

# Know the Warning Signs of a Heart Attack

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## What is a heart attack?

A heart attack happens when the blood vessels that go to your heart get blocked by fatty deposits or a blood clot. When this happens, the blood supply is reduced or cut off. Then oxygen and other materials can't get through to your heart, hurting your heart muscle. Another name for a heart attack is myocardial infarction, or MI. **If you have diabetes, you're at risk for a heart attack.**

## What are the warning signs of a heart attack?

The warning signs include

- chest pain or discomfort, pressure, or fullness. This might feel like indigestion or heartburn.
- discomfort in one or both of your arms, your back, jaw, neck, or stomach
- shortness of breath
- sweating or light-headedness
- indigestion or nausea or vomiting
- tiredness, fainting, or feeling lightheaded

You may not have all of these signs, and they may come and go. The most common warning sign for both men and women is chest pain. But women are more likely to have some of the other warning signs. If you have chest pain that doesn't go away after you rest for a few minutes, you might be having a heart attack.

## What should I do if I have warning signs?

Call 9-1-1 within about 5 minutes. Ask for an ambulance to the hospital. Make sure your family and friends know when to call 9-1-1. Review the warning signs of a heart attack with them.

## Why do I need to call 9-1-1 right away?

Getting medical care right after a heart attack can save your life. Medicines can

- prevent more blood clots



Call 9-1-1 right away if you have warning signs of a heart attack. Getting help can help save your life.

- help blood flow in your heart
- reduce chest pain

These steps work best within an hour of the first warning signs of a heart attack.

## How are the signs of a heart attack different for people with diabetes?

Diabetes can affect your nerves and make heart attacks painless or "silent." A silent heart attack means that you may not have any warning signs, or they may be very mild. Your health care provider might need to do special tests to see whether you've had a heart attack.

### Real-Life Stories from People with Diabetes

When I had my heart attack, I felt sick to my stomach and had some pain in my neck and my arms. Those were the only warning signs. I thought it might be a heart attack, so I called 9-1-1 right away and was taken to the hospital. They did some tests and gave me medicine that broke up the blood clot in a blood vessel to my heart. — Carol Y., age 68 • type 2 diabetes

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# Protect Your Heart: Make Smart Food Choices

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## How can smart food choices help keep my heart and blood vessels healthy?

Diabetes raises your chances of having a heart attack or a stroke. But you can protect your heart and blood vessels by taking these steps:

### Eat more

- whole grains
- vegetables and fruit
- healthy fats (but not too much)
- fish
- foods with omega-3 fats
- cholesterol-lowering margarine

### Cut back on

- saturated fat
- trans fat
- cholesterol
- fat for cooking
- calories
- salt (sodium)
- alcoholic beverages

Making smart food choices can also help you lose weight and keep your blood glucose (sugar) levels on target. For recipes and information about foods, visit [www.diabetes.org/MyFoodAdvisor](http://www.diabetes.org/MyFoodAdvisor).

## How can I make smart food choices?

Here are some ways to make smart food choices. Put a check mark next to 2 things you'd like to try. Talk with your health care provider for more ideas.

### Foods to choose more often

- **Eat more whole grains.** Try to eat whole-grain versions of breads, cereals, crackers, pasta, and other grains at least half of the time.
  - Check the list of ingredients on foods made from grains. Choose foods that show "whole" or "whole grain" as the first ingredient. Examples include whole-wheat flour, whole oats, oatmeal, whole-grain cornmeal, popcorn, whole-rye flour, barley, and bulgur.
  - Try whole-wheat pasta instead of regular pasta.
  - Have brown rice, whole-wheat couscous (a quick-cooking grain), or a boxed whole grain mix instead of white rice.



Making smart food choices can protect your heart and blood vessels.

### • Eat more vegetables and fruit.

- Eat at least one vegetable or a salad at lunch and dinner. Snack on raw vegetables.
- Try new ways of cooking vegetables, such as steaming, stir-frying, or roasting.
- Eat dark green and dark yellow vegetables every day, such as broccoli, spinach, collards, kale, carrots, squash, chilies, and peppers.
- Choose fruit for dessert or when you crave something sweet.

### • Choose heart-healthy fats.

Choose the kinds of fat that can help lower your cholesterol. But keep in mind that all fats are high in calories. If you're trying to lose weight, you'll want to keep servings small.

- Cook with healthy fats. Choose from olive oil, canola oil, corn oil, soybean oil, sunflower oil, and safflower oil.
- Have a handful of low-salt nuts for a snack several times a week.

• **Eat more fish.**

- Have fish 2 to 3 times a week. Choose from albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon. They all are high in omega-3 fats, a type of fat that may help lower blood fat levels and prevent build-up of unhealthy plaque in the arteries.

• **Eat foods with omega-3 fats.**

- Add flaxseeds and walnuts to your morning cereal.
- Use canola oil, soybean oil, flaxseed oil, or walnut oil.

• **Use cholesterol-lowering margarine.**

- Switch to a cholesterol-lowering margarine. These margarines contain an ingredient (called plant stanol esters) that keeps cholesterol from being absorbed.

**Foods to cut back on**

• **Cut back on foods with saturated fat.**

- Eat less butter, whole milk, high-fat ice cream, high-fat cheese, and lard.
- Choose meats that have less fat, such as ground beef with 7% fat instead of 15%.
- Eat lean meats or meat substitutes such as beef round, chuck roast, rib roast, fish, pork tenderloin, or poultry without the skin.
- Choose lower-fat versions of cheese and milk. For example, try reduced-fat cheddar cheese. If you buy 2% milk now, try 1% milk. If you already use 1% milk, try fat-free milk.

• **Cut back on foods with trans fat.**

- Check food labels and avoid trans fat whenever you can.
- Watch out for foods that list trans fat, hydrogenated oil, or partially hydrogenated oil on the labels.
- Buy soft margarines that are trans fat-free or low in trans fat. If you buy stick margarine, choose margarine with liquid vegetable oil listed as the first ingredient.

• **Cut back on high-cholesterol foods.**

- Cut back on egg yolks, organ meats such as liver, high-fat dairy products, and high-fat meat and poultry.
- Choose packaged foods with little or no cholesterol. Check the Nutrition Facts and the list of ingredients on food labels.

• **Cook using low-fat methods. Use heart-healthy fats.**

- Broil, microwave, bake, roast, steam, or grill foods.
- Use nonstick pans and use heart-healthy oils like canola, olive, sunflower, or corn oil cooking sprays.

• **Cut back on calories if you need to lose weight.**

- Compare your usual daily calories to the total you should have to lose weight. Keep track of what you eat for a day or two. Then go to [www.diabetes.org/MyFoodAdvisor](http://www.diabetes.org/MyFoodAdvisor) and click on "Explore Foods." Add up your total calories for a day.

• **Cut back on salt (sodium).**

- Limit sodium to no more than 1,500 milligrams each day.
- Check on sodium content online at [www.diabetes.org/MyFoodAdvisor](http://www.diabetes.org/MyFoodAdvisor). Click on "Explore Foods." Or check food labels for sodium content.
- Add less salt to your food. Try to get used to the taste of food without salt.
- Use herbs, spices, or lemon juice instead of salt.

For more help, ask your health care team for copies of these brochures: Toolkit No. 9: *Protect Your Heart: Choose Fats Wisely*, Toolkit No. 10: *Protect Your Heart: Plan and Cook Heart-Healthy Meals*, and Toolkit No. 11: *Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices*.

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# Protect Your Heart: Choose Fats Wisely

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## Why should I choose fats wisely?

Diabetes raises your chances of having a heart attack or a stroke. But you can protect your heart and blood vessels by choosing fats wisely. Some kinds of fat, such as butter and shortening, can raise your cholesterol and your chances of heart disease. Other kinds, like olive oil and canola oil, protect your heart by lowering your triglyceride (a bad fat in your blood) levels.

All fats are high in calories. If you're trying to lose weight, you'll still want to limit the amount of fat you eat. Take a look at the Nutrition Facts on food packages. You'll see information about the types and amounts of fat in each food.



You can protect your heart and blood vessels by eating foods low in saturated fat and cholesterol.

### Special information about fats for people with diabetes

If you have diabetes, limit how much you have of these fats:

- saturated fat (found in whole milk products, fatty meats, dark meats, and skin)
- trans fat (found in some snacks, cookies, pies, and other foods)

Your health care provider can tell you exactly how much of these fats is safe for you.

## How can I choose fats wisely?

Try these steps to protect your heart and blood vessels:

- Eat less total fat, especially less saturated fat and trans fat.
- Cut back on foods that are high in cholesterol.
- Choose fats that can help lower your cholesterol level.

### Step 1: Eat less total fat, especially less saturated fat and trans fat

Saturated fat and trans fat raise your chances of heart disease and stroke. These fats can raise your blood cholesterol and can cause your blood vessels to clog. The blood supply to your heart can get blocked, leading to a heart attack. If the blood supply to your brain gets blocked, you can have a stroke.

**Saturated fat:** Saturated fat can raise your cholesterol level.

Sources of saturated fat	
<ul style="list-style-type: none"> <li>• bacon and bacon grease</li> <li>• butter</li> <li>• chitterlings</li> <li>• chocolate</li> <li>• coconut, coconut oil, and coconut milk</li> <li>• cream cheese</li> <li>• cream sauce</li> <li>• fatback and salt pork</li> <li>• gravy made with meat drippings</li> </ul>	<ul style="list-style-type: none"> <li>• high-fat dairy products, such as cheese, cream, ice cream, whole milk, 2% milk, and sour cream</li> <li>• high-fat meats like regular ground beef, bologna, hot dogs, sausage, and spareribs</li> <li>• lard and shortening</li> <li>• palm oil and palm kernel oil</li> <li>• poultry skin</li> </ul>

**Trans fats:** Trans fats can also raise your cholesterol level.

Sources of trans fat	
<ul style="list-style-type: none"> <li>• foods with hydrogenated oil</li> <li>• foods with partially hydrogenated oil</li> <li>• shortening</li> <li>• some fast foods such as French fries</li> </ul>	<ul style="list-style-type: none"> <li>• some snacks</li> <li>• some stick margarines</li> <li>• some store-bought desserts (cookies, donuts, pies)</li> </ul>

**Step 2: Cut back on foods that are high in cholesterol**

Your body makes some of the cholesterol in your blood. The rest comes from the foods you eat. Foods from animals are the main sources of dietary cholesterol.

Your body needs cholesterol to make some hormones, vitamins, and to help you digest foods. However, if you eat too much cholesterol, it can build up in your body and put you at risk for heart attack or stroke.

Sources of cholesterol	
<ul style="list-style-type: none"> <li>• egg yolks</li> <li>• high-fat dairy products</li> </ul>	<ul style="list-style-type: none"> <li>• high-fat meat and poultry</li> <li>• liver and other organ meats</li> </ul>

**Step 3: Choose fats that can help lower your bad (LDL) cholesterol**

Monounsaturated fats, polyunsaturated fats, and special cholesterol-lowering margarines can protect your heart by lowering your cholesterol. Another protective fat, called omega-3 fats, is found in some types of fish, oils, and other foods.

**Monounsaturated fat:** Monounsaturated fat is a type of unsaturated fat that can lower your blood cholesterol.

Sources of monounsaturated fat	
<ul style="list-style-type: none"> <li>• avocado</li> <li>• canola oil</li> <li>• olive oil and olives</li> <li>• sesame seeds</li> </ul>	<ul style="list-style-type: none"> <li>• nuts like almonds, cashews, pecans, and peanuts</li> <li>• peanut butter and peanut oil</li> </ul>

**Polyunsaturated fat:** Polyunsaturated fat, another type of unsaturated fat, protects your heart.

Sources of polyunsaturated fat	
<ul style="list-style-type: none"> <li>• corn oil</li> <li>• cottonseed oil</li> <li>• flaxseeds</li> <li>• mayonnaise</li> <li>• pumpkin seeds</li> <li>• safflower oil</li> <li>• salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>• sesame seeds</li> <li>• soft (tub) margarine</li> <li>• sunflower oil</li> <li>• sunflower seeds</li> <li>• tahini or sesame paste</li> <li>• walnuts</li> </ul>

**Omega-3 fats:** This type of fat helps prevent clogging of the arteries. Eat fish, prepared a low-fat way, 2 or 3 times a week. Choose broiling, baking, grilling, or steaming. Or buy tuna packed in water and make tuna fish salad with low-fat or fat-free mayonnaise.

Sources of omega-3 fats	
<ul style="list-style-type: none"> <li>• albacore tuna</li> <li>• herring</li> <li>• mackerel</li> <li>• rainbow trout</li> <li>• salmon</li> </ul>	<ul style="list-style-type: none"> <li>• sardines</li> <li>• canola oil</li> <li>• flaxseeds</li> <li>• soybean oil</li> <li>• walnuts</li> </ul>

**Special cholesterol-lowering margarine:** Having 2 to 3 tablespoons of a cholesterol-lowering margarine every day can lower your cholesterol. These margarines contain plant stanol esters, an ingredient that keeps cholesterol from being absorbed. You'll find several types at the grocery store in the margarine section.

**Protect Your Heart**

By following these three steps, you can help protect your heart and lower your risk for heart disease and stroke. For more help, ask your health care team for copies of these brochures:

- Toolkit No. 8: *Protect Your Heart: Make Smart Food Choices*
- Toolkit No. 10: *Protect Your Heart: Plan and Cook Heart-Healthy Meals*
- Toolkit No. 11: *Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices*

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# Protect Your Heart: Plan and Cook Heart-Healthy Meals

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You can protect your heart and blood vessels by making smart choices when you cook. Small changes can make a big difference in your health. See the sections below for tips on how to

- plan heart-healthy meals and snacks
- cook heart-healthy meals

Place a check mark next to 2 or 3 things you're ready, willing, and able to try this week. Then use this list for more ideas later on.

For healthy recipes and food information, visit [www.diabetes.org/MyFoodAdvisor](http://www.diabetes.org/MyFoodAdvisor).

## Plan heart-healthy meals and snacks

### Choose lean meat, poultry, and fish.

- Check food labels and choose meats with 5 grams of fat or less in each serving.
- Choose lean cuts of beef such as round, sirloin, and flank steak; tenderloin; rib, and rump roast; T-bone, porterhouse, and cubed steak.
- Pick lean types of pork: ham, Canadian bacon, tenderloin, and rib and loin chops.
- Buy sandwich meats with 3 grams of fat or less in each ounce.
- Other lean choices are leg of lamb, lamb chops, and roast lamb, and game, such as venison.
- Buy poultry such as chicken, turkey, and Cornish hen without the skin (or remove the skin).
- Eat fish 2 or 3 times a week. Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon are great choices.

### Have a meatless meal at least once a week.

- Cook a vegetable pizza or lasagna.
- Try meatless chili
- Make black bean soup or another hearty soup.
- Stir-fry vegetables with tofu.

### Choose fat-free or low-fat dairy foods.

- Choose fat-free (skim) milk, ½% milk, or 1% milk.
- Use fat-free or low-fat yogurt.



Choose heart-healthy foods to protect your heart and blood vessels.

- Buy lower-fat cheeses: cottage cheese, grated Parmesan, and any cheese with 3 grams of fat or less per ounce.

### Choose whole-grain breads.

- Check the list of ingredients on foods made from grains. Choose foods that show “whole” or “whole grain” as the first ingredient. Whole-wheat flour, whole oats, oatmeal, whole-grain cornmeal, popcorn, whole-rye flour, barley, and bulgur are all whole grains.

### Make a whole-grain side dish several times a week.

- Try whole-wheat pasta instead of regular pasta.
- Have brown rice, whole-wheat couscous (a quick-cooking grain), or a boxed whole grain mix instead of white rice.

### Have plenty of fruits and vegetables.

- Eat at least one vegetable or a salad at lunch and at dinner.
- Eat dark green and dark yellow vegetables every day, such as broccoli, spinach, collards, kale, carrots, squash, and peppers.
- Snack on cut-up raw vegetables and fruit.
- Choose fruit for dessert—or when you're craving something sweet.

**Cut back on salt.**

- Check food labels and choose foods with less salt (sodium).

**Cook heart-healthy meals**

**Cook with less fat and with heart-healthy fats.**

- Use low-fat ways to cook. Broil, microwave, bake, roast, poach, steam, or grill your food.
- Use nonstick pans and cooking sprays.

**If you use fat for cooking, choose fats that help your cholesterol and triglycerides.**

- Cook with olive oil, canola oil, corn oil, sunflower oil, or safflower oil.

**Boost the flavor with seasonings and sauces instead of salt and fat.**

- Look for recipes that use herbs, spices, and lemon juice for flavor.
- Cook without adding salt.
- Try lemon juice, lemon pepper, or other salt-free seasoning on fish.
- Marinate chicken in low-fat Italian dressing and then bake or grill it.

**Get rid of fat when you can.**

- Trim fat from meat and poultry.
- Roast food on a rack to let the fat drip off.
- Make soup a day ahead. Then refrigerate the soup. Before you reheat it, lift off the layer of fat that has risen to the top and throw it away.

**Smart food choices: What to try and why**

Instead of...	Try this...	Why?
whole milk or 2% milk	fat-free milk or 1% milk	less total fat, less saturated fat, and less cholesterol
regular cheese	low-fat cheese	
snack foods with trans fat, hydrogenated oil, palm oil, or coconut oil	trans fat-free, or low-fat snack foods	less total fat, less saturated fat
regular mayonnaise	fat-free plain yogurt or low-fat mayonnaise	less total fat
sour cream	fat-free sour cream	less total fat, less saturated fat
regular stick margarine	special cholesterol-lowering margarine or trans fat-free margarine	lowers cholesterol, fewer or no trans fats
fried chicken	baked chicken	less total fat, less saturated fat
bologna, salami, or pastrami	sliced turkey, lean ham, or low-fat sandwich meats	less total fat, less saturated fat
cookies with trans fat, hydrogenated oil, palm oil, or coconut oil	an orange, an apple, a pear, or some prunes	more fiber, no fat
pork chop	pork loin	less total fat, less saturated fat
short ribs	grilled or baked salmon or tuna, grilled T-bone steak	less total fat, less saturated fat

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# Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices

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Make heart-healthy choices by checking food labels. Read these parts of the labels:

- The **Nutrition Facts** section tells you the serving size and how many servings are in one package. You can also learn how much total fat, sodium (salt), fiber, and other nutrients you'll get in each serving.
- **Nutrient content claims** such as "low-fat" provide reliable health claims for the food.
- The **ingredients list** tells you what's in the food and how much.

## The Nutrition Facts

Here's an example of a **Nutrition Facts** section. The serving size is at the top. How does the serving size compare to your usual serving? If you usually eat 2 cups of chili with beef and beans, then double all of the numbers in this Nutrition Facts section.

Chili with Beef and Beans	
Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings per Container about 2	
Amount per Serving	
<b>Calories 230</b>	<b>Calories from Fat 70</b>
	<b>% Daily Value</b>
<b>Total Fat 8g</b>	12%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0.5g	
<b>Cholesterol 30mg</b>	10%
<b>Sodium 870mg</b>	36%
<b>Total Carbohydrate 25g</b>	8%
Dietary Fiber 8g	32%
Sugars 11g	
<b>Protein 15g</b>	

One cup of chili is one serving.

There are 2 servings in this package.

One serving has 8 grams of fat. This can has 2 servings, or 16 grams of fat.

## Total Amounts

To make heart-healthy food choices, look at the total amounts and cut back on

- total fat
- saturated fat
- cholesterol
- sodium
- trans fat

You'll also see information on fiber. To lower your risk of heart disease, eat foods with more fiber.

## How to use information on total amounts

Total amounts are shown in grams, shown as **g**, or in milligrams, shown as **mg**. A gram is a very small amount and a milligram is one-thousandth of that. For example, a nickel weighs about 5 grams. So does a teaspoonful of margarine. Here are ways to use the information on total amounts:

- Compare labels of similar foods. Choose foods with less total fat, saturated fat, trans fat, cholesterol, and sodium. Choose foods with more fiber.
- Find low-fat foods by seeing which ones have 3 grams or less of fat per serving.
- Choose foods with the lowest amounts of saturated fat and trans fat. Look for foods with one-third or less of the total fat as saturated fat.
- Look for foods that have 3 grams of fat or less for every 100 calories, every 15 grams of carbohydrate, or every 7 to 8 grams of protein.

## How much fat should I eat in a day?

Talk with your health care team about how many grams of fat are right for you. Or follow these general guidelines:

- For many women and for people on lower-calorie diets, have up to 40 to 60 grams of fat per day.
- For many men and for women on higher-calorie diets, have up to 60 to 80 grams of fat per day.



Check food labels to see how much fat you're eating. You can also ask your health care team how much of these nutrients to have each day. Write your daily targets here:

- Total fat (grams): \_\_\_\_\_
- Saturated fat (grams): \_\_\_\_\_
- Trans fat (grams): \_\_\_\_\_  
(Experts say to eat as little as possible.)
- Cholesterol (milligrams): \_\_\_\_\_
- Sodium (milligrams): \_\_\_\_\_
- Dietary fiber (grams): \_\_\_\_\_

### Nutrient content claims

A quick way to find heart-healthy foods is to check the nutrient content claims on the label. For example, you'll see the claim "less sodium" on some brands of chili with beef and beans. This means the product has at least 25% less sodium than the regular version. You can rely on claims like these because the government has defined them, as shown here.

#### Food claims—What do they mean?

Claims for fat (per serving)
<b>Fat free:</b> less than 1/2 gram (g) of fat or saturated fat
<b>Saturated fat free:</b> less than 1/2 g of saturated fat and less than 1/2 g of <i>trans</i> fats
<b>Low fat:</b> 3 g or less of total fat
<b>Low saturated fat:</b> 1 g or less
<b>Reduced fat or less fat:</b> at least 25% less fat than the regular version
<b>Trans fat free:</b> less than 1/2 g per serving

Claims for cholesterol (per serving)
<b>Cholesterol free:</b> less than 2 milligrams (mg)
<b>Low cholesterol:</b> 20 mg or less
<b>Reduced cholesterol or less cholesterol:</b> at least 25% less cholesterol than the regular version

Claims for sodium (per serving)
<b>Sodium free or salt free:</b> less than 5 mg
<b>Very low sodium:</b> 35 mg or less
<b>Low sodium:</b> 140 mg or less
<b>Reduced sodium or less sodium:</b> at least 25% less sodium than the regular version

Claims for fiber (per serving)
<b>High fiber:</b> 5 g or more
<b>Good source of fiber:</b> 2.5 g to 4.9 g per serving

### Ingredients list

Ingredients are listed in order from most to least. So the food has more of the ingredients at the top of the list and less of those at the bottom. Check the list for things you'd like to avoid, such as hydrogenated oil. For example, this ingredient list for chili with beef and beans shows no hydrogenated oil. Or look for heart-healthy ingredients like soy.

#### Chili with beef and beans

Ingredients: water, tomato puree (water, tomato paste), seasoned beef crumbles (beef, salt, spice extracts), diced tomatoes in tomato juice, red kidney beans, kidney beans. Contains less than 2% of the following ingredients: concentrate (caramel color added), jalapeno peppers, salt, dehydrated onions, sugar, dehydrated garlic, paprika, red pepper, soybean oil, soy lecithin, mono and diglycerides, mixed tocopherols, ascorbic acid, flavoring.

For more help, ask your health care team for copies of these titles:

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# Protect Your Heart: Heart-Healthy Menu Ideas

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Stay healthy by eating heart-healthy meals. Use these menus at home or when you're eating out. These menus are healthy for you and your whole family. Talk with your health care team if you have questions about what to eat.

## About the menus

These menus include plenty of heart-healthy foods: fruits, vegetables, whole grains, lean meats, fish, low-fat dairy foods, and certain nuts and oils. The meals and snacks are also low in saturated and fat but high in fiber. Talk with your health care provider to learn whether you need to change these menus to meet your personal needs.

You can mix and match the menus. Choose a breakfast, lunch, dinner, and 2 snacks. On average, the menus for one day provide about:

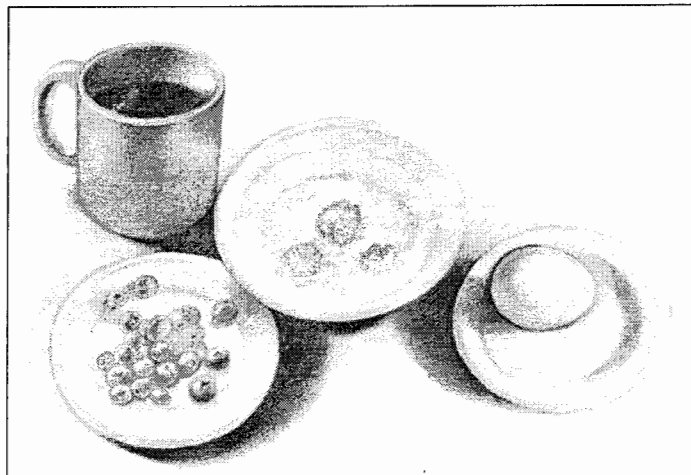
- 1600 calories
- 182 grams of carbohydrate (an average of about 45 to 60 grams per meal)—46% of total calories
- 77 grams of protein—19% of calories
- 62 grams of fat—35% of calories
- 11 grams of saturated fat—6% of calories
- 205 milligrams (mg) of cholesterol
- 1900 mg of sodium
- 30 grams of dietary fiber

You can cut 200 calories from the daily total by skipping the snacks. Or you can add 200 calories by eating 3 ounces of meat, poultry, or fish at lunch; 4 ounces of meat, poultry, or fish at dinner; and an extra half-serving of carbohydrate food, such as bread or rice, at 2 of your meals.

## Menu ideas

### Breakfast

- 1 toasted whole-wheat English muffin
- 2 tablespoons almond butter (like peanut butter, but made from almonds)
- 1 cup fat-free milk

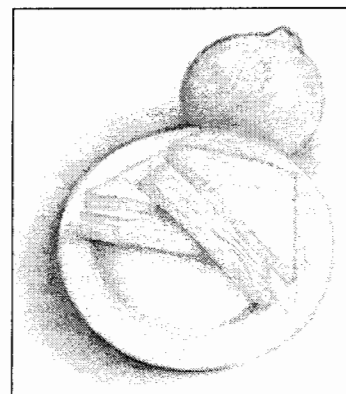


- ¾ cup oatmeal
- 1 tablespoon walnuts
- 1 cup fat-free milk
- 1 hard-boiled egg
- ¾ cup blueberries

- .....
- 1 ounce low-fat cheese
- 1 slice toasted rye bread
- 1 cup fat-free milk
- 2 small tangerines

### Lunch

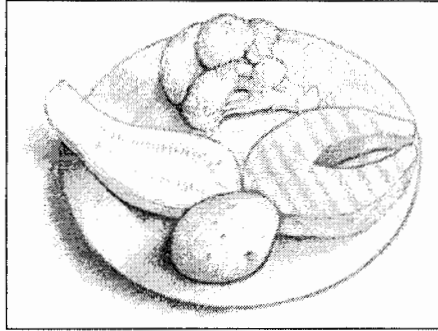
- 2 slices whole wheat bread
- 2 ounces sliced turkey breast
- Lettuce, tomato, onion, sprouts, and cucumber
- 1 tablespoon mustard or mayonnaise
- 1 orange



- .....
- Salad with 1 cup fresh spinach, plus tomatoes, cucumber, onion, and red cabbage
- ½ cup black beans
- 1 ounce low-fat cheese
- 1 tablespoon low-fat or fat-free salad dressing
- 6 whole-wheat crackers
- .....
- Small hamburger on a bun
- 1 tablespoon mustard or ketchup
- 1 side salad
- 1 tablespoon low-fat or fat-free salad dressing
- ½ cup fresh fruit mixture

**Dinner**

- 3 ounces salmon
- ½ cup roasted red potato
- ½ cup zucchini squash
- 1 cup broccoli
- 1 tablespoon olive oil for cooking/seasoning
- 1 tablespoon trans fat-free light margarine
- ½ cup fat-free frozen yogurt
- ½ cup canned sliced peaches

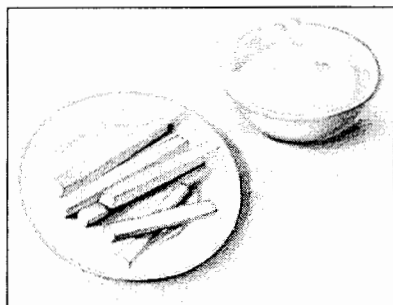


- .....
- 3 ounces roast pork loin
  - ⅔ cup brown rice
  - 1 cup fresh spinach salad and 1 tablespoon sliced almonds
  - 1 tablespoon low-fat or fat-free salad dressing
  - ½ cup green beans
  - 1¼ cups whole strawberries
  - 6 ounces light vanilla yogurt

- .....
- 3 ounces baked chicken
  - ¼ large (3 ounces) baked potato
  - ½ cup roasted baby carrots and onions
  - 1 tablespoon olive oil for cooking/seasoning
  - 1 tablespoon trans fat-free light margarine
  - 1 cup green salad
  - 1 tablespoon low-fat or fat-free salad dressing
  - 5 vanilla wafers
  - 1¼ cups watermelon cubes

**Snacks**

- 1 cup carrot sticks and 1 ounce low-fat ranch dressing
- 1 sliced apple and 1 tablespoon peanut butter
- ½ banana and 2 tablespoons sunflower seeds
- 6 whole-grain crackers and 1 ounce low-fat cheese
- 6 ounces (⅔ cup) low-fat fruit-flavored yogurt
- ¾ cup high-fiber cereal and ½ cup fat-free milk



**Where to find recipes online**

Take a look at the American Diabetes Association's (ADA) MyFoodAdvisor™ website at [www.diabetes.org/MyFoodAdvisor](http://www.diabetes.org/MyFoodAdvisor) online.

MyFoodAdvisor™ features

- a variety of recipes
- a place to save your favorite recipes
- nutrition information for many foods
- a way to check the nutrition information for your own recipes
- shopping lists

You can also find recipes at the ADA's Diabetes Forecast magazine at [www.forecast.diabetes.org/recipes](http://www.forecast.diabetes.org/recipes) online.

**Other resources**

**Websites**

You'll find more healthy menu ideas and recipes at the following websites:

- The United States Department of Agriculture offers a personalized menu planner at [www.mypyramidtracker.gov/planner](http://www.mypyramidtracker.gov/planner).
- The National Heart, Lung, and Blood Institute, part of the National Institutes of Health, provides information about the DASH eating plan, a healthy diet for lowering blood pressure. Search "DASH" at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).
- The Mayo Clinic has diabetes-friendly recipes at [www.mayoclinic.com/health/diabetes-recipes/RE00091](http://www.mayoclinic.com/health/diabetes-recipes/RE00091).

**ADA books**

The ADA's store at <http://store.diabetes.org> online offers cookbooks and books about meal planning. Titles include: the *Month of Meals* series, *The Ultimate Diabetes Meal Planner*, *Diabetes & Heart Healthy Meals for Two*, and *Diabetes Meal Planning Made Easy*.

**Provided By**



Has your health care provider told you're at high risk for heart disease? Do you have diabetes? Have you already had a heart attack? If so, you are much more likely to have coronary artery disease (a form of heart disease), a heart attack, or a stroke. But you can take steps to prevent heart disease or lower your chances of having a heart attack. Lifestyle changes, like making smart food choices and being physically active, and taking medicine can help.

## What causes coronary artery disease?

Coronary artery disease occurs when the blood vessels to your heart become narrowed or blocked by deposits of fat and other materials. These deposits can break apart and form a blood clot. If the blood supply to your heart is reduced or cut off by a blood clot, you can have a heart attack.

## What steps can I take to prevent coronary artery disease?

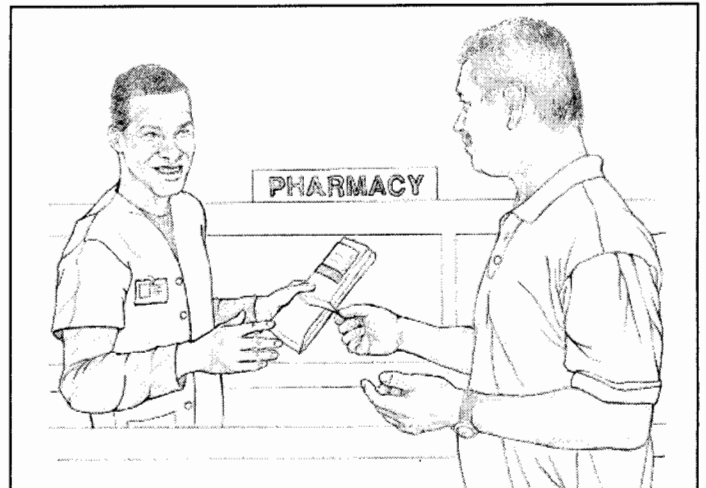
You can lower your risk by keeping your "ABCs" on target with smart food choices, physical activity, and medicine. Losing weight and quitting smoking can also help. The closer your numbers are to your targets, the better your chances of preventing heart disease and cutting your risk for a heart attack.

### A is for A1C

The A1C tells you your average blood glucose over the past 2 to 3 months. Your average blood glucose is reported in 2 ways:

- A1C (as a percentage)
- estimated Average Glucose (eAG) in numbers similar to your blood glucose meter readings

American Diabetes Association (ADA) targets are listed on the following chart. Talk with your health care team about the best target for you. Write your latest result and your target here.



Medicine, along with lifestyle changes, can help you prevent a heart attack.

ADA Targets for the A1C	My Result	My Target
A1C: below 7%		
eAG: below 154 mg/dl		

### B is for blood pressure

Your blood pressure is the force of blood inside your blood vessels. When your blood pressure is high, your heart has to work harder than it should. Write your latest result and your target here.

ADA Blood Pressure Target	My Result	My Target
Below 130/80 mmHg		

### C is for cholesterol

Your cholesterol numbers tell you how much fat, also called lipid, is in your blood.

- LDL cholesterol, also called "bad" cholesterol, can clog your blood vessels and lead to heart disease.
- HDL cholesterol, also called "good" cholesterol, helps protect your heart.
- Triglycerides, another kind of blood fat, raise your risk for heart disease.

See the chart below for the ADA targets. Write the results of your latest blood fat check here.

Type of Blood Lipid	ADA Targets (mg/dl)	My Results	My Targets
LDL cholesterol	below 100*		
HDL cholesterol	above 40 (for men)		
	above 50 (for women)		
Triglycerides	below 150		

\*If you already have heart and blood vessel disease, your LDL target is below 70.

## How can I reach my ABC targets?

You can help reach your targets when you

- make smart food choices
- lose weight if you need to
- exercise and are as active as possible
- quit smoking
- take medicines (if needed)

### Make smart food choices

Changing what you eat can make a big difference in your blood glucose, blood pressure, and cholesterol levels.

Below are some ways to make smart food choices. Place a check mark next to the steps you're willing to try. To learn more about how to make these changes, talk with your health care team.

- Limit saturated fat (found in fatty meats, poultry skin, butter, 2% or whole milk, ice cream, cheese, palm oil, coconut oil, lard, and shortening).
- Eat as little trans fats as possible. Trans fats are found in some crackers, snack foods, cookies, donuts, stick margarine, some tub margarines, and foods with hydrogenated or partially hydrogenated oil.
- Eat less salt, also called sodium.
- Eat at least 5 servings of fruits and vegetables each day.

- Cut back on high-cholesterol foods (such as egg yolks, high-fat meat and poultry, liver and other organ meats, and high-fat dairy products like whole milk).
- Eat fish 2 or 3 times a week. Choose fish high in the kind of fat that protects your heart (such as albacore tuna, mackerel, rainbow trout, sardines, and salmon).

### Lose weight or take steps to prevent weight gain

- Cut down on calories and fat.
- Try to be more physically active than you are now.

### Be physically active

- Check with your doctor before you start a new routine. Find out which activities will be safe.
- Aim for a total of about 30 minutes of aerobic exercise, such as brisk walking, most days of the week.

### If you smoke, quit

- Talk with your health care team about how to quit.
- Go to a "quit-smoking" class.

### Take medicines

Medicines can help you reach your ABC targets and lower your risk of heart disease. You may need several medicines to stay on track. Your health care provider can tell you which medicines are best for you.

Aspirin can also help lower your risk of heart disease. Ask your provider whether you should take a low-dose aspirin every day.

### Real-Life Stories from People with Diabetes

After my heart attack last year, I finally started taking my health seriously. Before that, I hadn't paid much attention to my diabetes. But now I try to eat right and exercise, and I take several pills a day to keep my blood glucose, blood pressure, and cholesterol on target. I want to be around for a long time!

— Roberto H., age 70 • type 2 diabetes

Provided By



# Protect Your Heart by Losing Weight

Regular physical activity, like dancing, can help you lose weight. Losing weight lowers your risk of heart disease and stroke because it helps you control blood glucose (sugar), blood pressure, and cholesterol levels. You don't have to lose a lot of weight to see the benefits. Even a loss of 10 to 15 pounds can help a lot.

Weight loss can be hard because it means changing the way you eat and how much activity you get. The older we get, the harder it is for us to lose weight because we burn fewer calories. We also tend to be less active. Losing weight takes time—and that can be frustrating. **The good news is that you can lose weight and keep it off, even if you've never done it before.**

## What strategies can help me lose weight?

Here's what works for people who have lost weight and kept it off:

- They cut back on calories and fat.
- They're physically active most days of the week.
- They eat breakfast every day.
- They keep a record of their weight, what they eat and drink, and what they do for physical activity.

The more of these you can fit into your weight loss plan, the more likely you will succeed. It's important to both eat fewer calories and be more active.

## What's the secret to changing habits?

Every change involves several stages, and each stage is important. Here's an example.

1. Sue decided she wanted to lose some weight.
2. She thought about ways she could cut calories and exercise more. She decided that she wasn't ready for all of her ideas. But for some, she was ready.
3. At the time, she ate ice cream almost every night for her snack. She knew that one way to lower calories would be to eat something with fewer calories than ice cream. She decided that this was a change she was ready, willing, and able to make. She saved changes she wasn't ready, willing, and able to make until another time.



Regular physical activity, like dancing, can help you lose weight.

4. Next, Sue made a realistic plan. She'd have an apple instead of ice cream at least 4 times a week.
5. Then she took action. She bought some apples and started eating an apple for her evening snack 4 times a week.
6. Now, after more than 6 months, it's part of her routine and she's ready to try another change.

Think about a change you'd like to make. Decide what you're ready, willing and able to do. Then plan exactly how and when you'll do it.

## Strategies for losing weight

Now it's time to get started. Put a check mark next to the things you're ready, willing, and able to do. Or write down your own ideas. Choose at least one eating goal and at least one exercise goal.

### How to cut back on calories and fat

- Eat smaller servings of high-calorie favorites.
- Split a main dish with a friend or family member when eating out. Or take some home for another meal.
- Ask for salad dressings and sauces "on the side" and then use as little as possible.
- Include a fruit or a vegetable with every meal or snack.

# Treating High Blood Pressure in People with Diabetes

**Go to Spanish**

An important part of taking care of yourself is keeping your blood pressure under control. High blood pressure, also called hypertension, raises your risk for heart attack, stroke, eye problems, and kidney disease. As many as 2 out of 3 adults with diabetes have high blood pressure. Having your blood pressure checked regularly and working to reach your blood pressure target can prevent or delay diabetes problems.

## What is high blood pressure?

Blood pressure is the force of blood flow inside your blood vessels. If your blood moves through your vessels with too much force, you have high blood pressure.

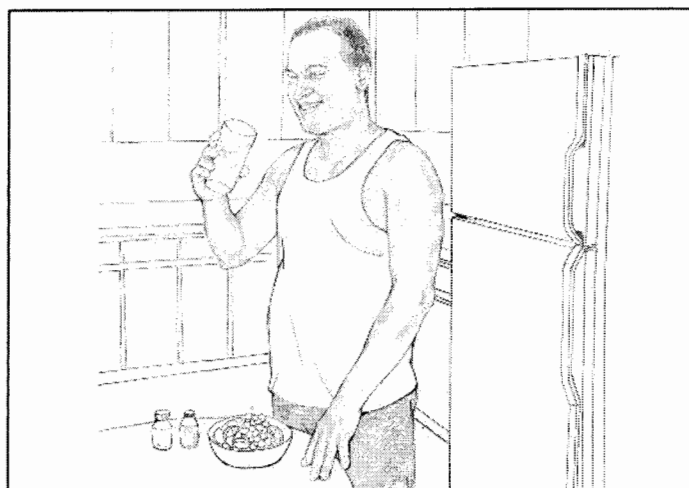
When your health care team checks your blood pressure, they report it as 2 numbers, such as 130/80 mmHg. You'll hear them say this as "130 over 80." Both numbers are important.

- The first number is the pressure as your heart beats and pushes blood through the blood vessels. It's called the "systolic" pressure.
- The second number is the pressure when the vessels relax between heartbeats. It's called the "diastolic" pressure.

Your heart has to work harder when blood pressure is high, and your risk for diabetes problems goes up. High blood pressure is a condition that won't go away without treatment.

## What should my blood pressure target be?

Both diabetes and high blood pressure increase your risk for heart attack, stroke, and eye and kidney disease. So people with diabetes have a lower blood pressure target than the general public. The American Diabetes Association (ADA) recommends a target blood pressure of below 130/80 mmHg for people with diabetes. When you keep your blood pressure below 130/80 mmHg, you'll help lower your risk for diabetes problems.



Choosing foods wisely, being physically active, and taking medicines are all part of treating high blood pressure.

## How will I know if I have high blood pressure?

High blood pressure is a silent problem. You won't know you have it unless your health care provider checks your blood pressure. The ADA recommends that you have your blood pressure checked at every routine office visit. Keep track of your blood pressure by writing the results of your check ups here.

ADA blood pressure target: Below 130/80 mmHg		
Office Visit	My Results	My Target
Date:		
Date:		
Date:		
Date:		

## What treatments are recommended?

Both lifestyle changes and medicines help control blood pressure. Treatment varies from one person to the next. Some people can reach their blood pressure targets with lifestyle changes. Other people need medicines plus lifestyle changes. Work with your health care provider to find a treatment that's right for you.



## Lifestyle changes

Lifestyle changes can help control your blood pressure as well as your blood glucose (sugar) and blood lipid (cholesterol and triglyceride) levels. Place a check mark next to steps you're willing to try.

### Make wise food choices

- Eat a serving of fruit at each meal.
- Include 1 or 2 servings of vegetables with lunch and dinner.
- Switch to low-fat or fat-free dairy products (such as low-fat cheese and fat-free milk).
- Select whole-grain breads (such as whole-wheat bread) and cereals.
- Eat nuts or peanut butter sometimes.
- Choose lean meats and meat substitutes (such as chicken without the skin, fish, lean beef such as flank steak or chuck roast, boiled ham, or pork tenderloin).
- Cook with low-fat methods such as baking, roasting, broiling, or grilling.
- Add only a little or no salt to your food during cooking and at the table.
- Season your food with herbs and spices instead of salt.
- Check food labels and choose foods with less than 400 mg of sodium per serving.

### Lose weight or take steps to prevent weight gain

- Cut down on calories and fat.
- Try to be more physically active than you are now.

### Be physically active

- Check with your doctor before you start a new routine. Find out which activities will be safe.
- Aim for a total of about 30 minutes of aerobic exercise, such as brisk walking, most days of the week. If you're just starting out, begin with 5 minutes a day and gradually add more time.

### Be careful with alcohol

- Talk with your health care team about whether it's wise to have alcoholic beverages.

- Limit your intake of alcohol. If and when you drink alcoholic beverages, limit yourself to 1 serving a day (for women) or 2 servings a day (for men).

### If you smoke, quit smoking

- Talk with your health care team about how to quit.
- Go to a "quit-smoking" class.

### Medicines

Not everyone takes the same blood pressure medicine and many people take two or more medicines. The ones you take will depend on your blood pressure readings and other factors.

- **ACE (angiotensin-converting enzyme) inhibitors.** These medicines lower blood pressure by keeping your blood vessels relaxed. ACE inhibitors prevent a hormone called angiotensin from forming in your body and narrowing your blood vessels. These medicines also help protect your kidneys and reduce your risk of heart attack and stroke.
- **ARBs (angiotensin receptor blockers).** These medicines keep the blood vessels open and relaxed to help lower blood pressure. Like ACE inhibitors, ARBs also protect your kidneys.
- **Beta blockers.** These medicines help lower blood pressure and relax your heart by allowing it to beat slower and with less force. Beta blockers help prevent heart attack and stroke.
- **Calcium channel blockers.** These medicines help the blood vessels relax by keeping calcium out of your blood vessels and heart.
- **Diuretics.** These medicines, sometimes called "water pills," help rid your body of extra water and sodium through urine.

The ADA recommends that everyone with diabetes and high blood pressure take either an ACE inhibitor or an ARB. People with diabetes and high blood pressure also may need a diuretic medicine. However, pregnant women should not take ACE inhibitors or ARBs. If you're pregnant, talk with your health care provider about what to do about high blood pressure.

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