



# Nutrition: How to Eat Brain and Heart Healthy

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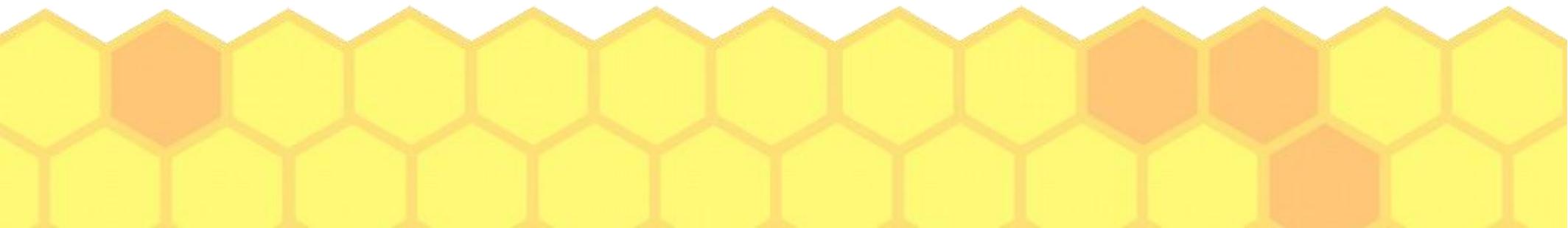
MEMORIAL  
HERMANN



Keeping healthy is important part to help lower risk of stroke and heart disease!

How can you do this?

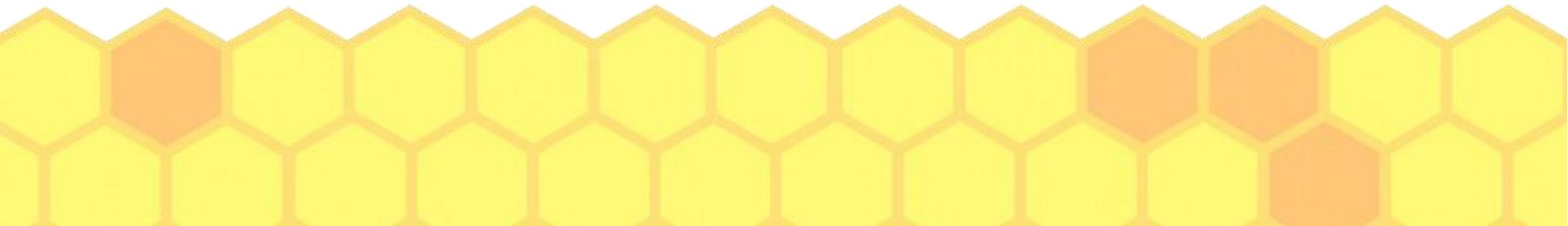
- ◆ Healthy food choices
- ◆ Exercise and keeping active
- ◆ Maintain a healthy weight
  - ◆ Avoid smoking
  - ◆ Moderate alcohol



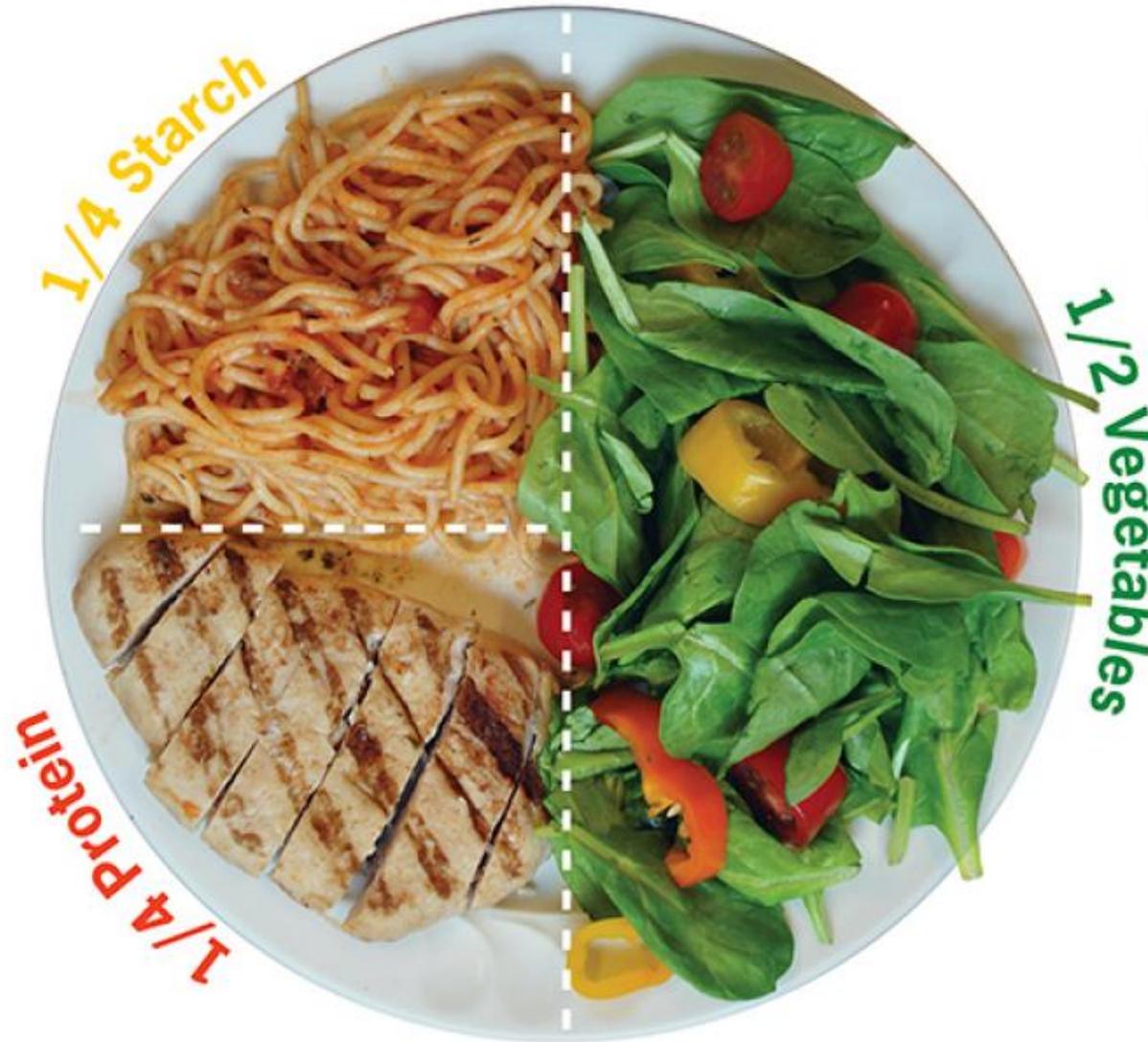
# Healthy food choices



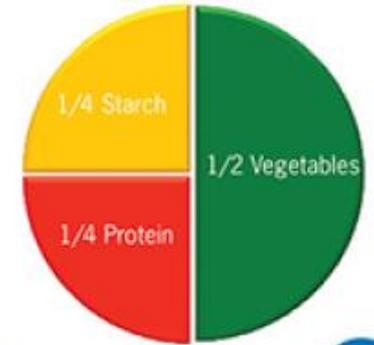
- Eat a balanced diet with whole grains, fruits and vegetables, and lean protein sources.
- Use plate method→



# My Healthy Plate



Plan the portions on your plate.



Optional  
Fruit or  
Dairy



THE INSTITUTE  
FOR  
FAMILY HEALTH

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**Veggie section: Sauteed peppers**

**Fruit section: Peaches**

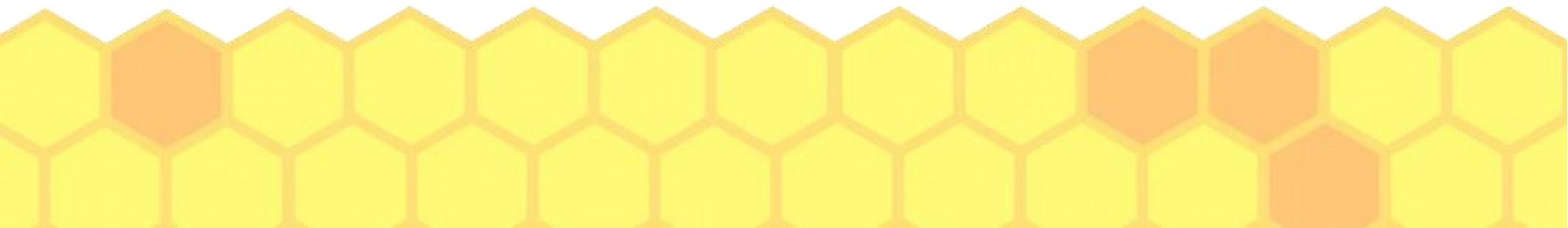
**Protein section: Hard cooked egg**

**Grains section: Toast**

round out your meal plan.



- Increase fiber for gut health and to help lower cholesterol
  - Fiber comes from plants
  - Skin of fruit/veggies, whole grains, nuts, seeds



# More examples of fiber rich foods:



**PEAS**

FIBER 8.8 G.  
PER CUP, COOKED



**BRUSSELS SPROUTS**

FIBER 4.1 G.  
PER CUP, BOILED



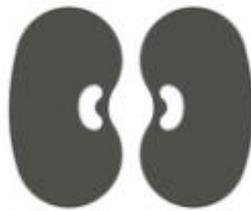
**ARTICHOKES**

FIBER 10.3 G.  
PER MEDIUM VEGETABLE, COOKED



**BROCCOLI**

FIBER 5.1 G.  
PER CUP, BOILED



**BLACK BEANS**

FIBER 15 G.  
PER CUP, COOKED



**BLACKBERRIES**

FIBER 7.6 G.  
PER CUP, RAW



**LENTILS**

FIBER 15.6 G.  
PER CUP, COOKED



**PEAR**

FIBER 5.5 G.  
PER MEDIUM FRUIT, RAW



**LIMA BEANS**

FIBER 13.2 G.  
PER CUP, COOKED



**AVOCADO**

FIBER 7.6 G.  
PER HALF, RAW



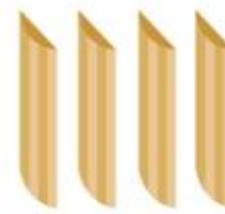
**RASBERRIES**

FIBER 8 G.  
PER CUP, RAW



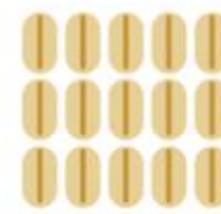
**BRAN FLAKES**

FIBER 7 G.  
PER CUP, RAW



**WHOLE-WHEAT PASTA**

FIBER 6.3 G.  
PER CUP, COOKED



**PEARLED BARLEY**

FIBER 4 G.  
PER CUP, COOKED

- Choose heart-healthy unsaturated fats.



Olive oil, canola oil, avocado, nuts, seeds, fat from fish and shell fish.

# Limit saturated fats, and *trans* fats

Fried foods

fat from meat/beef & pork

Organ meats

dark meat poultry/poultry with skin

Fat from Dairy & butter/lard

Mayonnaise

Coconut and palm oil

Egg yolks OK to eat 2-3 per week  
And aim for the rest to be egg whites



- Eat whole, unprocessed foods to limit the amount of sodium (salt) you eat. Avoid canned, pre packaged food, and limit eating out to 2-3 times per week
- Himalayan pink salt, sea salt, garlic salt.....all still have sodium! Use in small quantities
- Choose onion/garlic powder, lemon juice, vinegar, herbs/spices such as basil, oregano, pepper, bay leaf, thyme



## Limit *refined carbohydrates*

white sugar/sweets, high fructose corn syrup/corn syrup and sugar-sweetened beverages.



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candy, soda, juice, sports drink, sugar sweetened tea/coffee, dessert food, sweet alcoholic beverages.



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Always check the ingredients on the label for added sugars!

- Consider using natural sugars instead such as honey, agave nectar, but still use in moderation.

**Nutrition Facts**  
 Servings: about 49,  
**Serv. size:**  
**1 tbsp (21g),**  
 Amount per serving:  
**Calories 60,**  
**Total Fat** 0g (0% DV),  
 Sat. Fat 0g (0% DV),  
 Trans Fat 0g, **Cholest.**  
 0mg (0% DV), **Sodium**  
 0mg (0% DV), **Total**  
**Carb.** 16g (6% DV),  
 Fiber 0g (0% DV), Total  
 Sugars 16g (Incl. 16g  
 Added Sugars, 32%  
 DV), **Protein** 0g,  
 Vit. D (0% DV), Calcium  
 2mg (0% DV), Iron (0%  
 DV), Potas. (0% DV).

**INGREDIENTS:** Organic  
 Blue Agave Nectar



- Satisfy sweet tooth craving from fresh fruits, or no sugar added dried fruit or in moderation can use alternatives such as splenda or stevia.





Questions?