

Delicious, Heart Healthy Delights

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“Emerging Research....”

- Nutrition is an evolving science
- Much of what we read conflicts with previous information
- Genetics play a role in the development of many diseases
- Life-style changes can reduce the risk of many diseases and ailments

Fats

- The American Heart Association recommends that we avoid solid fats (lard, butter, margarine) in our foods whenever possible.
- Olive oil is an excellent source of Omega-3 fats which are good for your heart and limits inflammation which can contribute to many diseases.
- Achieving a balance between Omega-3 fats and Omega-6 fats is tricky business. **“The single most important thing you can do to reduce your Omega-6 intake is to avoid processed seed and vegetable oils high in Omega-6, as well as the processed foods that contain them. These "foods" were only introduced to humans in the past 100 years and they have completely distorted the natural balance of these essential fatty acids.”**

Fats in Balance....

- Butter, coconut oil, lard, palm oil and olive oil are all relatively low in Omega-6.
- Sunflower, Corn, Soybean and Cottonseed oils are by far the worst. These are widely used in processed foods because they are inexpensive.
- Be aware that even so-called health foods can contain vegetable oils. It is **crucial** to read labels!
- Nuts and seeds are pretty high in Omega-6, but they are whole foods that have plenty of health benefits and are absolutely fine to eat.
- **BOTTOM LINE:** The most important thing you can do to reduce Omega-6 intake is to eliminate processed vegetable oils from your diet, as well as processed foods that contain them.

Break Up With Salt (AHA)

- The American Heart Association recommends that most women restrict sodium intake to 1200 to 1500 mg/day, 1500 to 2300 for men.
- Breads and rolls and processed lunch meats contain lots of salt. Check the Food Facts label.

A good balance....

- Many baked goods and snacks contain corn or other oils high in omega-6 fatty acids. While these treats may satisfy your taste buds, they may trigger inflammation.
- Some [studies](#) have found that omega-3 oils may help with joint pain relief
- **What you can do:** Replace foods containing omega-6 fatty acids with healthy, anti-inflammatory omega-3 alternatives such as olive oil, nuts, flax seeds, and pumpkin seeds.

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Refined Sugar

- The Mayo clinic tells us that “The American Heart Association advises a stricter limit for added sugars — no more than 100 calories a day for most women and no more than 150 calories a day for most men. That's about 6 teaspoons of sugar for women and 9 for men. One teaspoon of sugar has about 16 calories.
- To put this into perspective, a 12-ounce can of regular soda has about 160 calories, or about 10 teaspoons, of sugar.”

It may sound strange but....

-Smashed black beans can substitute for flour in brownies
-Oatmeal can substitute for bread crumbs in meatloaf and meatballs
-Draining and rinsing canned beans (like chickpeas, kidney beans) and vegetables can cut the sodium by up to 40 percent!
-Applesauce can substitute for oil in lots of recipes

Resources

- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/added-sugar/art-20045328>
- <https://greatist.com/health/83-healthy-recipe-substitutions>
- <https://sodiumbreakup.heart.org/lower-your-sodium-in-21-days-week-2>
- <https://www.healthline.com/health/foods-to-avoid-with-arthritis#corn-oil>
- <https://www.healthline.com/nutrition/optimize-omega-6-omega-3-ratio#section4>