

## DID YOU KNOW?

Heart disease is the leading cause of death for both men and women, and Louisiana has the third highest rate of heart disease in the United States. To prevent heart disease and increase awareness of its effects, the Louisiana State Board of Nursing is proudly participating in American Heart Month. National Wear Red Day is February 6, 2015.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight. Want to know the amount of each food group you need daily? **To receive a customized Daily Food Plan, follow this link:**

<http://www.choosemyplate.gov/myplate/index.aspx>

- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol. **Healthy eating tips and a suggested grocery list are included below.**
- Control your blood pressure. **Information about blood pressure and suggestions on how to control it are included below.**
- If you drink alcohol, drink only in moderation. This means no more than 2 drinks a day for men or 1 drink a day for women.
- Get active. Aim for 2 hours and 30 minutes a week of moderate aerobic activity.

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Centers for Disease Control and Prevention (2013, September 3). *Vital Signs: Preventable Deaths from Heart Disease & Stroke*. Retrieved from <http://www.cdc.gov/vitalsigns/HeartDisease-Stroke/infographic-text.html>

Division for Heart Disease and Stroke Prevention: Data Trends & Maps Web site. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Atlanta, GA, 2013. Retrieved from <http://www.cdc.gov/dhdsp/>



## TIPS FOR EATING RIGHT:

When it comes to your heart, what you eat matters. Follow these tips for heart-healthy eating:

1. Eat **less saturated and trans fat**. Stay away from fatty meats, fried foods, cakes, and cookies.
2. Cut down on **sodium (salt)**. Look for the low-sodium or “no salt added” types of canned soups, vegetables, snack foods, and lunch meats.
3. Get **more fiber**. Fiber is in vegetables, fruits, and whole grains.

Take this list with you the next time you go food shopping.

### Vegetables and Fruits

Eat a variety of vegetables and fruits. To save money, buy vegetables and fruits that are in season, frozen, or canned.

- Fresh vegetables such as tomatoes, cabbage, broccoli, and spinach
- Leafy greens for salads
- Canned vegetables low in sodium (salt)
- Frozen vegetables without added butter or sauces
- Fresh fruits such as apples, oranges, bananas, pears, and peaches
- Canned fruit in 100% juice, **not** syrup
- Frozen or dried fruit (unsweetened)

### Milk and Milk Products

Look for fat-free or low-fat milk products. Or choose soy products with added calcium.

- Fat-free or low-fat (1%) milk
- Fat-free or low-fat yogurt
- Cheese (3 grams of fat or less per serving)
- Fat-free or low-fat soy milk with calcium

### Breads, Cereals, and Grains

For products with more than one ingredient, make sure whole wheat or another whole grain is listed first.

- 100% whole-wheat bread
- Whole-grain breakfast cereals like oatmeal
- Whole grains such as brown or wild rice, barley, and bulgur
- Whole-wheat or whole-grain pasta



## **Meat, Beans, Eggs, and Nuts**

Choose lean cuts of meat and other foods with protein.

- Seafood, including fish and shellfish
- Chicken and turkey breast without skin
- Pork: leg, shoulder, tenderloin
- Beef: round, sirloin, tenderloin, extra lean ground beef
- Beans, lentils, and peas
- Eggs and egg substitutes
- Nuts and seeds

## **Fats and Oils**

Cut back on saturated fat and look for products with no *trans* fats.

- Margarine and spreads (soft, tub, or liquid) with no *trans* fats
- Vegetable oil (canola, olive, peanut, or sesame)
- Non-stick cooking spray
- Light or fat-free salad dressing and mayonnaise

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## **BLOOD PRESSURE**

Check your blood pressure at least every 2 years starting at age 18. It's important to check your blood pressure often, especially if you are over age 40.



### **High blood pressure is the same as hypertension.**

Hypertension is the medical term for high blood pressure. High blood pressure does not always have signs or symptoms. The only way to know if you have high blood pressure is to get tested.

By taking steps to lower your blood pressure, you can reduce your risk of heart disease, stroke, and kidney failure. Lowering your blood pressure can help you live a longer, healthier life.

### **What is blood pressure?**

Blood pressure is how hard your blood pushes against the walls of your arteries when your heart pumps blood. Arteries are the tubes that carry blood away from your heart. Every time your heart beats, it pumps blood through your arteries to the rest of your body.

### **What do blood pressure numbers mean?**

A blood pressure test measures how hard your heart is working to pump blood through your body. Blood pressure is measured with 2 numbers. The first number is the pressure in your arteries when your heart contracts (squeezes). The second number is the pressure in your arteries between each beat, when your heart relaxes.

### **Compare your blood pressure to these numbers:**

- Normal blood pressure is lower than 120/80 (said "120 over 80").
- High blood pressure is 140/90 or higher.
- Blood pressure that's between normal and high (for example, 130/85) is called prehypertension.

### **Am I at risk for high blood pressure?**

One in 3 Americans has high blood pressure. As you get older, your risk of high blood pressure increases. You may be at higher risk for high blood pressure if you:

- Are overweight or obese
- Are African American
- Have a family history of high blood pressure
- Eat foods high in sodium (salt)
- Get less than 30 minutes of physical activity on most days

### **These things may also increase your risk of high blood pressure:**

- Drinking too much alcohol. This means for than two drinks a day for men and one drink a day for women.
- Having chronic (ongoing) stress
- Smoking

[Learn more about what could put you at risk for high blood pressure.](#)

### **What if I have high blood pressure?**

If you have high blood pressure, talk to a doctor. You may need medicine to control your blood pressure.

To lower your blood pressure, take these steps:

- [Eat healthy foods](#) that are low in saturated fat and sodium (salt).
- [Get active](#) – Aim for 2 hours and 30 minutes a week of moderate aerobic activity.
- [Watch your weight](#) by eating healthy and getting active.
- [Remember to take medicines](#) as prescribed (ordered) by your doctor.
- **Eating more potassium** can also help lower your blood pressure. Good sources of potassium include potatoes, cantaloupe, bananas, beans, and yogurt.
- Small changes can add up. **For example, losing just 10 pounds can lower your blood pressure.** To learn more, [check out this guide to lowering high blood pressure \[PDF - 269 KB\]](#).