



Valuable information for  
our customers living with  
heart disease

A photograph of a woman with short, wavy blonde hair and a young child with curly brown hair sitting on a light-colored sofa. The woman is wearing a green patterned sleeveless top and is smiling warmly at the child. The child is wearing a blue and white striped shirt and is also smiling, looking up at the woman. They are embracing each other. The background is a blurred indoor setting with wooden chairs and a table.

**Managing your  
Heart Disease  
with Nutrition**

Heart disease includes a variety of conditions that affect the heart and/or blood vessels. The most common type of heart disease is coronary heart disease (clogged arteries). It can lead to a heart attack. Although heart disease is one of the leading causes of death, you can reduce your risk and even manage it by making lifestyle changes - like getting the right nutrition.



At Mom's Meals®, our mission is to improve life through better nutrition at home. We deliver nutritious, refrigerated meals to any address nationwide. By giving you the option to choose every meal, every delivery,\* we empower you with a voice in your care. Our goal is to provide a pathway to help you manage your heart disease.

\* Post-discharge members may receive a variety of meals based on their dietary preferences.

## What does heart-friendly eating look like?

A heart-friendly eating plan includes a wide variety of foods from all food groups. These foods provide your body with energy and essential nutrients like vitamins, minerals and fiber. This plan should also limit sodium, total fat and saturated fat. When consumed in excess, these may cause or worsen heart disease. Here are some good examples of foods that can be part of a heart-friendly diet:

- Fruits and vegetables
- Whole grains
- Dairy products
- Lean meats
- Poultry
- Fish
- Legumes
- Nuts and seeds

## How does sodium affect my heart health?

Sodium, or salt, is common in many foods we eat. We often use it to season and flavor foods. Consuming extra sodium increases water in your blood vessels. This creates more blood flow and increases your blood pressure. Consuming less sodium may aid in lowering high blood pressure.

The American Heart Association (AHA) recommends getting no more than 2,300 mg of sodium per day. Most adults should move toward an ideal limit of no more than 1,500 mg per day.





## Are fats part of a heart-healthy diet?

Yes, they are a nutrient your body needs. Saturated and unsaturated are two types of fats in the foods we eat. Dietary fats give your body energy and support cell growth. They help your body absorb nutrients. Fats also offer insulation which helps keep your body warm and protects your organs.

**Saturated fats** are found in red meat, dairy products, baked goods and fried foods. These fats can raise overall cholesterol levels and can cause and/or worsen heart disease. To moderate your intake of saturated fats in your diet, select:

- Lean cuts of meat
- Low-fat dairy items

The Dietary Guidelines for Americans recommends limiting saturated fat to 10% or less of your daily calories.

**Unsaturated fats** are beneficial for your overall health. They are mainly found in plant-based foods. These fats can improve blood cholesterol levels, reduce inflammation, lower blood pressure and reduce your risk of heart disease. Be sure to include these in your diet:

- Plant-based oils (canola, olive, and safflower)
- Avocados
- Fatty fish
- Nuts and seeds

## How does fiber intake impact my heart health?

Dietary fiber is a key part of a heart-healthy diet. It can help control blood sugar and lower cholesterol.

### Soluble

- Oatmeal
- Beans
- Nuts and fruits (like apples, berries, citrus fruits and pears)

### Insoluble

- Whole grains
- Wheat cereals
- Vegetables (like carrots, celery and tomatoes)

The Academy of Nutrition and Dietetics recommends getting 25-35 grams of total fiber per day.



## Helpful Tips

- ✓ **Get moderate physical activity.** Take a walk after dinner, dance or ride your bike.
- ✓ **Managing stress.** Try therapy, meditation or physical activity.
- ✓ **Decrease alcohol consumption.**
- ✓ **Quit smoking.** Your medical provider can recommend a plan to help you quit.



The good news is that Mom's Meals makes it easy.



## Which Mom's Meals are best if I have heart disease?

Any of our meals can be part of a healthy eating plan. It is important to be aware of the amount of sodium and fats in foods when you have heart disease. Our heart-friendly meals are marked with a ♥. They are developed based on the nutritional guidelines of the AHA. These meals contain:

- Less than 30% of total calories from fat
- Less than 10% of total calories from saturated fat
- Less than 800 mg of sodium
- A healthy amount of soluble fiber

We also provide lower sodium meals (marked with an \*). These meals contain less than 800 mg of sodium for the entire meal.

* ♥	013	Spaghetti & Granola
* ♥ ♥	060	Coconut Cu Chocolate C
* ♥	074	Chicken with Oatmeal Rai

## How do I know the sodium content of a meal or side?

Read the Nutrition Facts panel on the meal tray or side item. Refer to the nutrition insert in your cooler for those sides that do not have a Nutrition Facts panel.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size [259g] Servings 1 Calories 360 Fat Cal. 170	Total Fat 18g	30%	Total Carb. 31g
	Sat. Fat 6g	30%	Fiber 4g	15g
	Trans fats 0g		Sugars 12g	
	Cholest. 45mg	15%	Protein 20g	
*Percent Daily Values [DV] are based on a 2,000 calorie diet.	Sodium 640mg	25%		
	Vitamin A 8%	Vitamin C 10%	Calcium 15%	Iron 10%

We provide you the basis for nutritious eating with heart disease. Many of our meals are also low in fat and lower in sodium. This is an important part of staying healthy with heart disease.

We hope this information is helpful. Our goal is to help you manage your nutrition plan. Contact your healthcare provider with any questions about your heart disease.

For more information about heart disease or nutrition visit: [www.heart.org](http://www.heart.org) and [www.eatright.org](http://www.eatright.org)

Sources: <https://www.cdc.gov/heartdisease/about.htm>; [https://health.gov/sites/default/files/2021-08/DGA\\_FactSheet\\_SaturatedFats-07-09\\_508c\\_0.pdf](https://health.gov/sites/default/files/2021-08/DGA_FactSheet_SaturatedFats-07-09_508c_0.pdf); <https://www.ddcoc.com/blog/increase-fiber-intake-how-to-get-the-recommended-25-35-grams-of-fiber>; [https://health.gov/sites/default/files/2021-08/DGA\\_SodiumFactSheet\\_2021-05-26\\_508c.pdf](https://health.gov/sites/default/files/2021-08/DGA_SodiumFactSheet_2021-05-26_508c.pdf)



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your heart disease with Mom's Meals, visit our website at [momsmeals.com](http://momsmeals.com).

