How to read and interpret food labels while following Heart Disease Reversal guidelines

Overview: Heart Disease Reversal Program

- One hour of exercise daily
- Low-fat vegetarian diet
- Group support sessions
- One hour of stress management

Hear Disease Reversal Diet Guidelines:

- No animal products except:
 - o Egg whites
 - o 1 ½ cups of non-fat dairy products
- Low fat
 - o 10% of daily calories
- Low cholesterol
 - o 40-50mg/day
- High in complex carbohydrates
- Simple (sweet) sugars in moderation

- Salt is not restricted with exception of:
 - High blood pressure
 - o Congestive heart failure
 - o Kidney disease
- Alcohol guidelines:
 - o Maximum of 2 drinks/day
 - Not everyday
 - O You can't save them up!
- Calories are not restricted

Comparing Average Canadian Diet, Ornish Diet, and Heart Disease Reversal Diet:

Daily Intake	Average Canadian Diet	Ornish Diet	New Reversal
Fat	40-50% of daily calories	10% of daily calories (mostly from unsaturated sources)	10% of daily calories (mostly from unsaturated sources)
Carbohydrate	25-35% of daily calories	70-75% of daily calories	70-75% of daily calories
Protein	90-130g	No minimum specified	50-70g
Cholesterol	500-1000mg	8mg	40-50mg

Determining how much fat to consume per-day

Important note: 1 gram of fat = \sim 9 calories (kcal)

- 1. Estimate body weight in kilograms ($1 \text{kg} = \sim 2.2 \text{lbs}$)
- 2. Estimate daily caloric needs based on current activity and weight-related goals. This is specific to YOU.
- 3. Calculate daily allowance of fat (see example below)

Ex. Body Weight= 60kg, moderately active.

This person's average calorie requirements are 2000kcal/day.

If following Heart Disease Reversal diet, ~10% calories from fat.

- \triangleright 2000kcal x 0.1 = 200kcal of fat/day
- > 200kcal / 9= 22.22

Therefore, this person would have a daily allowance of 22g of fat per day.

Protein and Food Combining

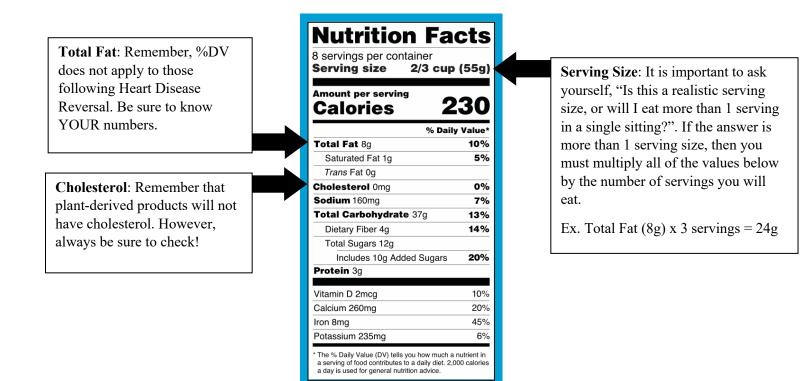
It is important to make sure that you're consuming enough protein with your diet, it is also crucial to ensure you're getting the right type of protein. Protein is comprised of 20 amino acids; 11 of these amino acids are produced by the human body. This means we must consume the other 9 amino acids (called "essential amino acids") from the foods we eat. A food source that contains all 9 of these amino acids, it is called a "complete protein". If you are eating a plant-based diet or if you limit the amount of animal products you consume, you can combine incomplete <u>plant-based proteins</u> to create a complete protein meal. This technique is known as "food combining".

Examples of complete protein meals include:

- Rice + beans/tofu
- Pasta + beans
- Black eyed peas + rice
- Bakes beans + brown bread
- Tortillas (corn) + beans
- Cereals + non-fat milk or yogurt

Tips for reading food labels:

- 1. Determine the serving size
- 2. Determine grams of fat per serving
- 3. Determine milligrams of cholesterol per serving
- 4. Determine how information in steps 1-3 fits into your daily allowance



Quick notes:

- Although both the Ornish and Heart Disease Reversal diets do emphasize limiting cholesterol consumption, it is also recommended to **limit the total amount of fat** (<10% of daily calories from unsaturated fat sources)
- Food labels will often provide a percent of daily value (%DV) for nutrients, but this is not relevant for individuals following the Heart Disease Reversal diet. The %DV found on food labels are based on the Canada's Food Guide and the average person. But remember, that the Heart Disease Reversal diet has different guidelines than Canada's Food Guide! It is best to stick to looking at fat and cholesterol content, portion sizes and understanding how much of a certain food you will likely consume and incorporate what you know about complete proteins with food combining.