

# TAKE THESE TIPS TO HEART



The number of Americans with heart disease continues to increase. The good news is there are several things you can do to help keep your heart in shape.

## BOOST THESE:

Balance your diet with rich sources of the nutrients below.

- **Good Fats:** Focus on monounsaturated fats and polyunsaturated fats found in almonds, avocados, and canola and olive oils, as well as omega-3 fatty acids from fatty fish. Replacing saturated fats in your diet with unsaturated fats may help improve cholesterol levels. Just one ounce of almonds contains 13 grams of unsaturated fat, only 1 gram of saturated fat and absolutely no cholesterol!\*
- **Fiber:** Most Americans don't get enough; aim for 25 grams daily from whole fruits and vegetables, whole grains, nuts and beans.
- **Antioxidants:** Fruits and vegetables are some of the best sources! Eat a variety of colorful produce to maximize your intake of antioxidants, which include vitamins A, C and E. Almonds are also an excellent source of vitamin E, providing 7.4 mg per ounce (35% DV).

## CUT BACK ON THESE:

What you don't eat may be just as important as what you do eat. Strive to make the healthier choice the majority of the time.

- **Sodium:** Aim for less than 1,500 milligrams daily. Limit fast food and restaurant food to help keep your sodium intake under control. In the kitchen, use herbs, garlic and onions to boost flavor without salt.
- **Saturated Fats:** Switch to low- or nonfat dairy or almond milk and choose fish or lean meat options. Keep fried foods, baked goods and pastries to a minimum.
- **Added Sugars:** Too much added sugar can raise triglyceride levels. Cap sugar-sweetened beverages to 36 ounces a week, and be mindful of sugar-stocked cereals and yogurt.

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## GET THE GOOD STUFF

Almonds are a heart-smart, nutrient-rich snack\* with a powerful crunch that gives you long-lasting energy and natural goodness in every handful. Every one-ounce serving of almonds (about 23) provides protein (6g) and fiber (4g) and is an excellent source of vitamin E (7.4g) and magnesium (76mg). With these nutrients on your plate, you can enjoy each bite knowing that you are helping your heart.

\*Scientific evidence suggests, but does not prove, that eating 1.5 ounces of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat



# GET THE GOOD STUFF

Take a positive approach to heart health. Just a handful of California Almonds provides several key nutrients that contribute to cardiovascular health. And with these nutrients on your plate, you can enjoy each bite knowing that you are helping your heart.

	MONOUNSATURATED + POLYUNSATURATED FATS	FIBER	VITAMIN E + OTHER ANTIOXIDANTS	MAGNESIUM
<b>WHY IS THIS GOOD FOR MY HEART?</b>	If used in place of other fats, such as saturated and trans fats, these may lower your risk of heart disease by reducing total cholesterol and low-density lipoprotein (LDL) cholesterol levels in your blood.	Fiber can help improve cholesterol levels and may help with weight management by promoting feelings of satiety.	Antioxidants are thought to promote heart health by helping to decrease LDL cholesterol levels and protecting against oxidative damage.	Magnesium supports normal muscle and nerve function and helps keep heart rhythm steady.
<b>WHERE CAN I FIND THESE NUTRIENTS?</b>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Avocados</li> <li>Vegetable oils (including olive and canola oils)</li> </ul>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Fruits</li> <li>Vegetables</li> <li>Beans</li> <li>Whole grains</li> </ul>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Colorful fruits and vegetables</li> <li>Chocolate</li> <li>Whole grains</li> </ul>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Leafy greens (such as spinach)</li> <li>Legumes</li> <li>Whole grains</li> </ul>
<b>HOW MUCH SHOULD I AIM FOR EACH DAY?</b>	Health professionals recommend keeping total fat intake between 25 and 35 percent of calories, with most fats coming from sources of monounsaturated and polyunsaturated fatty acids.	Aim for 25–35g of fiber per day.	Aim to get 15mg of vitamin E per day.	Aim to get 300–400mg of magnesium per day.
<b>HOW MUCH CAN I GET FROM FOODS?</b>	<ul style="list-style-type: none"> <li>1 oz of almonds offers 13g.</li> <li>3 slices of avocado offers 3.5g.</li> <li>1 tbsp of vegetable oil offers 13g.</li> </ul>	<ul style="list-style-type: none"> <li>1 oz of almonds offers 4g.</li> <li>1 apple offers 4.4g.</li> <li>1 slice of whole-wheat bread offers 4g.</li> </ul>	<ul style="list-style-type: none"> <li>1 oz of almonds offers 7.4mg.</li> <li>1 cup of tomato sauce offers 3.5mg.</li> </ul>	<ul style="list-style-type: none"> <li>1 oz of almonds offers 76mg.</li> <li>1 cup of spinach offers 24mg.</li> <li>1/2 cup of black beans offers 60mg.</li> </ul>
<b>HOW CAN I FIT THESE NUTRIENTS INTO MY DAY?</b>	<ul style="list-style-type: none"> <li>Add crunchy almonds to your chicken salad wrap for lunch.</li> <li>Finish your salad with olive oil and vinegar for a light and delicious dressing.</li> </ul>	<ul style="list-style-type: none"> <li>Throw an almond granola bar in your gym bag.</li> <li>Fill your plate with colorful fruits and vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>Keep trail mix with your favorite dried fruit and almonds in your car.</li> <li>Boost flavor and nutrition to your sandwich with whole-grain bread and brightly colored vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>Throw spinach into your favorite soup or toasted almonds into your favorite salad for added flavor, nutrition and crunch.</li> <li>Pack mini sandwiches or whole-grain crackers for lunch.</li> </ul>

**References:**

American Heart Association <http://www.americanheart.org>.

Mayo Clinic <http://www.mayoclinic.com>.

Cleveland Clinic [http://my.clevelandclinic.org/heart/disorders/cad/vitamin\\_e.aspx](http://my.clevelandclinic.org/heart/disorders/cad/vitamin_e.aspx).

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Jenkins DJA, Kendall CWC, Marchie A, Josse AR, Nguyen TH, Faulkner DA, Lapsley KG, Blumberg J. 2008. "Almonds reduce biomarkers of lipid peroxidation in older hyperlipidemic subjects." *J. Nutr.* 138(11):908-913.

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U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat. Scientific evidence suggests, but does not prove, that eating 1.5 oz of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

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