



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

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Heart Health

LS00023

GET ACQUAINTED WITH YOUR NUMBERS! TOTAL CHOLESTEROL, LIPID PROFILE, BLOOD SUGAR, BLOOD PRESSURE, BMI, WAIST CIRCUMFERENCE?

- Lowering your cholesterol level can significantly reduce risks for heart disease.
- For every 1% cholesterol is lowered, the risk for heart disease drops by 2%.
- Screening at a clinic or UTTC Wellness Center and counseling from the UTTC Extension Nutrition Educators will be beneficial

What are the Goal Numbers?

CHOLESTEROL is found in every human body. Our liver makes cholesterol every day and we get it in the foods we eat! Too much cholesterol in our blood affects our risk for heart disease. Cholesterol levels are best if they are under 200.

HDL (High density Lipids) is often called "healthy" or "good" cholesterol. HDL is associated with lower risk for heart disease. HDL levels are best if they are over 60.

LDL (Low density Lipids) is often called "lousy" or "bad" cholesterol. LDLs cause cholesterol to stick to blood vessel walls and form plaque, which can slow blood flow. LDL levels are best if they are under 100.

TRIGLYCERIDES are another name for fats and can lead to health problems. Goal is to be under 150.

BLOOD PRESSURE is important. Strive for less than 120/80. See your doctor if it is higher than 140/90.

FOODS That Can impact heart health?

CHOLESTEROL: Meat, poultry, fish, milk fat and egg yolks.

SATURATED FAT: Animal foods like meat, cheese, butter and plants like coconut and palm oil. Fat that is solid at room temperature is saturated fat.

MONOUNSATURATED FAT: Plant fats like olive and canola oils, peanut butter, nuts, avocado. Often called "good" fat, they may help lower LDL.

POLYUNSATURATED FAT: Plant fats like corn, safflower, sunflower and soybean oils and soft margarines.

OMEGA-3 FATTY ACIDS: Fatty fish like tuna and salmon and flax seed. THESE ARE GOOD FATS and slow disease.

TRANS-FATTY ACIDS: Double the trouble. Raise the LDL (bad cholesterol). Found in fast-food fries, donuts, and many brands of cookies, crackers, and some margarine.

#1. How you are eating now! Ask the UTTC Extension Nutrition Educator or your local dietitian to help you assess your eating habits. You may print out the "Eating Assessment Sheet" under resources on the UTTC Land Grant website. Using the "Eating Assessment Sheet" your goal is to make changes slowly and score "3" in each category.

#2. Add more soluble fiber to your diet. Soluble fiber helps fats move out of the vessels. Adults need over 20 grams of fiber each day. DRIED BEANS (red, black, navy, Great Northern, pinto, and all lentils, etc.) are the best source of soluble fiber.

Buy beans in cans or bags. Advice is to have at least one meatless day a week and eat main dishes that include beans – bean soup, baked beans, refried beans, meatless chili, etc. WHOLE GRAINS – don't be fooled by the color of the bread. The ingredient label or package must state "Whole Grain".

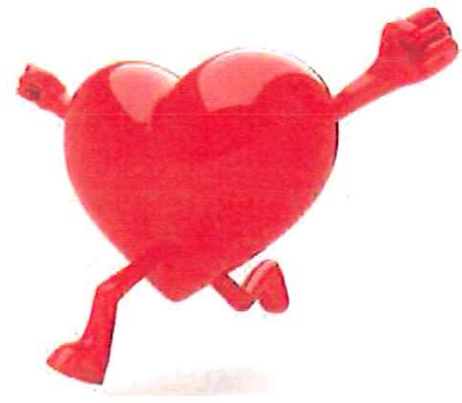
#3. More Matters when it comes to fruit and veggies. Heart health is supported by planning to eat 5 to 9 servings of fruit or veggies from various colors every day.

#4. Eat small portions (size of a deck of cards) of protein foods from a

variety of sources. Beans 1-2 times each week, eggs once a week, fish 1-2 times each week, poultry 1-2 times each week. This balance will help to keep lean red meats to a minimum, but still ensure adequate iron and include your favorite meats.

#5. Calcium choices should be low in fat. Non-fat milk is preferred for everyone over age 2 years. White cheeses are generally lower in fat. Think about yogurt and soy or nut milks.

#6. Snacks - use nuts to get healthy fats, whole grain crackers/cereal and pretzels.



EXERCISE NEEDED FOR A HEALTHY HEART!

Core strength.....When fitness experts talk about strengthening your core or trunk, they're referring to a group of muscles that includes your abdominals, pelvic and back muscles.

Your core is the center of gravity and essential for functional fitness. Improved core strength helps keep your body aligned during other fitness activities like running and dancing, as well as when you sit at your desk or haul groceries.

Many exercises to improve core strength require no equipment other than your body weight. Every little bit counts – how about some exercise breaks at work?

Chair Squats: Periodically while sitting, lift your butt off the seat and hover over chair for 2-3 seconds. Stand up and repeat. Dips: Make sure your chair is stable and place your hands next to your hips. Move your hips in front of chair and bend your elbows, lowering your body until your elbows are at 90 degrees. Repeat.

Abs: Sit on the edge of your chair, arms extending in front. Keeping back straight, contract the abs and slowly lower your torso towards the back of the chair. Hold 2-3 seconds and repeat. Curls: Cross your arms over your chest and sit up straight.

Pull abs in and curl your shoulder towards your hips, pulling abs in. Hold for 2 seconds and repeat.

DANGER—TOO MUCH SCREEN-TIME IS BAD FOR YOUR HEART!

Everyone sits too much. Screen time refers to TV, video games, computer time and DVD movie time. Families and individuals are encouraged to get movin'.

1. Adults need to move their body 30 minutes all or most days of the week – 10 minutes three times a day counts!
2. Encourage children to be active 3 or more hours everyday —with a minimum of 60 minutes of very busy activity everyday.
3. Limit your child's screen time to 2 hours or less each day. 4. TV is not a good dinner guest. Shut the TV off. Enjoy family meals whenever possible.
5. Keep TVs or computers out of bedrooms. Bedrooms are for sleepin' and heart health is connected to a well rested body and mind.

REMINDER! A 30 minute walk is proven to improve physical appearance and health, as well as, support a healthy mental attitude and reduce stress.

TOBACCO DAMAGES BLOOD VESSELS!

If you smoke, QUIT!
Contact UTTC Wellness Center
OR

Call: QUITLINE 1-866-388-7848 OR www.nd.quitnet.

COLOR FROM FRUIT AND VEGETABLE IS GOOD FOR YOUR HEART

Certain phytochemicals from the color may stop the cellular damage which slows the aging process of the body's cells, lowers the risk of heart disease, and inhibits the growth of cancer cells. Some phytochemicals can mimic or alter hormones. Phytochemicals that act in this way provide benefits like lowered cholesterol, strong bones, healthy heart muscles, and relief from hot flashes. EAT A RAINBOW of Fruit and Veggies everyday: Red, Yellow/Orange, Blue/Purple, White, Green. www.healthynd.org/in_season.html

