

The Heart Healthy Diet: You Are What You Eat

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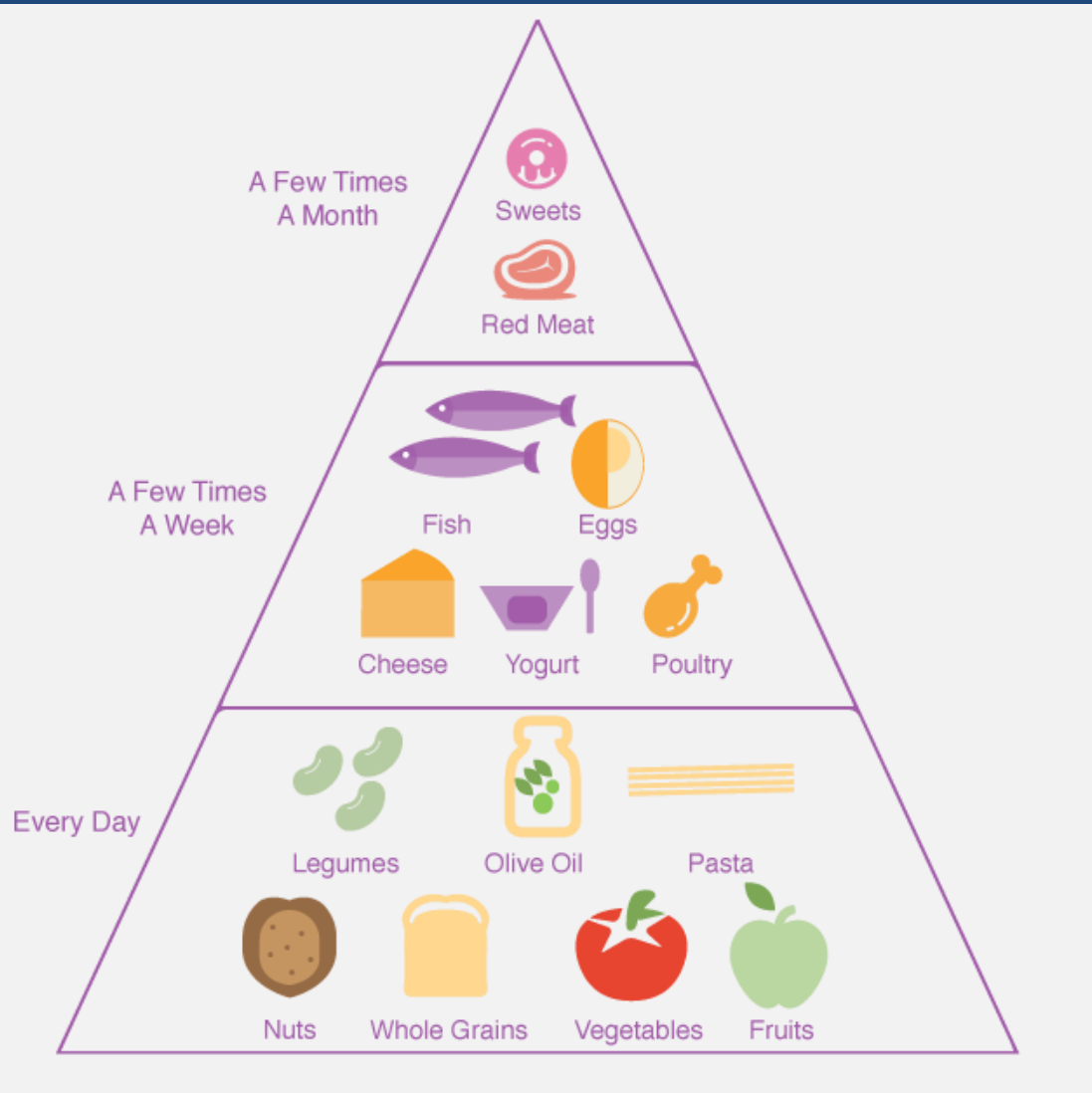


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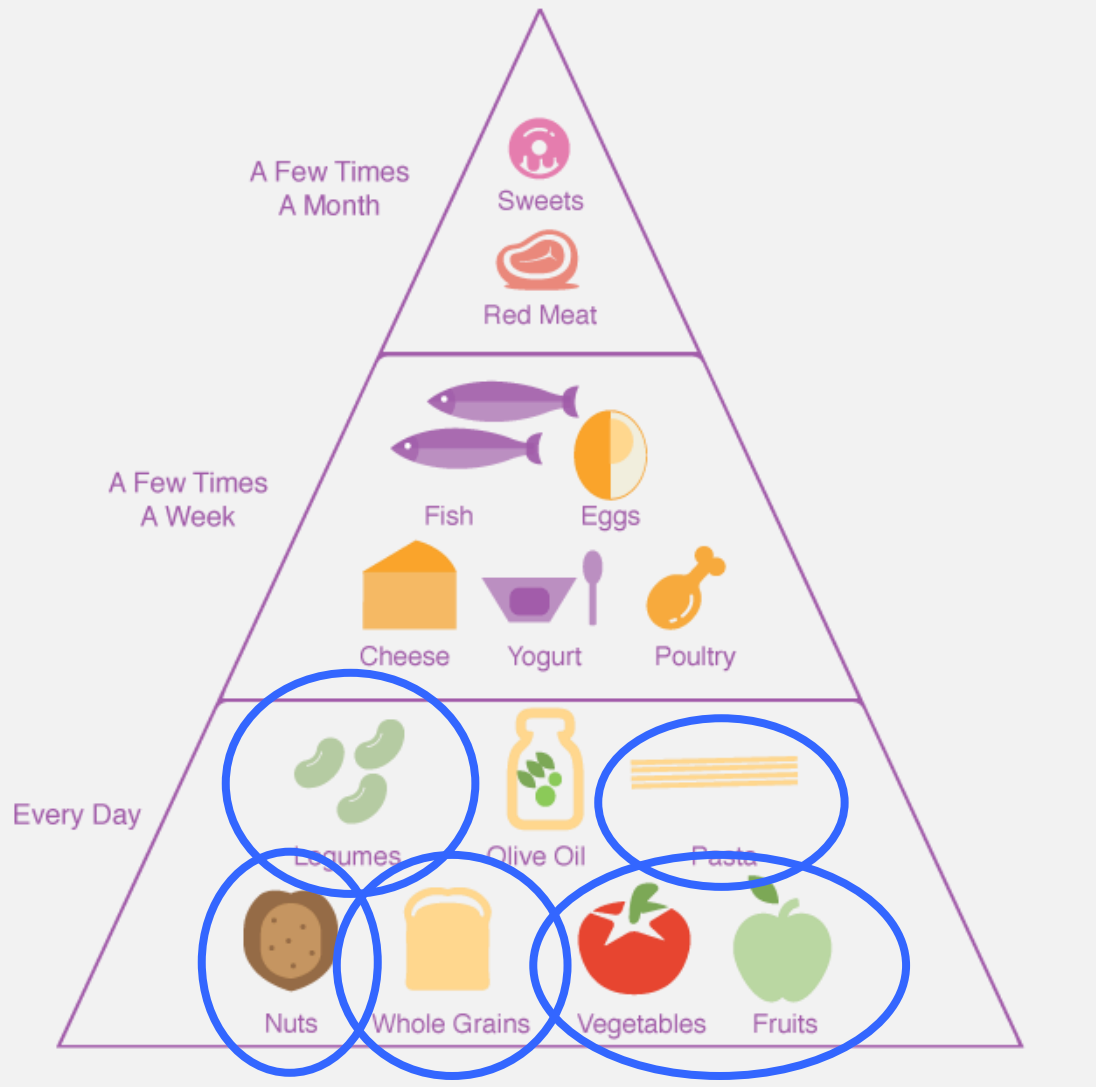


Mediterranean Diet

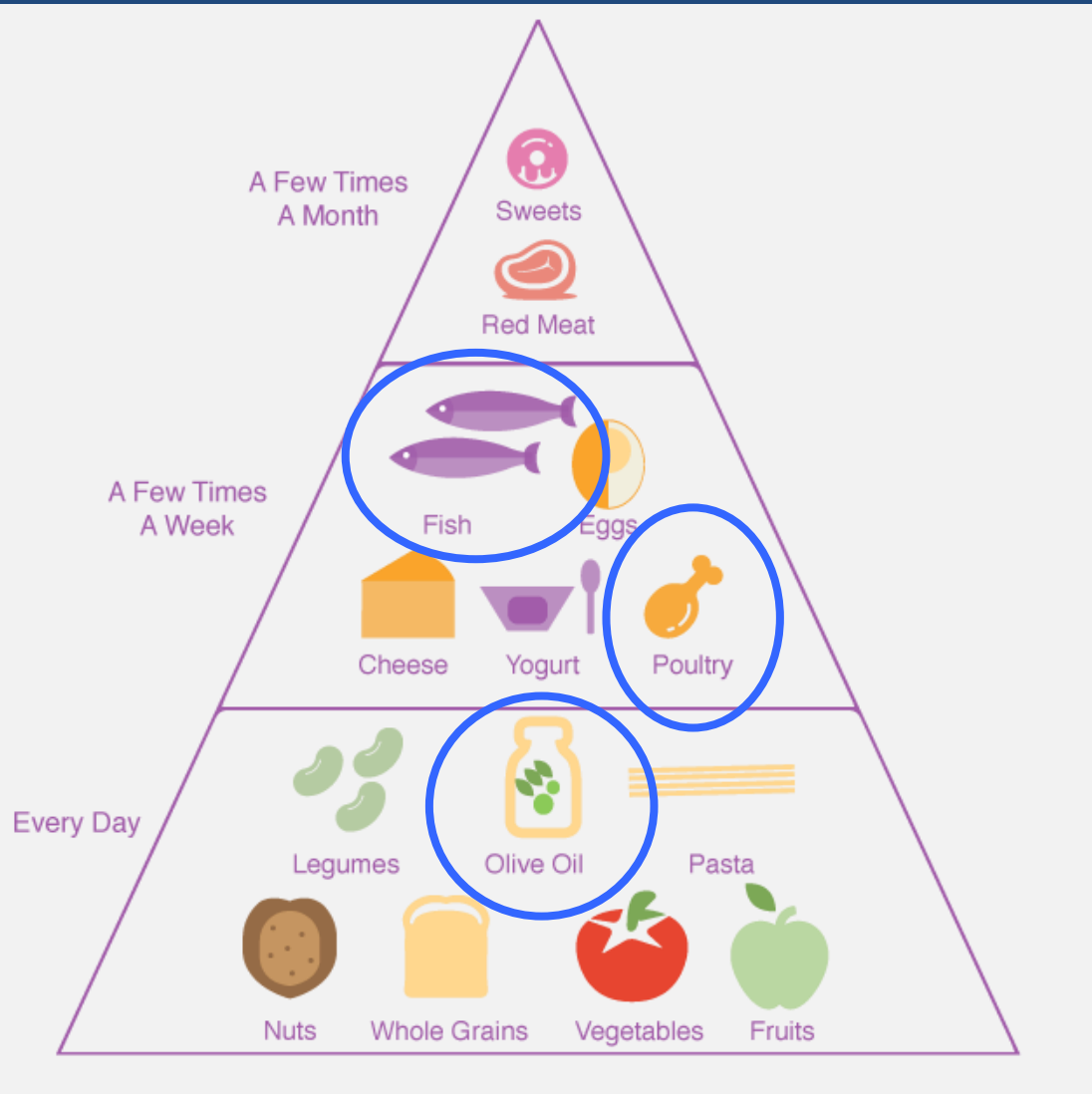


Mediterranean Diet

Plant-based foods



Mediterranean Diet

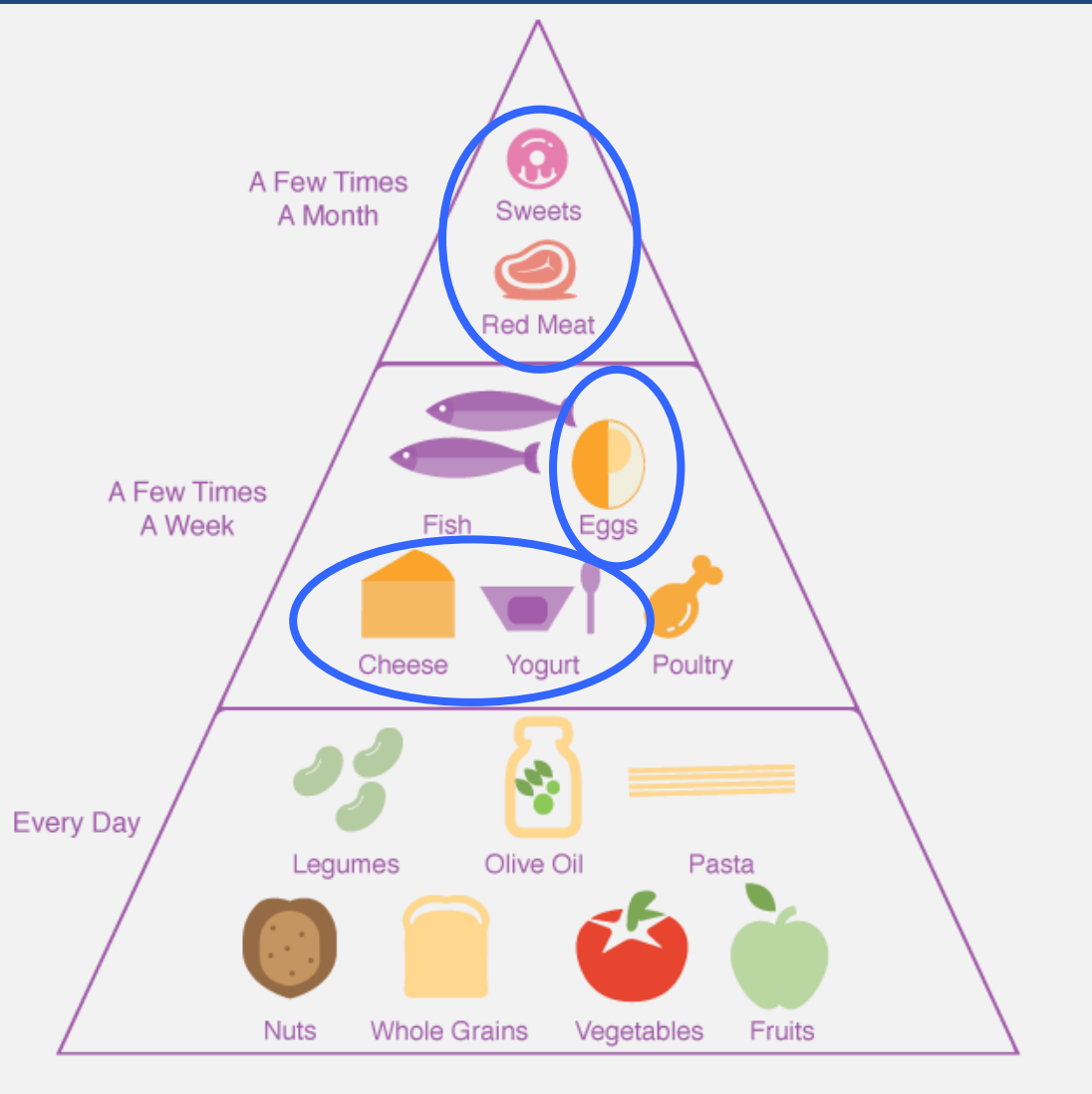


Plant-based foods

Olive oil

Fish and poultry

Mediterranean Diet



Plant-based foods

Olive oil

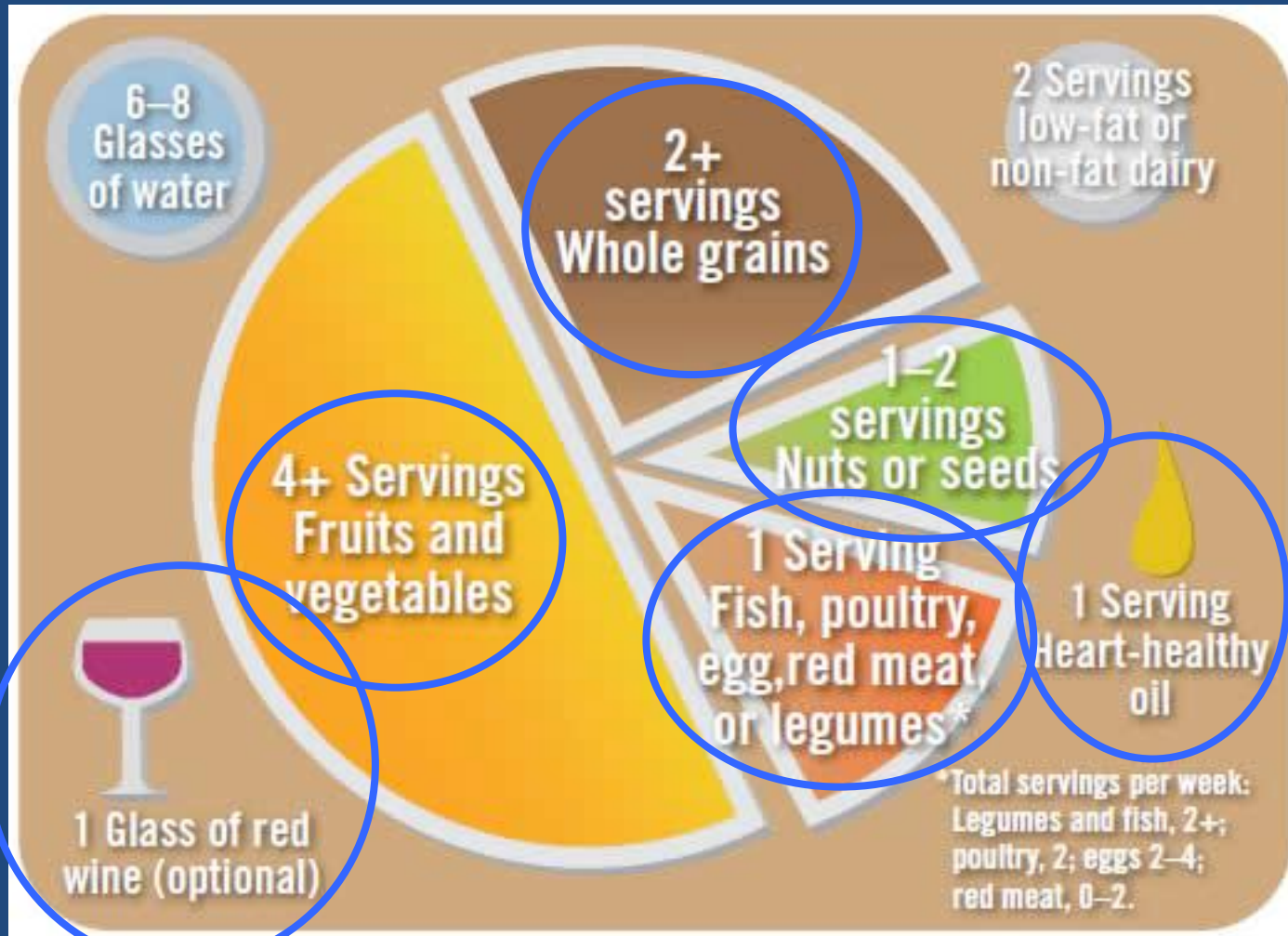
Fish and poultry

Low fat dairy

Eggs

Limit red meat and sweets

Mediterranean Diet



Mediterranean Diet

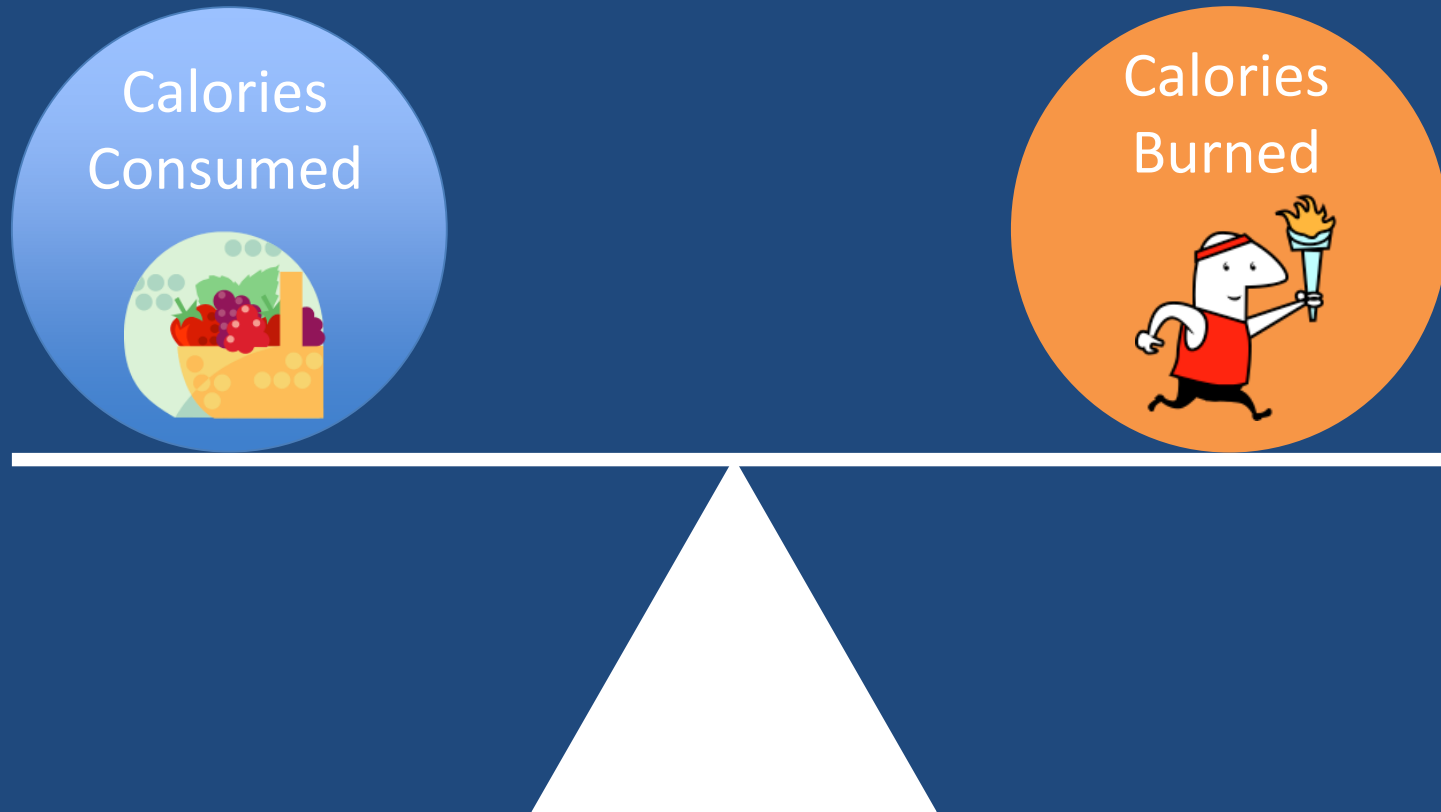
- Primary prevention
 - ↓ heart attack & stroke
 - ↓ death from cardiovascular causes
 - Relative risk reduction of 30%
- Secondary prevention
 - 50-70% lower risk of heart disease
- Other benefits
 - Stronger bones
 - Protects against cancer



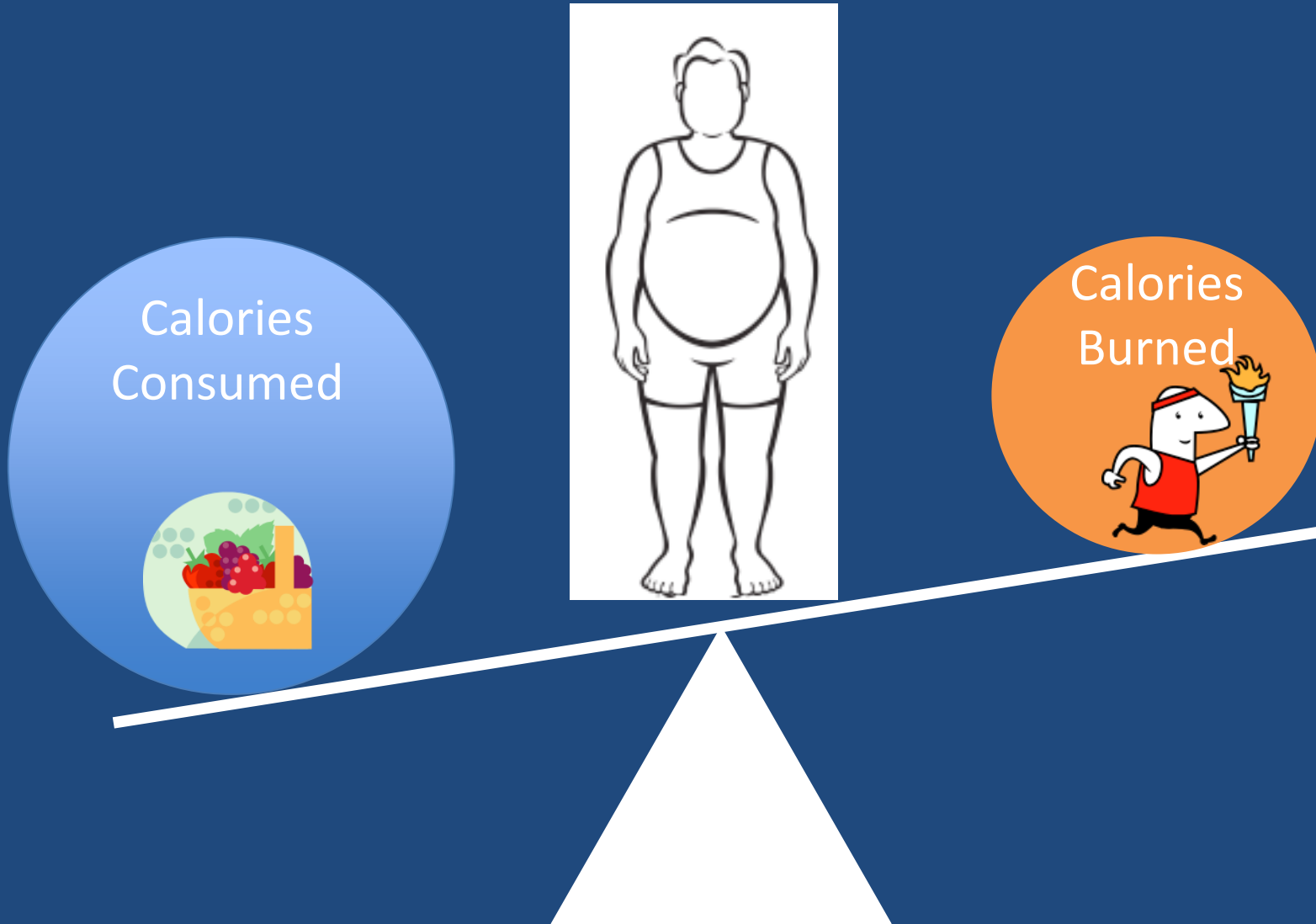
Weight Loss

- People who are obese, compared to those with a normal or healthy weight, are at increased risk for:
 - High blood pressure
 - Type 2 diabetes
 - Coronary artery disease
 - Stroke
 - Gallbladder disease
 - Osteoarthritis, body, and joint pain
 - Sleep apnea
 - Depression
 - All-causes of death

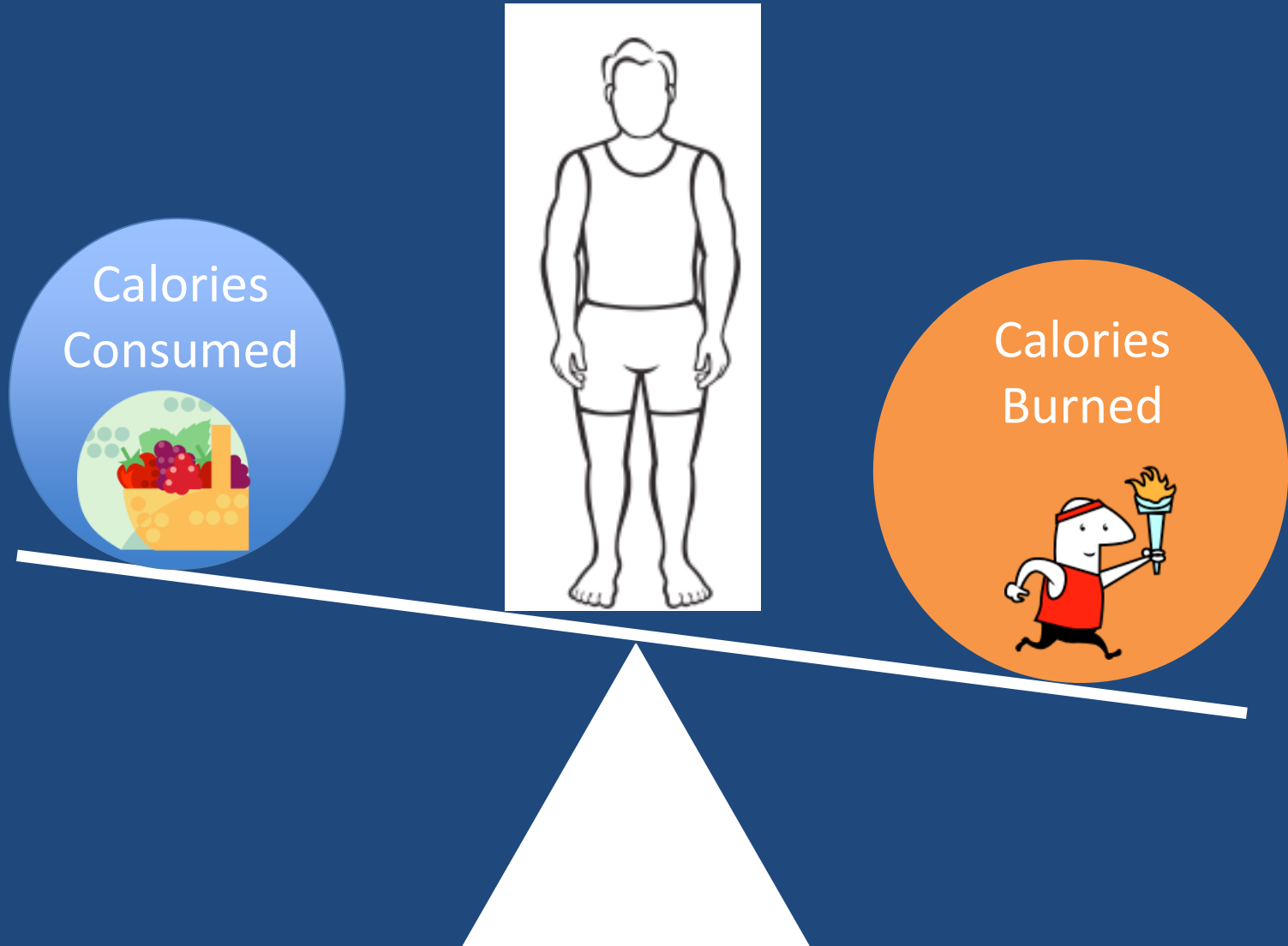
Caloric Intake



Caloric Intake



Caloric Intake



Weight Loss

- To lose weight, eat fewer calories than you burn
 - One pound equals 3,500 calories
 - Reducing caloric intake by 500-1,000 calories per day will lead to 1-2 pounds of weight loss per week
- Increasing activity level helps burn more calories and helps to keep the weight off

Your Daily Calorie Needs

Gender	Age (years)	Calories Needed for Each Activity Level		
		Sedentary	Moderately Active	Active
Female	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

Calories burned in 30-minute activities

	125-pound person	155-pound person	185-pound person
Weight lifting	90	112	133
Bowling	90	112	133
Dancing: slow, waltz, foxtrot	90	112	133
Stretching / Yoga	120	149	178
Walking: 3.5 mph (17 min/mi)	120	149	178
Water aerobics	120	149	178
Running: 5 mph (12 min/mile)	240	298	355
Bicycling 12 mph	240	298	355



Calorie Content



140 calories



150 calories



310 calories



110 calories



250 calories

You Have the Power!

The INTERHEART Study

- Identified 9 potentially modifiable risk factors

- | | |
|--|--|
| <ul style="list-style-type: none">• Abnormal lipids• Smoking• Hypertension• Diabetes• Abdominal obesity• Psychosocial factors | <ul style="list-style-type: none">• Consumption of fruits and vegetables• Consumption of alcohol• Regular physical activity |
|--|--|

- These 9 risk factors account for 90% of risk!

Healthy Eating Tips

- 1. Set goals
 - Specific
 - Realistic
 - Forgiving
- 2. Make a commitment to yourself
 - Write down your goals
 - Remember your motivation
- 3. Take stock
 - Keep a “food diary” for a few days
 - Read food labels
- 4. Identify unhealthy habits
 - Create a list of cues/triggers

Healthy Weight Loss

- 5. Plan ahead
- 6. Slow and steady
 - 1-2 pounds per week
- 7. Lifestyle changes
 - long-term changes in daily eating habits



Thank You