

## Participant Guide

### Keep Your Heart Healthy

Since you are at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. So it's important to keep your heart healthy.

#### Tips on choosing foods that are:

- ▶ Low in calories, salt, and fats – especially unhealthy fats
- ▶ High in fiber, water, vitamins, minerals, and protein.

### Ways to Keep Your Heart Healthy

#### Do these things each day:

- ▶ If you smoke, quit.
- ▶ Be active for at least 150 minutes a week, at a moderate pace or more.
- ▶ Reach and stay at a healthy weight.
- ▶ Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30 minutes.
- ▶ Manage stress.
- ▶ Limit alcohol.

#### Choose foods that are:

- ▶ Low in calories, salt (sodium), and fats—especially unhealthy fats
- ▶ High in fiber, water, vitamins, minerals, and protein

#### Ask your healthcare provider:

- ▶ If you need to take medicine to keep your heart healthy
- ▶ If you need any tests to check your heart health

### Tests for Heart Health

**Blood pressure** test measures the force of blood against your artery walls.

**Cholesterol test** measures fats in your blood.

# All About Fats

## Avoid unhealthy fats

Unhealthy fats can harm your heart. There are three types of unhealthy fats: saturated fat, trans fat, and cholesterol.

### Foods high in saturated fat include:

- ▶ Chicken skin and turkey skin
- ▶ Chocolate
- ▶ Coconut and coconut oil
- ▶ Fatback and salt pork
- ▶ Gravy made with meat drippings
- ▶ High-fat dairy products, such as whole or 2% milk, cream, ice cream, and full-fat cheese
- ▶ High-fat meats, such as regular ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- ▶ Lard
- ▶ Palm oil and palm kernel oil
- ▶ Sauces made with butter or cream

### Foods high in trans fat include:

Processed foods made with hydrogenated oil or partially hydrogenated oil, such as cookies, chips, and cakes

- ▶ Shortening
- ▶ Stick margarine

### Foods high in cholesterol include:

- ▶ Chicken skin and turkey skin
- ▶ Egg yolks
- ▶ High-fat dairy products
- ▶ High-fat meats
- ▶ Liver and other organ meats

### Limit healthy fats

Healthy fats are good for your heart. But they are also high in calories. There are three types of healthy fats: monounsaturated fat, polyunsaturated fat, and Omega-3 fatty acids.

### Foods high in monounsaturated fat include:

- ▶ Avocado
- ▶ Canola oil
- ▶ Nuts like almonds, cashews, pecans, and peanuts
- ▶ Olives and olive oil
- ▶ Peanut butter and peanut oil
- ▶ Sesame seeds

### Foods high in polyunsaturated fat include:

- ▶ Corn oil
- ▶ Cottonseed oil
- ▶ Oil-based salad dressings
- ▶ Pumpkin and sunflower seeds
- ▶ Safflower oil
- ▶ Soft (tub) margarine
- ▶ Soybean oil
- ▶ Sunflower oil
- ▶ Walnuts

### Foods high in Omega-3 fatty acids include:

- ▶ Albacore tuna
- ▶ Herring
- ▶ Rainbow trout
- ▶ Salmon
- ▶ Sardines
- ▶ Walnuts, flaxseed, and flaxseed oil

# All About Fats

## Cook the healthy way

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your ideas in the column that says “Other Ideas.” Check off each idea you try.

Instead of...	Cook the healthy way!	Other Ideas
<b>Frying or deep-frying in unhealthy fat</b>	<input type="checkbox"/> Grill, roast, sauté, or stir-fry in a small amount of healthy fat. <input type="checkbox"/> Simmer in water or stock. <input type="checkbox"/> Steam or microwave. <input type="checkbox"/> Use nonstick cookware.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Coating pans with unhealthy fat</b>	<input type="checkbox"/> Coat pans with a squirt of healthy cooking spray.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Topping foods with fatty sauces</b>	<input type="checkbox"/> Try lemon juice, vinegar, salsa, herbs, spices, hot sauce, plain nonfat yogurt, tomato sauce, or low-fat salad dressing made with healthy oil. Look for items that are low in salt (sodium).	<input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Baking with butter and oil</b>	<b>Bake with:</b> <input type="checkbox"/> Ground-up veggies or fruit with no added sugar <input type="checkbox"/> Nonfat plain yogurt <input type="checkbox"/> Veggie or fruit juice with no added sugar	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Eating animal fat and skin</b>	<input type="checkbox"/> Take the skin off chicken before you cook it. <input type="checkbox"/> Trim the fat off meat before you cook it.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

