

Choose Healthy Fats

It used to be that all types of dietary fat got a bad rap. Now, there are countless news stories touting the benefits of fat. So, what's true about dietary fat? The effects of different fats on health varies. And, some fats have shown to have positive health benefits.

A nutritious eating plan doesn't mean cutting out all fat, just focusing on healthier varieties. Not sure how to get started? Begin by making small changes. A general goal is for 20 to 35% of your total daily calories to come from healthy fats, such as polyunsaturated and monounsaturated fats, and fewer than 10% of calories per day from saturated fats.

THE OMEGAS

Omega-3 fats are a type of polyunsaturated fatty acid that may offer health benefits, such as:

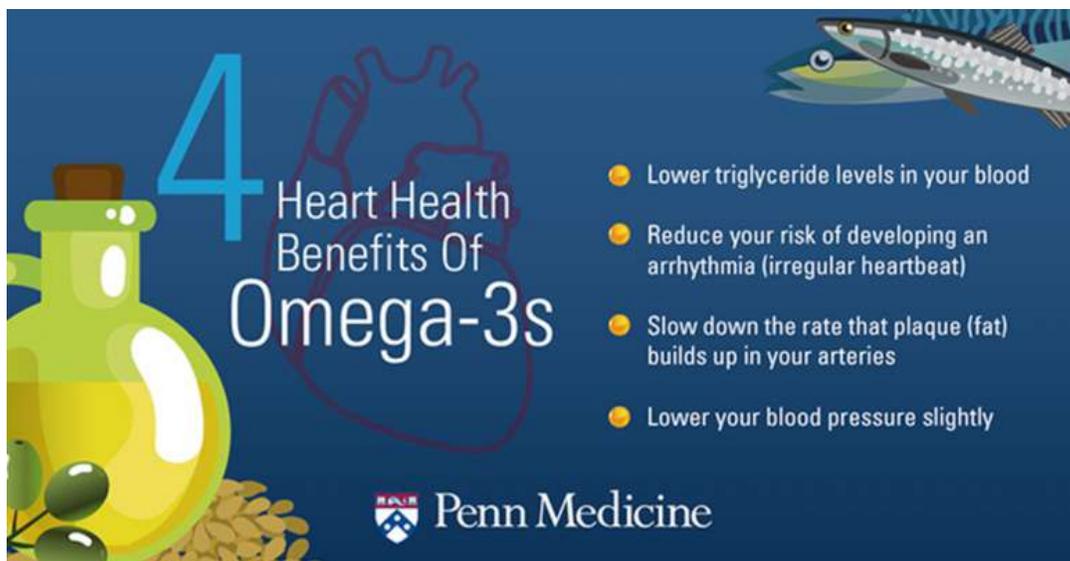
- Promoting normal functions of the brain and nervous system
 - Lowering cholesterol levels and supporting heart health
 - Protecting against dry eye disease
 - Reducing inflammation in the body
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- Fatty Fish: Include fish high in omega-3 fats at least twice per week. For example, salmon, herring, sardines, lake trout, and Atlantic or Pacific mackerel.
 - Walnuts: Walnuts are a plant-based source of omega-3 fatty acids. Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings and sautes.
 - Flaxseed: Your body cannot break down whole flaxseeds to access the omega-3-containing oil, so to get the health benefits, select ground flaxseed. Add it to breakfast cereal, yogurt, baked goods including breads and muffins or mixed dishes and casseroles. Or, drizzle flaxseed oil over quinoa or use it for salad dressing.
 - Chia seeds: These small seeds are packed with nutrients. In addition to omega-3s, they contain protein, dietary fiber and vitamins and minerals. Toss them in in your cereal, salads and even baked goods.
 - Hemp seeds: These seeds are also packed with omega-3s and protein. They can be eaten raw, cooked or toasted.
 - Eggs: Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

Choose Healthy Fats

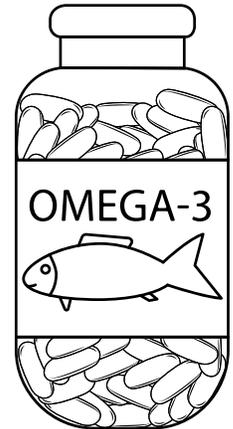
MONOUNSATURATED FATS

These healthy fats help to increase HDL, the “good” cholesterol in the body. Swapping out monounsaturated or polyunsaturated fats, such as vegetable oils, for saturated fats, such as butter and lard, may help reduce cholesterol in the body. Cholesterol is a waxy substance that can build up and clog blood vessels. The narrowed or blocked blood vessels increase your risk for heart attack or stroke.

- Nuts: In addition to heart-healthy fats, nuts are a good source of protein, dietary fiber and a variety of vitamins and minerals. Just keep portion control in mind and choose unsalted forms. One portion of nuts is equal to 1 ounce and provides approximately 160 to 180 calories. Enjoy a small handful of nuts instead of chips or other fried snacks.
- Oils: Use oils such as olive and avocado oil in place of solid fats (e.g., butter). Use oil in salad dressing or to saute vegetables, seafood, poultry, meat, tofu and tempeh.
- Avocado: Avocados not only contain monounsaturated fat, but they also are packed with dietary fiber, potassium and vitamins (folate and vitamins B6, C and E). Try adding avocado to salad, pizza, soup, salsa, eggs and sandwiches. Enjoy avocado spread on toast for breakfast.
- Peanut Butter: Nearly half the fat in peanut butter is monounsaturated fat. Resist the urge to pour off the heart-healthy oil that's separated out of natural peanut butter, and mix it in.



Omega-3's & Heart Health



LOWER TRIGLYCERIDES

The most consistent evidence for omega-3s and heart health is their ability to lower triglyceride levels. Triglycerides are a type of fat found in your blood and are stored as body fat. High levels of triglycerides have been linked with fatty build-up in the artery walls, which increases your risk of heart attack and stroke.

REDUCED RISK OF ARRHYTHMIA

When your heart beats abnormally, it is referred to as an arrhythmia. Some arrhythmias are harmless but others, such as atrial fibrillation (AFib), can increase the risk of stroke or other serious heart issues. Some studies have shown a link between increased intake of omega-3s and reduced risk of arrhythmia, though this is not an effective medicine to treat heart rhythm problems

SLOWER RATE OF PLAQUE BUILDUP

Plaque — made up mostly of fat, cholesterol, and calcium — can accumulate in your arteries, limiting the flow of oxygen-rich blood throughout your body. A diet rich in fish and seafood has been associated with a reduced risk of heart attack and stroke. Fish are low in saturated fat and high in omega-3 fats. Omega-3s have anti-oxidant and anti-inflammatory effects and may also improve the function of the endothelial cells that line blood vessels, so intake might have benefit for cardiovascular disease, but this has not been well-established in clinical trials yet.

SLOWER RATE OF PLAQUE BUILDUP

High blood pressure can lead to heart attack and stroke. The effects of omega-3s on blood pressure can be favorable. Systolic blood pressure (amount of pressure in your arteries during the contraction of your heart muscle) and diastolic blood pressure (amount of pressure in your arteries between beats) have both been shown to be reduced when individuals have been given higher doses of omega-3s.

Simple vs. Complex

CARBOHYDRATES

SIMPLE CARBS

Foods that contain simple carbs that are suitable for a healthful diet:

- fruits and vegetables (rich in micronutrients, such as vitamins and minerals, and they contain some dietary fiber)
- Milk & milk products (these do not contain fiber, but are rich in protein, calcium and vitamin d)

Foods that contain simple carbs that you should avoid:

- candy
- sugary drinks
- syrups
- table sugar
- fruit juice concentrate
- products with added sugar, such as baked goods or some cereals



COMPLEX CARBS

Complex carbohydrates found in whole foods tend to be highly nutritious.

For example, whole-grain foods contain a layer of bran and germ, which provide fiber, vitamin B and E, phytochemicals, and healthful fats.

They may also reduce the risk of several chronic health conditions, such as type 2 diabetes, cardiovascular disease, and several forms of cancer.

Examples of whole grains include:

- brown rice
- barley
- buckwheat
- bulgur wheat
- oats
- wild rice
- spelt

Refined grains are also complex carbohydrates but do not contain the bran and germ of the grain, and they have a lower nutritional value than whole-grain foods.

Examples of refined grains include:

- white flour
- degermed cornmeal
- white bread
- white rice

Vegetables, legumes, and nuts are also examples of highly nutritious sources of complex carbohydrates.

Benefits of High Fiber Diet

LOWERS CHOLESTEROL LEVELS

Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Studies also have shown that high-fiber foods may have other heart-health benefits, such as reducing blood pressure and inflammation.

NORMALIZES BOWEL MOVEMENTS & MAINTAINS BOWEL HEALTH

A high-fiber diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Studies have also found that a high-fiber diet likely lowers the risk of colorectal cancer. Some fiber is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.

HELPS CONTROL BLOOD SUGAR LEVELS

In people with diabetes, fiber — particularly soluble fiber — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing type 2 diabetes.

AIDS IN ACHIEVING HEALTHY WEIGHT

High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. And high-fiber foods tend to take longer to eat and to be less "energy dense," which means they have fewer calories for the same volume of food.

HELPS YOU LIVE LONGER

Studies suggest that increasing your dietary fiber intake — especially cereal fiber — is associated with a reduced risk of dying from cardiovascular disease and all cancers.



How Much Fiber Do You Need?

Fiber: Daily recommendations for adults

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Institute of Medicine

BEST FIBER CHOICES

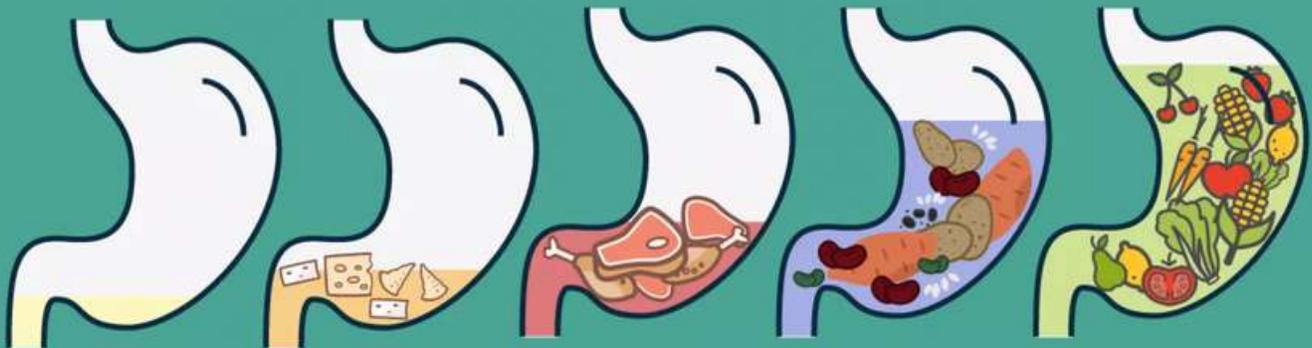
- Whole-grain products
- Fruits
- Vegetables
- Beans, peas and other legumes
- Nuts and seeds

Refined or processed foods — such as canned fruits and vegetables, pulp-free juices, white breads and pastas, and non-whole-grain cereals — are lower in fiber. The grain-refining process removes the outer coat (bran) from the grain, which lowers its fiber content. Enriched foods have some of the B vitamins and iron added back after processing, but not the fiber.

Principles of Calorie Density

CALORIE DENSITY

WHAT 500 CALORIES LOOK LIKE



OIL

CHEESE

MEAT

POTATOES,
BEANS,
RICE

FRUITS &
VEGGIES

...and why plant-based foods will help keep you lean and satisfied.

 **FORKS
OVER
KNIVES.**

Principles of Calorie Density

HUNGER & SATIETY

Whenever hungry, eat until you are comfortably full. Don't starve and don't stuff yourself.

SEQUENCE YOUR MEALS

Start all meals with a salad, soup, and/or fruit.

DILUTION IS THE SOLUTION: DILUTE OUT HIGH CALORIE DENSE FOODS/MEALS.

Dilute the calorie density of your meals by filling 1/2 your plate (by visual volume) with intact whole grains, starchy vegetables, and/or legumes and the other half with vegetables and/or fruit.

BE AWARE OF THE IMPACT OF VEGETABLES VS. FAT/OIL.

Vegetables are the lowest in calorie density while fat and oil are the highest. Therefore, adding vegetables to any dish will always lower the overall calorie density of a meal, while adding fat and oil will always raise the overall calorie density of a meal.

LIMIT HIGH CALORIE DENSE FOODS

Limit (or avoid) foods that are higher in calorie density (dried fruit; high fat plant foods; processed whole grains; etc). If you use them, incorporate them into meals that are made up of low calorie dense foods and think of them as a condiment to the meal. For example, add a few slices of avocado to a large salad, or add a few walnuts or raisins to a bowl of oatmeal and fruit.

Processed vs. Ultra Processed Foods

UNPROCESSED OR MINIMALLY PROCESSED

Think vegetables, grains, legumes, fruits, nuts, meats, seafood, herbs, spices, garlic, eggs and milk. Make these real, whole foods the basis of your diet.

PROCESSED FOODS

When ingredients such as oil, sugar or salt are added to foods and they are packaged, the result is processed foods. Examples are simple bread, cheese, tofu, and canned tuna or beans. These foods have been altered, but not in a way that's detrimental to health. They are convenient and help you build nutritious meals. See? Not everything in a package is bad for you!

PROCESSED FOODS

Here's the category where almost 50% of our calories come from – and where we should cut back. These foods go through multiple processes (extrusion, molding, milling, etc.), contain many added ingredients and are highly manipulated. Examples are soft drinks, chips, chocolate, candy, ice-cream, sweetened breakfast cereals, packaged soups, chicken nuggets, hotdogs, fries and more.

HOW CAN I CUT BACK ON ULTRA PROCESSED FOODS?

Cook more often: One major change in dietary patterns in the last 70 years has been the decline of home cooked meals, and the increase in ultra-processed foods. Tip the balance! Cook at home more often, without using ultra-processed ingredients (heating up frozen fried chicken doesn't count).

Dine with friends and family: Real food, real talk, good company. That's a winning combination for dinner – and studies show that people who dine together have better eating habits, such as enjoying more vegetables, fewer soft drinks, and less deep-fried food.

Nourish

SWEET POTATO SOUP WITH CANNELLINI BEANS & RAINBOW CHARD

Forks Over Knives

ingredients

- 8 cups water or low-sodium vegetable broth
- 2 leeks (approximately 6 ounces), thinly sliced
- 2 to 3 large sweet potatoes (2 pounds), peeled and uniformly cubed
- 2 (15-ounce) cans cannellini beans, rinsed and drained
- 1 pound rainbow chard, leaves and stems chopped (see notes)
- Zest and juice of 1 lemon (about ¼ cup juice)
- 2 tablespoons sun-dried tomato powder (see notes)
- Chopped Italian parsley, for garnish (optional)

recipe preparation

- In a large soup pot, bring the water or broth to a boil.
- Reduce heat to medium and add the leeks. Cook for about 8 minutes until soft.
- Add the diced sweet potatoes and cook for 8 to 10 minutes more, until tender.
- Add the beans and cook for 2 minutes more. Remove the pot from the heat, and stir in the chard just until it wilts. Stir in the lemon juice and sun-dried tomato powder. Sprinkle with chopped Italian parsley if desired, and garnish with a fresh lemon twist and a sprinkling of lemon zest.

