston Heart Diagnostic Report** may create their on-line personal **Life Plan Guide** based on their laboratory test results and answers to their questionnaire. Their **Life Plan** includes: Your Weight, Body Mass Index (BMI) and Calorie Targets; Your Daily Food Strategy; Your Daily Food Plan; Your Menus; Your Exercise Plan and Your Registered Dietitian Coach. On-line food and exercise journals along with tips for healthy snacking and stress management are available at:  
**[www.mybostonheart.com](http://www.mybostonheart.com)**.