Preventive Cardiology
Name These Non-Starchy Vegetables

- Okra
- Brussels Sprouts
- Mushrooms
- Tomatoes
- Cauliflower
- Broccoli
- Eggplant
- Bell Peppers
- Celery
- Artichokes
- Asparagus
- Carrots
- Spinach
- Radishes
- Onions
Vegetables
I Can Eat Every Day

1.

2.

3.

4.

5.
**Heart Smart Breakfasts and Snacks**

Enjoy items below with a glass of unflavored milk and/or a fruit.

### Eggs:
- Breakfast burrito: 1 small whole wheat tortilla, 2 scrambled eggs/egg whites, cheese and veggies
- Veggie and cheese omelet: 2 eggs/egg whites, cheese and veggies in an omelet with whole grain toast
- Hardboiled egg with a small salad tossed in a light vinaigrette

### Nuts:
- Fruity and nutty oats: Toss 2 tablespoons of dried fruit (raisins, cranberries, dates, figs) and ¼ cup nuts into oatmeal
- Trail mix: Mix together 1 cup whole grain cereal, 2 tablespoons dried fruit, ¼ cup nuts (can also add 1 tablespoon of dark chocolate chips)
- Fruit and Nuts: Pick a fruit (apple, banana, orange) and pair with ¼ cup (handful) of your favorite nuts (walnuts, pecans, almonds) or nut butter (peanut, almond, sunflower)

### Vegetables:
- Fresh veggies (tomatoes, bell peppers, cucumbers, celery, carrots) with hummus, salsa, guacamole or cheese/cottage cheese
- Avocado with salt/pepper
Lean Protein:

- Turkey/Ham Lettuce Wrap: Wrap 1 to 2 slices lean turkey or ham and 1 slice of cheese in lettuce
- Tuna, salmon or chicken salad: Mix 2 ounces water packed tuna, salmon or chicken with 1 tablespoon of Greek yogurt, diced bell peppers or cucumbers, onion and relish (pickles)
- Bean Burrito: 1 small whole tortilla, ¼ cup cooked beans, sprinkle cheese and 2 tablespoons salsa

Dairy and Fruit:

- Berry-banana "ice cream" – blend 1 carton of yogurt, ½ frozen banana, ½ cup frozen berries with ¼ cup milk
- Fruit and cheese: cubed, string or cottage cheese with fresh fruit (grapes, berries, melon)
- Parfait: 1 carton yogurt with ½ cup fruit (berries, banana) and crushed whole grain cereal on top (can add crushed nuts instead or in addition to cereal)
Heart Smart Shopping List

Fruits and vegetables
- Fresh or frozen fruit
- Fresh or frozen vegetables
- Canned fruits without syrup
- Canned vegetables

Healthy fats and oils
- Nuts (Walnuts, Pecans, Almonds, Cashews, Pistachios, Macadamias)
- Natural Nut Butter (Peanut, Almond, Sunflower)
- Olive Oil, Canola Oil, Vegetable Oil
- Avocado
- Flaxseed, Chia Seed
- Pesto
- Olives

Dairy
- Unflavored Milk
- Unflavored Yogurt
- Cheese (block, string, cottage)

Starches
- Whole Wheat Bread/English Muffin/Pita Bread
- Whole Wheat Noodles
- Brown Rice
- Whole Wheat or Corn Tortilla
- Cereal and Oatmeal
- Potatoes, Corn, Peas

Condiments
- Hummus
- Mustard
- Salsa (No Added Sugar)
- Garlic
- Spices
- Herbs

Protein
- Eggs
- Chicken
- Turkey
- Fish (Salmon, Shrimp, Tuna, Tilapia)
- Beans, Lentils, Edamame
- Tofu
Causes of Low Vitamin D Levels
- Obesity
- Dark skin complexion
- Limited sun exposure
- Inadequate intake of food sources

Foods rich in Vitamin D
- Fatty fish (salmon, tuna, mackerel)
- Cheese
- Egg yolks
- Mushrooms
- Unflavored milk and yogurt

Based on your child's assessment today, the recommended vitamin D intake is
- Vitamin D Rich Foods
- 2000 iu Daily
- 5000 iu Daily
- Prescription Vitamin D
Where's the Added Sugar?

What is added sugar?

Added sugar is not naturally found in food products. It is added while it is being made. Natural sugar is found in foods like milk and fruit. Eating less sugar can help lower triglycerides (fat in the blood). This can also help control your blood sugar.

Foods and Drinks with added sugar:

- Baked beans
- Barbeque sauce
- Cakes, cookies, ice cream, baked goods
- Candy
- Cereal
- Flavored milk
- Flavored yogurt
- Fruit canned in syrup, jelly, jam
- Fruit drinks
- Granola bars
- Honey
- Instant oatmeal
- Juice
- Pasta sauce
- Pop tarts®
- Protein bars
- Reduced-fat salad dressings
- Soda
- Sports drinks

Ways to Make Healthier Choices

1. Read labels on all packaged foods.
2. Choose items with less than 10 grams of sugar per serving.
3. Stop drinking sweetened beverages (fruit juices, soda, Koolaid, Gatorade)
4. Eat desserts and candy only on special occasions.
5. Choose whole fruit or fruit canned in water.
6. Choose beans without added sugar.
7. Use small amounts of ketchup or barbeque sauce.
8. Read labels on pasta sauce. Choose the sauce with the lowest grams of sugar.
9. Choose healthy breakfast items (like old-fashion oatmeal and fruit).
10. Eat items with natural sugar like whole fruits and plain milk.
Where’s the Added Sugar?

How do we find the added sugar on food labels?

Ingredients: Sugar, Modified Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey (From Milk), Soy Lecithin: An Emulsifier, Vanillin: An Artificial Flavor.


Check serving size first.

Sugar is a type of carbohydrate. It is listed here.

- Sugar is the main ingredient in Nutella®.
- Most of the calories in ketchup are sugar.
Your Child’s Blood Test Results

What do the lab values mean?

**LDL (Low-Density Lipoprotein):**
Also known as “bad” cholesterol. LDL causes build-up on the blood vessel walls. 
*It is good to have LOW LDL.*

**HDL (High-Density Lipoprotein):**
Also known as “good” cholesterol. HDL prevents build-up on the blood vessel walls. 
*It is good to have HIGH HDL.*

**Triglycerides:**
Can be made in the body from eating more carbohydrates (starches and sugars) than your body needs. 
*It is good to have LOW Triglycerides.*

**Lipoprotein A:**
An inherited lipid that can cause early build up on the blood vessel walls and premature heart disease.

**Hemoglobin A1c:**
A test that measures the average sugar present in blood from food digested over a 3 month period.

**AST/ALT (Liver Enzymes):**
These can be elevated with obesity, and can lead to liver disease.

**Vitamin D:**
A vitamin that is needed for bone and teeth formation. A low Vitamin D is linked to heart disease and diabetes. You can get Vitamin D from some foods and sunlight.

**TSH (Thyroid Stimulating Hormone):**
When this level is high, your body is producing too little thyroid hormone, which can lead to increased appetite and weight gain.
Drink Up!

Drink up to feel your best!

Often children and teenagers do not drink enough fluids. Dehydration can occur when fluid needs are not met. Some symptoms of dehydration are:

- feelings of the heart beating faster or out-of-rhythm, or squeezing harder
- feeling dizzy or having vision changes when going from sitting to standing
- headaches
- feeling tired with low energy levels or low exercise abilities
- fainting and blacking out
- feelings of shortness of breath.

Drink up to be your best!

Recommendations: Carry a water bottle!

- Drink 80-100 ounces (or around 2.5 liters) daily.
- Drink mainly water and white milk.
- Do not drink soda, caffeinated tea or energy drinks. Those drinks will make you more dehydrated.
- Drink one large glass of water or milk with breakfast.

Drink up to play at your best!

Drinking is even more important for athletes. Dehydration can lead to lower sports performance.

- Drink an extra 16-20 ounces of water for every hour of activity.
- Try to avoid sports drinks due to high amounts of sugar.
- Drink throughout the day, during and after practice so you can play your hardest.

Drink Up!

How much you drink now: ______________   How much more you need: ______________