

Risk factors for stroke and heart attacks

- Age
- Gender
- Race
- Ethnicity
- Blood Pressure
- Smoking
- Family History of heart disease at an early age
- Cholesterol values

What can I change to reduce these risks?

- Age
- Gender
- Race
- Ethnicity
- Blood Pressure
- Smoking
- Family History of heart disease at an early age
- Cholesterol values

What can I change to reduce these risks?

- Blood Pressure
- Smoking
- Cholesterol values

What can I add to reduce these risks?

- Activity
- Mediterranean diet
- Medication

How much activity?



150 minutes of moderate aerobic activity **or**

75 minutes of vigorous aerobic activity a week, **or**

a combination of moderate and vigorous activity

Reduce the risk of heart disease and stroke

- Blood Pressure medication 50%
- Smoking 25%-50%
- Cholesterol lowering medications (statins) 25%-35%
- Activity 25%
- Mediterranean diet 30%
- Diabetic medication 15% - 35%
- Aspirin 15%

The Mediterranean Diet

- Can **reduce the risk** of heart disease, stroke, cancer, high blood pressure, type 2 diabetes, Parkinson's, and Alzheimer's.
- Focus on **minimally processed foods** (less than 4 ingredients in any packaged item).
- Make 80% of what you eat plant based.

What to eat and not to eat Mediterranean diet

Table 1. Summary of Dietary Recommendations to Participants in the Mediterranean-Diet Groups and the Control-Diet Group.

Food	Goal
Mediterranean diet	
Recommended	
Olive oil [‡]	≥4 tbsp/day
Tree nuts and peanuts [†]	≥3 servings/wk
Fresh fruits	≥3 servings/day
Vegetables	≥2 servings/day
Fish (especially fatty fish), seafood	≥3 servings/wk
Legumes	≥3 servings/wk
Sofrito [‡]	≥2 servings/wk
White meat	Instead of red meat
Wine with meals (optionally, only for habitual drinkers)	≥7 glasses/wk
Discouraged	
Soda drinks	<1 drink/day
Commercial bakery goods, sweets, and pastries [§]	<3 servings/wk
Spread fats	<1 serving/day
Red and processed meats	<1 serving/day



Once or twice a month,
small portions **ONLY**



Throughout the week,
in moderation

Every day, no restrictions



The Mediterranean Diet

- Plan for **variety**—eat different foods each week. Try new foods.
- Save money by buying less red meat, refined grains, desserts, and fast food.

Low-fat Cheese
& Yogurt



What about cheese?

Based on an 1 ounce serving:	Calories	Saturated Fat (grams)
Cheddar	114	6
Brie	95	5
Swiss	108	5
Provolone	98	4.8
Mozzarella, whole milk	90	4.4
Mozzarella, part skim	86	3
Swiss, reduced fat (Alpine Lace)	90	3.5
Cheddar, light (Cabot)	70	3
Provolone, reduced fat (Sargento)	75	2

Source: USDA

Poultry &
Eggs



Eggs are ok?



Nuts &
Seeds



Which ones? Tree nuts

Almonds



Hazelnuts



Walnuts

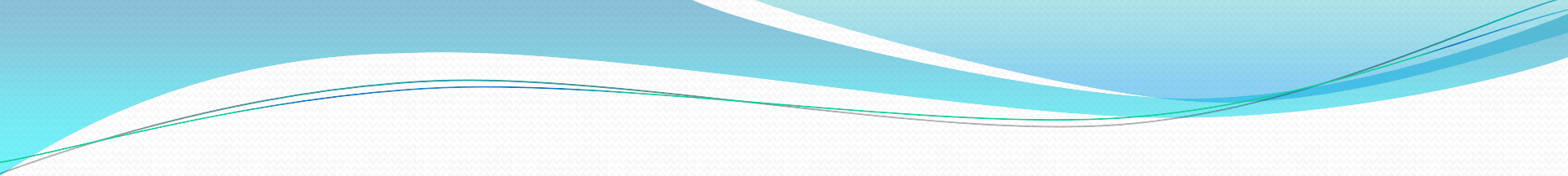


Making the move to the Mediterranean Diet

- **Clean your pantry;** throw away processed foods.
- Replace red meat with fish and poultry.
- Eat fruit or nuts instead of sweets for dessert or snacks.
- Slowly add more fruits and vegetables into every meal.

Making the move to the Mediterranean Diet

- **Clean your pantry;** throw away processed foods.
- Replace red meat with fish and poultry.
- Eat fruit or nuts instead of sweets for dessert or snacks.
- Slowly add more fruits and vegetables into every meal.

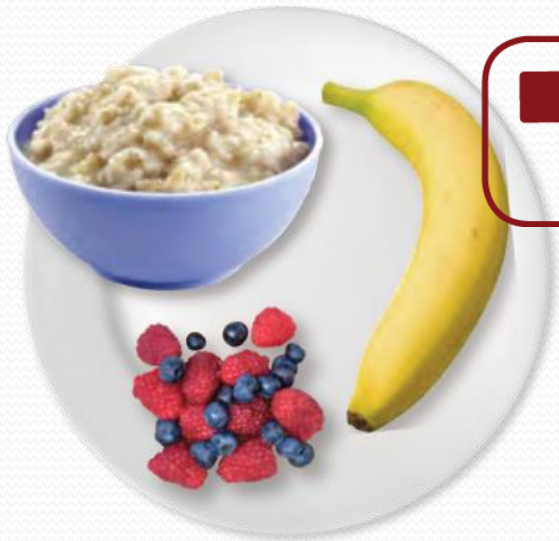
- 
- Use olive oil, herbs, and spices instead of salt and butter.
 - Drink water instead of soda.
 - Eat **plant-based foods** 80% of the time.
 - Limit your dairy to low-fat milk, yogurt, and cheese.
 - Prefer brown-rice and whole grain bread.

What's for breakfast?

● Most mornings, start your day with oatmeal and fruit or whole-grain toast and low-fat yogurt with berries. Choose fresh fruit instead of fruit juice.

■ Three to four mornings a week, enjoy some eggs. Experiment with poached eggs over whole-wheat toast or maybe a bean and low-fat cheese burrito.

■ Only a couple times a month, splurge with sausage and whole -grain waffles or bacon and eggs. Try low-fat turkey sausage or bacon, and top your waffle with fruit and sugar-free syrup.



What's for lunch?

- Most days, try different kinds of salads. Add black beans or chickpeas, cooked shrimp or salmon, and olive oil and vinegar dressing. Snack on fruit, nuts, or fresh carrots and snap peas.

- A couple times a week, have a piece of grilled chicken or a turkey sandwich on whole-wheat bread. Add tomatoes, lettuce, and avocado to your sandwich. Enjoy some low-fat cottage cheese with fruit.

- A couple times a month, order that hamburger you've been craving, but pass on the cheese. Substitute fruit or salad for the fries. For dessert, try angel food cake with fresh fruit or frozen low-fat yogurt.



What's for dinner?

- Most evenings, fill your plate with vegetables that are steamed, roasted, or sautéed in a little olive oil with herbs and spices. Add beans, lentils, brown rice, or whole-grain pasta. If you enjoy red wine, have 1 glass with your meal.

- A couple times a week, fill half your plate with vegetables, and add some chicken or fish and brown rice or quinoa. Enjoy some fruit for dessert.

- A couple times a month, add roast beef, lamb chop, or pork tenderloin and barley to your half plate of vegetables. For a treat, fix fruit-based desserts like a low-sugar cobbler or berries with low-fat topping.



- **Be active** – at least 150 minutes a week.
 - 150 minutes of moderate aerobic activity **or**
 - 75 minutes of vigorous aerobic activity a week, **or**
 - a combination of moderate and vigorous activity
- **Socialize** – Enjoy meals with your friends and family
- **Drink smart** – Choose water over soda or juice;
 - wine and drink only with a meal



“I’m not giving up candy”



Food is everywhere

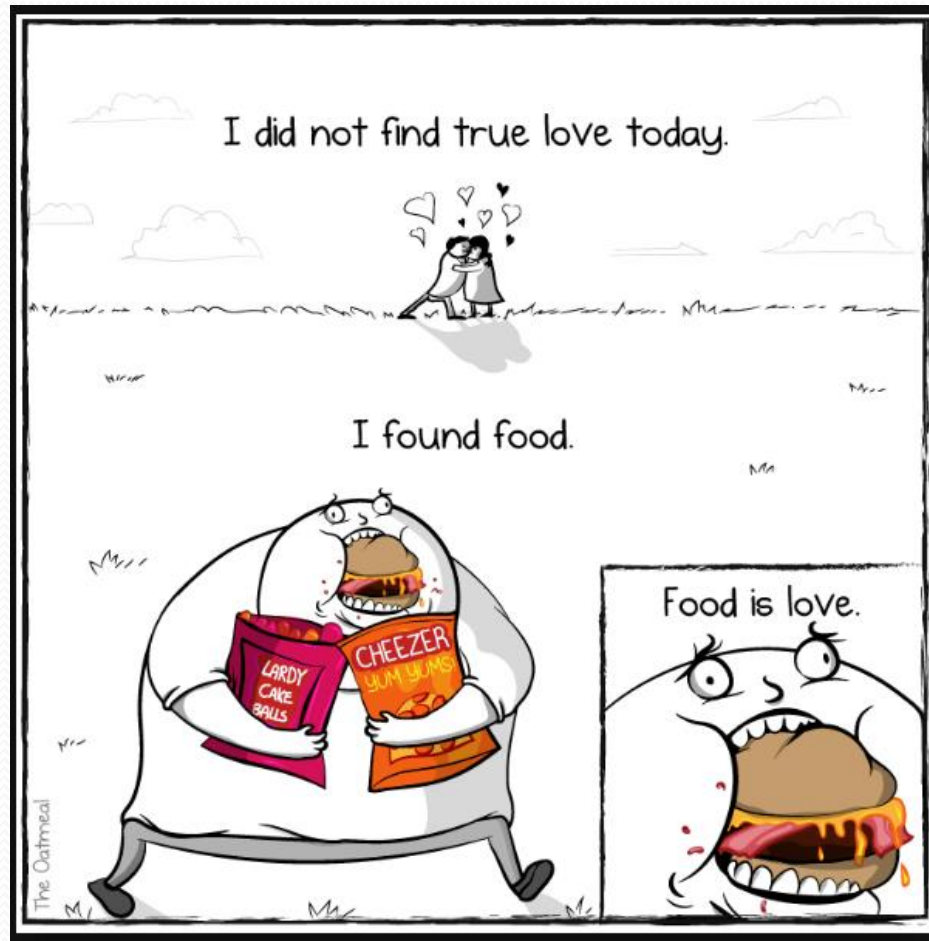


Food is love

“Food is symbolic
of love when words
are inadequate.”

– ALAN D. WOLFELT

Food is love

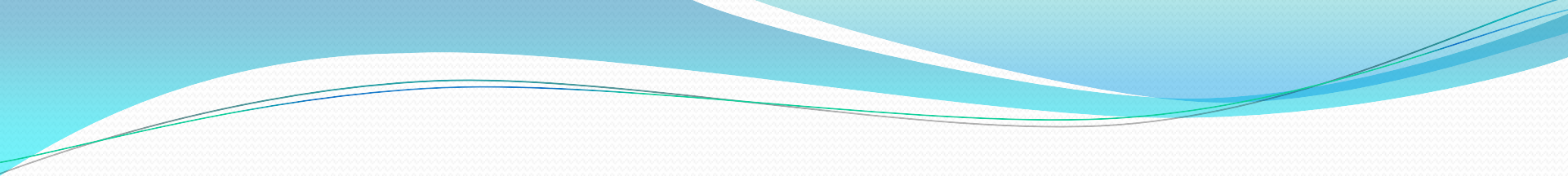


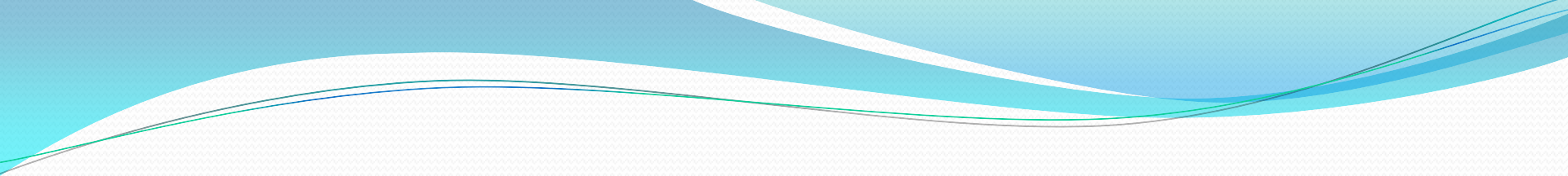


I NEED

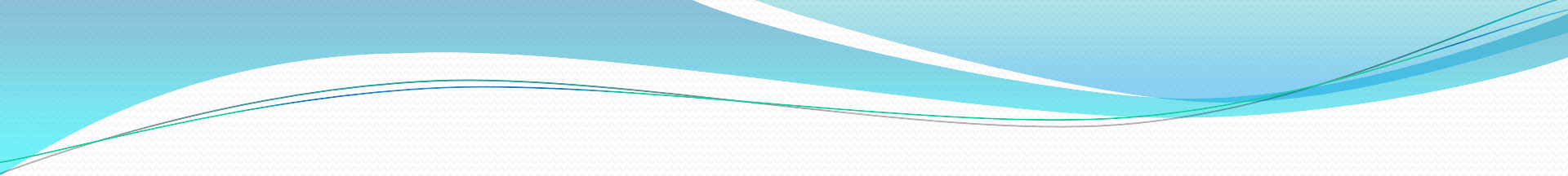
End Mindless Eating

- **Am I hungry?** Avoid eating out of boredom, because food is there. Eat when you're hungry.
- **Don't let yourself get too hungry.** It's harder to make mindful choices when you're famished. Eat something small to take the edge off.

- 
- **Choose the healthiest food you can without feeling deprived.** When you eat on a low-fat diet you may think you're eating less, but actually eat more. Choose low-fat/reduced calorie foods, but don't eat more because of it!
 - **Eat from smaller plates and bowls**—people typically eat more off of large plates than small, but feel equally full.

- 
- **Use smaller serving spoons.** You take a larger portion with a larger spoon, and take less with a smaller spoon.
 - **Put your food on a plate instead of eating from bags, boxes, or containers.** You'll eat less and enjoy your food more.

- **Buy food in smaller containers.** People tend to eat more when serving from a large container (popcorn, for example).
- **Watch super-sized drinks.** Extra large drinks are a good value, but can have as much as 600 calories. Water satisfies thirst best.

- 
- **Don't clean your plate.** Stop eating when you begin to feel satisfied, even if food is left. Package leftovers for another meal.
 - **Be mindful of your activity level.** It's easy to eat while watching TV. Look for opportunities to move more—take the stairs, pace while on the phone, play with the kids.