



MINDFUL SCOOP

February 2021

Meth-Wick Community

Staying Heart Healthy

Did You Know?

Heart disease is the leading cause of death. Approximately 18.2 million adults are diagnosed with coronary artery disease, the most common type of heart disease. However, with healthy eating habits, physical activity and not smoking, you can reduce your risk!

Intake Recommendations Per 2020-2025 Dietary Guidelines for Americans

Increase dietary fiber	Reduce sodium intake	Reduce dietary fat intake	Reduce added sugars
Aim for 25-30 g/day	<2300 mg/day	<10% calories/day	<10% calories/day

What This Looks Like

Diet

The best diet is one that is full of fruits and vegetables, whole grains, nuts, fish, poultry and vegetable oils. Alcohol can be consumed in moderation, but limit the amount of red and processed meats, refined carbohydrates, foods with added sugar, sodium and trans fat.

Tips: Fill half your plate with fruits and vegetables at every meal, control portion sizes, eat nutrient dense foods, make a meal plan, and avoid sugary drinks.

Physical Activity

Get at least 150 minutes of moderate aerobic activity each week. Examples include brisk walking, dancing, stairs and gardening. Studies have shown that sitting too much can be linked with higher risk for heart disease.

Reference: USDA Dietary Guidelines for Americans & the American Heart Association

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