

BLACK HAWK COUNTY WELLNESS NEWSLETTER

Information provided by Human Resources Department
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The American Heart Association Dietary Guidelines

Source: American Heart Association

The American Heart Association dietary guidelines help you make sensible choices about the foods you eat. By following these guidelines, which apply to all healthy people over age two, you will enjoy the best of nature's bounty, and at the same time, you may reduce your risk for heart disease and stroke.

Once you are familiar with the guidelines, it's easy to develop an eating plan that is good for your heart. Remember that balance and moderation are the keys to a well-planned and palate-pleasing diet.



Six Simple Steps to Good Nutrition

1. Enjoy a wide variety of foods. As you plan your daily meals, try to include each food group, using the sample number of servings below as a guide.
 - ✓ 6 or more servings of whole-grain and other grain products and legumes each day.
 - ✓ 5 or more servings of vegetables and fruits each day.

- ✓ 3 or more servings of fat-free or low-fat milk products for most adults.
 - ✓ 2 servings of lean meat, poultry, seafood, or vegetarian protein each day. Include at least two servings of fish each week, preferably fatty fish.
2. Choose a diet low in saturated and trans fats. Replace these fats with the healthful polyunsaturated and monounsaturated fats. (See article below for more information about trans fat.)
 3. Balance your food intake with physical activity to achieve and maintain a healthful weight.
 4. Limit your daily intake of dietary cholesterol to less than 300 milligrams.
 5. Keep your intake of sodium to less than 2,300 milligrams per day. (If you have had a heart attack or have coronary heart disease, check with your doctor about the specific recommendations for you. Your limits are probably lower.)
 6. If you drink alcohol, limit yourself to one drink per day if you are a woman and two drinks per day if you are a man. If you don't drink, don't start.

The Low Down on Zero Trans Fat!

Source: Omega-9oils.com

Today, trans fat is one of the most high profile issues in the food industry. The majority of the 5 billion pounds of trans fats Americans consume each year come

from partially hydrogenated cooking oils used to fry foods.

Hydrogenation

Through a chemical process called hydrogenation, liquid vegetable oils are injected with hydrogen in the presence of a metal catalyst at high heat, which in turn “saturates” the oil, lending to stability and shelf-life to a product that would otherwise spoil quickly. The end result is partially hydrogenated vegetable oil, with a byproduct of this process being trans fat in the oil. Studies have shown it is this fat that leads to increased “bad” cholesterol, which is a significant risk factor in heart disease. In addition to adding stability, the relatively high temperatures used in the hydrogenation process change carbon-carbon double bonds into the “trans” form, which results in trans fat in the oil.

At first glance, partially hydrogenated vegetable oils are a desirable option to the once popular animal fats. They are cheaper, are available in a wide range of consistencies, and have a long shelf life. However, hydrogenated oils have human health implications because of the trans and saturated fats that are included. The consumption of partially hydrogenated oils has been shown to increase cholesterol levels and is linked to the promotion of coronary heart disease.

High Oleic

Oleic acid is a monounsaturated, omega-9, fatty acid traditionally found in vegetable oils like olive and avocado. Because of the high oleic fatty acid content in Omega-9 Oils, it is recognized for its stability, low saturated fat content, and lack of trans fatty acids. This fatty acid is also one

reason why the oil is a health alternative to partially hydrogenated oils.

The high percentage of oleic fatty acids in Omega-9 Oils also means that there is a higher level of oxidative stability, or natural stability, meaning that these oils can offer a longer fry life than traditional oils.

Among zero and low trans fat alternatives, including low linolenic soybean oil, regular (RBD – which refers to Refined, Bleached, and Deodorized, and is used when referring to oils that have gone through this process) soybean oil, cottonseed oil, corn oil, and palm oil, Omega-9 Oils also have the lowest amount of saturated fat. Omega-9 Oils deliver less than .5 grams of trans fat per 100-gram serving and lowest (canola) or lower (sunflower) saturated fat claim on restaurant menus or food labels.



Note: Saturated fat is the main dietary cause of high blood cholesterol and is found mostly in food from animals and some plants, including but not limited to: beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses, and other dairy products made from 2% or whole milk, coconut, coconut oil, palm and palm kernel oil, and cocoa butter.