

# Dr. Patricia A. Guerrero

## Heart Healthy Tips

♥ Prepare foods as “ready to eat ” meals when you come home from grocery shopping. Cut up vegetables and fruits and store them in containers, so they'll be ready for the next meal or when you come looking for a ready-to-eat snack.

♥ Trim off the fat you can see before cooking meat and poultry. Drain off all fat after browning. Chill soups and stews after cooking so you can remove the hardened fat from the top. Eat no more than 6 ounces (cooked) per day of lean meat, fish, and skinless poultry.

♥ Watch your diet. A healthy diet can help to reduce the risk of developing heart disease, and can also help increase the chances of survival after a heart attack. You should try to have a balanced diet, containing plenty of fresh fruit and vegetables, fish, beans, and whole grains. Avoid foods like biscuits, cakes, pastries and dairy products that are high in saturated fats and sugar.

♥ Become physically active Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week. Write on the calendar each time you exercise for 30 minutes or more.

♥ Know your numbers. Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

♥ Be Creative with your exercise. Exercise while watching your favorite TV show. Work out when your child is at practice or extra curricular activities. If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. If you have a family, schedule exercise together. Make it quality time. Set goals.

♥ Floss your teeth regularly. Avoiding periodontal disease prevents inflammation in the arteries, which helps you head off heart disease. Visit your dentist regularly.

♥ Always prepare a shopping list and never shop on an empty stomach. Read labels and avoid food that has sugar in the first five ingredients.

♥ Keep a journal of your daily intake. Count every lick, piece, scoop, and ounce. Each night reflect on what and how much you ate. Determine if you really needed to eat everything on your list.

♥ Never attend a party or event on an empty stomach. Try to have some fruit or vegetables before leaving the house.

♥ Don't skip meals. Eat at least three meals a day---or eat several smaller meals throughout the day. Grazing avoids hunger and decreases the total number of calories in a day. Avoid diets. Adopt a new style of eating one change at a time.

♥ Remember to drink water. Your goal should be 6-8 glasses a day. Limit sugar containing beverages since these add to your calorie intake and extra pounds can quickly add up.