

# Powerful Eating: Healthy Summer Eating

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# Outline

- AHA Diet and Lifestyle Recommendations
- Creating Lighter Summer Meals
- Reducing Sodium in Cooking
- Review of Unsaturated vs Trans-saturated vs Saturated fats
- Featured Recipe: Plant-based bean burger

# AHA Diet & Lifestyle Recommendations

- Eat the rainbow
  - Consume a variety of fruits and vegetables
  - Choose fiber-rich foods
    - 25-35g of fiber per day
  - Limit added sugars
  - If consume cow's milk → choose low-fat dairy products
    - If consume nut-milk or oat-milk → choose unsweetened
  - If consume poultry or fish → choose skinless



# AHA Diet & Lifestyle Recommendations Cont.

- Limit saturated fat (should be no more than 5-6% of total calorie intake)
- Sodium: should be less than 1,500 mg/day to lower BP
- Live Tobacco Free
- Moderation w/ EtOH intake
  - Men: 2 drinks or less per day
  - Women: 1 drink or less per day
- Engage in Physical activity



## Key Guidelines for Adults

- Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

# Creating Lighter Summer Meals

- Methods of Cooking:
  - Grilling, baking and steaming
- Methods of Adding Flavor
  - Use citrus such as lemon, lime, orange etc.
  - Can sauté/bake vegetables in garlic, lemon and tomato
  - Add fresh/dried herbs for flavor
    - <https://www.diabetesfoodhub.org/articles/diy-spice-blends.html>

# Creating Lighter Summer Meals Cont.

- Marinades:
  - Plain yogurt
  - Citrus juices
  - Vinegars
- Limit Sodium
  - Sodium intake: <2,300 mg/day to reduce BP ; <1,500 mg/day if have HTN
  - Use Mrs. Dash seasoning (sodium-free)
  - Rinse all canned vegetables, beans/legumes
  - Purchase low-sodium products



## DID YOU KNOW?



### THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET\*

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

\*When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.



### BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

1



### COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



### PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

3



### POULTRY

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

4



### SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



### SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

6

# Saturated Fats

- The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat.
- Replacing foods that are high in saturated fat with healthier options can lower blood cholesterol levels and improve lipid profiles
- **Examples of foods with saturated fat are:**
  - fatty beef
  - lamb
  - pork
  - poultry with skin
  - beef fat (tallow)
  - lard and cream
  - butter
  - cheese other dairy products made from whole or reduced-fat (2 percent) milk.

# Trans-Saturated Fats

- Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels.
- Eating trans fats increases your risk of developing heart disease and stroke. It's also associated with a higher risk of developing type 2 diabetes.
- Look out for “partially hydrogenated oils” on nutrition label
- Trans fats can be found in many foods – including fried foods like doughnuts, and baked goods including cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, and stick margarines and other spreads.

# Unsaturated Fats

- Include Monosaturated (MUFA) and Polyunsaturated fats (PUFA)
- For good health, the majority of the fats that you eat should be monounsaturated or polyunsaturated
- All fat should be consumed in moderation, portion size counts!

# Unsaturated Fats- MUFA

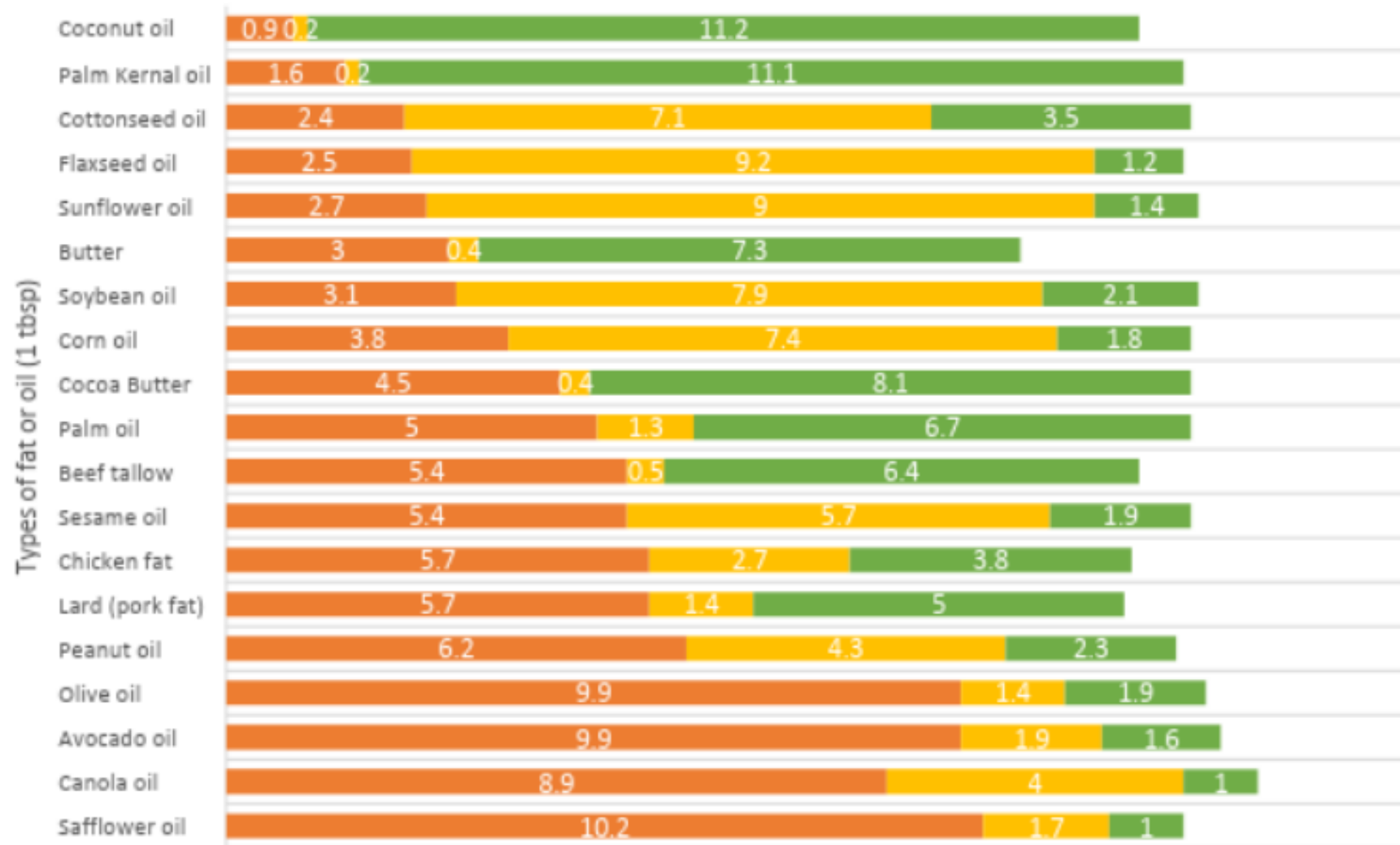
- MUFA help to reduce bad cholesterol levels and can lower risk of heart disease and stroke
- They also provide nutrients to help develop and maintain your body's cells.
- **Examples include plant-based liquid oils such as:**
  - olive oil
  - canola oil
  - peanut oil
  - safflower oil
  - sesame oil

# Unsaturated Fats- PUFA

- Polyunsaturated fats can help reduce bad cholesterol levels in your blood which can lower your risk of heart disease and stroke.
- Oils rich in polyunsaturated fats also provide essential fats that your body needs but can't produce itself – such as omega-6 and omega-3 fatty acids.
  - You must get essential fats through food. Omega-6 and omega-3 fatty acids are important for many functions in the body
- **Foods high in polyunsaturated fat include a number of plant-based oils, including:**
  - soybean oil
  - corn oil
  - sunflower oil
  - Walnuts
  - Flax seed, flax oil
  - Sunflower seeds
  - Fatty fish (salmon, mackerel, tuna and herring)

# Fat and Oil Comparison Chart

Monounsaturated fat   Polyunsaturated fat   Saturated fat



# Featured Recipe: Plant-based Black Bean Burger



## Ingredients:

- 2 tbsp [ground flaxseed](#) + 3 tbsp water
- 2-14.5oz cans black beans, drained and rinsed
- 1 cup [Panko breadcrumbs](#) (gluten-free if necessary)
- 2 tsp onion powder
- 1 tsp garlic powder
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp kosher salt
- ½ tsp ground black pepper

**THANK YOU FOR LISTENING!**



**ANY QUESTIONS?**