



Eating HEART HEALTHY

Cooking and Nutrition Workshop
Four Sessions



**SEAFOOD
NUTRITION
PARTNERSHIP**

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Eating HEART HEALTHY

Pre-Program Survey

Please take a moment to have participants complete the online survey.

[Participant Survey Link](#)



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Session 1 Agenda

- Welcome & Introductions (5 Minutes)
- Pre-Program Survey and Health Screening (15 minutes)
- Cardiovascular Risk Factors and Nutrition (20 minutes)
- Video Cooking Demonstration (5 minutes)
 - Italian Tuna Salad
- Group Discussion (10 minutes)
- Final Questions (5 minutes)





Eating HEART HEALTHY

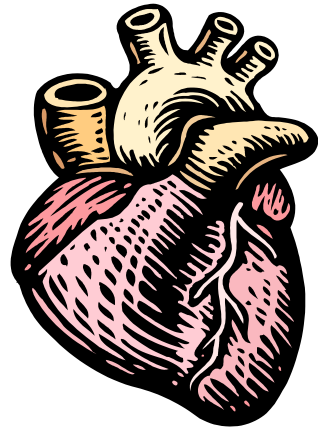
HEART DISEASE & NUTRITION





What is Cardiovascular Disease?

Cardiovascular Disease (CVD) refers to the diseases of the blood vessels (arteries and veins) that affect the heart and brain





Cardiovascular Disease Risk Factors

Controllable Risk Factors:

- High Cholesterol
- High Blood Pressure
- Physical Inactivity
- Obesity/Overweight
- Type 2 Diabetes
- Smoking

Uncontrollable Risk Factors

- Age
- Family History
- Race/Ethnicity

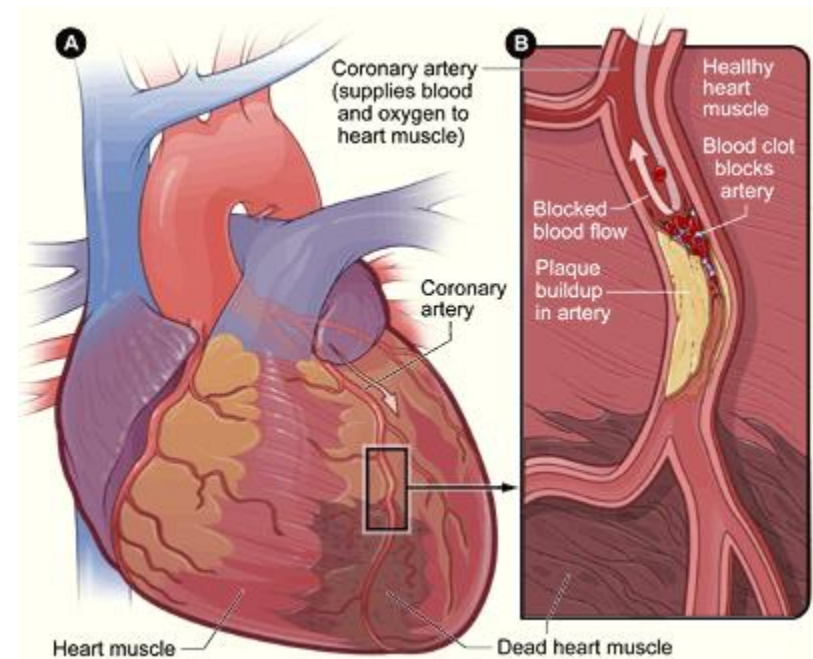
Cardiovascular
disease is:
90%
preventable





What Is a Heart Attack?

Occurs when blood flow to a section of heart muscle becomes blocked, most often, the result of coronary artery disease





Eating HEART HEALTHY

Comparing men and women heart attack symptoms

MEN ARE MORE LIKELY TO EXPERIENCE:

Chest pain

Chest discomfort or pain

This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in the center of your chest lasting more than a few minutes.

Upper body pain

Pain or discomfort may spread beyond your chest to your shoulders, arms, back, neck, teeth or jaw.

Stomach pain

Pain may extend downward into your abdominal area and may feel like heartburn.

Sweating

You may suddenly break into a sweat with cold, clammy skin.

Shortness of breath

You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort.

Anxiety

You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.

Lightheadedness

You may feel dizzy or feel like you might pass out.

Nausea and vomiting

You may feel sick to your stomach or vomit.

WOMEN ARE MORE LIKELY TO EXPERIENCE:

Abdominal discomfort

Neck, jaw, shoulder and upper back discomfort

Stomach pain, nausea and vomiting

Shortness of breath

Source: National Center for Health Statistics



What is a Stroke?

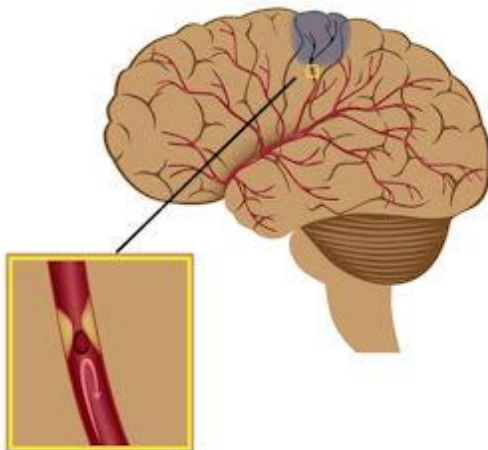
- A stroke, sometimes is called a brain attack, occurs when a clot blocks the blood supply to part of the brain or when a blood vessel in or around the brain bursts. In either case, parts of the brain become damaged or die
- For a stroke survivor, recovery can take months or years. Many patients who have had a stroke never fully recover.





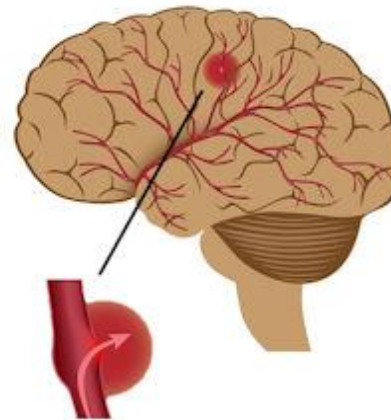
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Types of Stroke



Blockage of blood vessels,
lack of blood flow to affected area

Ischemic Stroke



Rupture of blood vessels,
leakage of blood in affected area

Hemorrhagic Stroke

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Eating HEART HEALTHY

F



Face is uneven

A



Arm is weak

S



Speech is strange

T



Time to call
911





Know Your Numbers

- Fasting glucose should be **< than 100mg/dL**
- Blood pressure should be about **120/80mmHg**
- Total cholesterol should be **< 200mg/dl**
- Body Mass Index should be within **18.5-25.9**
- Waist circumference should be:
 - Women **< 35 inches**
 - Men **< 40 inches**
- Omega-3 Index should be **> 8%**

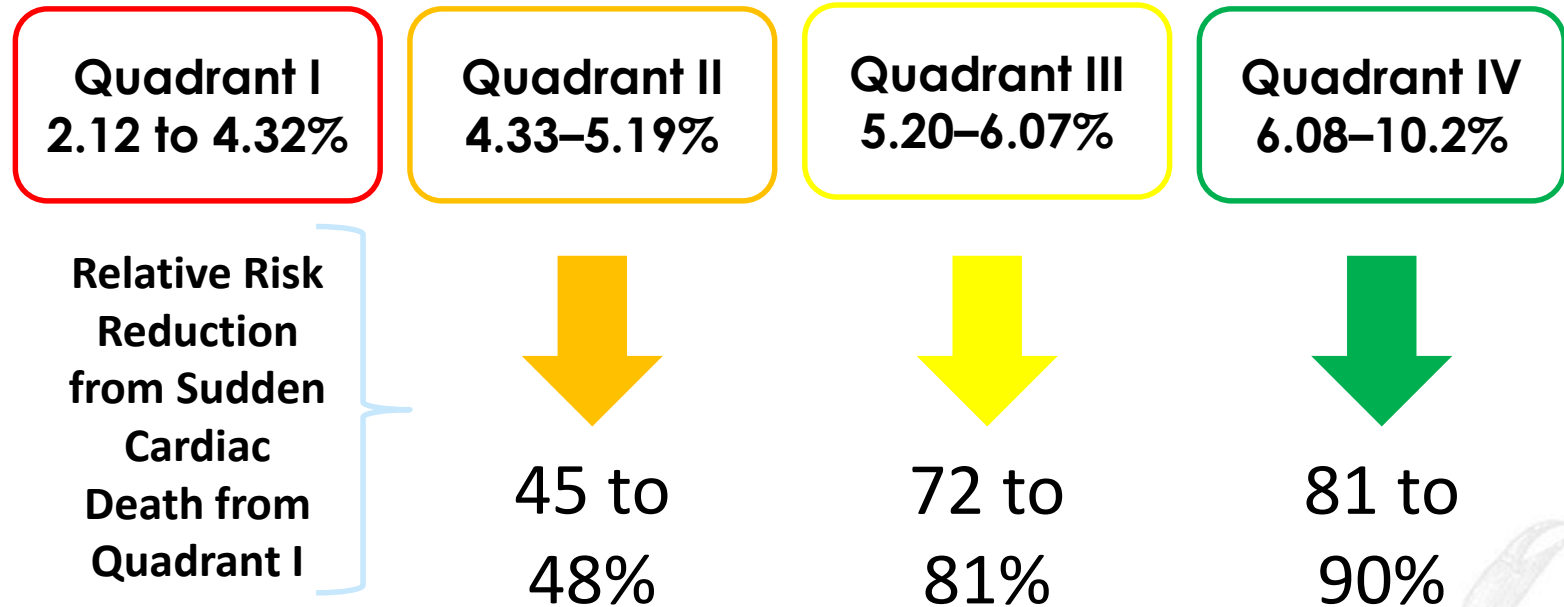




Omega-3 Index

Omega-3 Index is a measure of omega-3 fatty acids in red blood cells. Ideal range is 8% or more. Japanese average 12%, American average 2-3%.

Source: [NEJM, Vol. 346, No. 15 April 11, 2002, pgs. 1113-1118](#)





Eat Heart Healthy

Limit high calories/low nutrient foods

- Eat fish at least twice a week
- Eat fruits and vegetables daily
- Choose whole-grain and high fiber foods
- Limit saturated fats, trans fats, and cholesterol
- Choose fat-free and low-fat dairy products
- Choose and prepare foods with little or no salt
- Cut out drinks and foods high in sugar
- Limit alcohol to 1 (6oz) drink or less a day





Seafood Contains Heart Healthy Fats

- The healthy fats in seafood are anti-inflammatory, and these fats are known as omega-3 fatty acids EPA and DHA
- Omega-3s EPA / DHA are critical for cell membrane health, especially in the heart and brain.





Eating HEART HEALTHY

Seafood Provides Essential Nutrients



Eating 8 oz. of seafood a week reduces the risk of dying from heart disease by **36%**

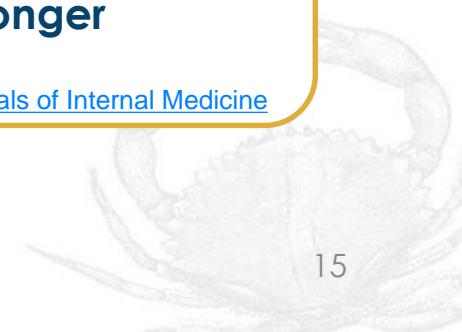
Source: [JAMA](#)

Moms-to-be that eat 8 to 12 oz. of seafood a week have **better outcome for baby brain, eye health, +5.8 IQ points**

Source: [JAND](#)

Older adults who had the highest blood levels of the fatty acids found in fish lived, on average **2.2 years longer**

Source: [Annals of Internal Medicine](#)





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Quiz!

True or False

Omega-3 levels
should be:

<8%

FALSE

True or False

Cardiovascular
disease is:

90% preventable

TRUE





Eating HEART HEALTHY

Cooking Video

Italian Tuna Salad





Italian Tuna Salad

From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston



[Video Link](#)





Eating HEART HEALTHY

Group Discussion





Eating HEART HEALTHY

Ways to Engage

- Visit [Seafood Nutrition Partnership website](#)
- Commit to the “[Healthy Heart Pledge](#)”
- Know your Omega-3 level
- Use coupons and try samples





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Questions?





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We thank you for participating in
the Eating Heart Healthy Program!





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Session 2 Agenda

- Welcome & Session 1 Feedback (10 minutes)
- Heart Healthy Meal Planning (20 minutes)
- Video Cooking Demonstrations (10 minutes)
 - Salmon Cakes
 - Mussels in Garlic Broth
- Group Discussion (15 minutes)
- Final Questions (5 minutes)





Eating HEART HEALTHY

HEART HEALTHY MEAL PLANNING





Dietary Guidelines 2015-2020

Key Recommendations

- Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.
- A healthy eating pattern includes:
 - A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
 - Fruits, especially whole fruits
 - Grains, at least half of which are whole grains
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including **seafood**, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
 - Oils
- A healthy eating pattern limits:
 - Saturated fats and *trans* fats, added sugars, and sodium





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HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

© Harvard University



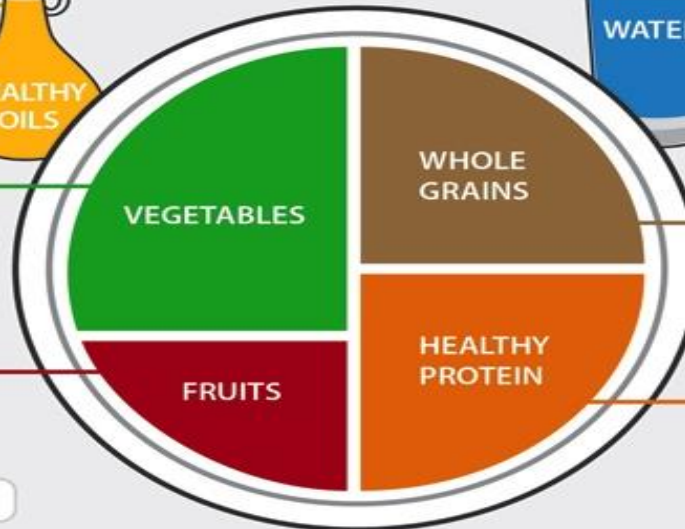
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

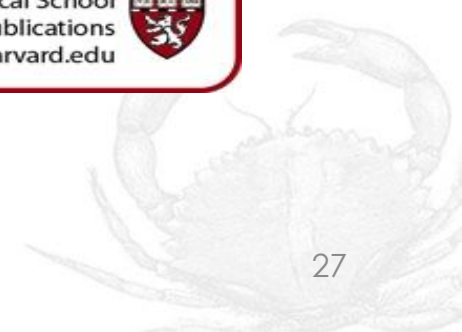
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



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Meal Planning When Time Is Tight

- Learn simple, fast recipes
- Get help from your spouse or children
- Cook several dishes at one time and freeze part of them
- Use a slow cooker, meal will be ready when you come home from work
- Make larger quantities and use leftovers for lunch
- Pack your lunch the night before





How to read a label:

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Start here

Amount Per Serving

Check calories

Calories 250 **Calories from Fat** 110

Quick guide to % DV

% Daily Value*

5% or less is low
20% or more is high

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Limit these

Potassium 700mg **20%**

Total Carbohydrate 31g **10%**

Get enough of these

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

Iron **4%**

Footnote

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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Activity!

Let's practice comparing two nutrition labels....





Eating HEART HEALTHY

Activity!

Hot Dogs (8 ct. package)

Nutrition Facts	
Serving Size: 1 link (57g)	
Amount Per Serving	
Calories 170	Calories from Fat 130
% Daily Values*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Polyunsaturated Fat 0g	
Trans Fat 1g	
Cholesterol 34mg	11%
Sodium 530mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 8g	
Vitamin A 1%	Vitamin C -
Calcium -	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chunk Light Tuna (5oz. can)

Nutrition Facts	
Serving Size: 1/4 cup (2oz)	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Potassium 100mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.





When Buying Seafood

Always buy seafood from a reputable market where the employees are able to answer your questions. They should be able to tell you where the fish is from and when it came into the store.





When Buying Seafood (cont.)

- Fresh fish should be bright and shiny with scales in place. Eyes should be clear. Odor should be fresh and mild. Fillets should have moist, elastic flesh.
- Fresh shellfish like clams, oysters, and mussels should close tightly when tapped. Always toss shellfish that do not open when cooked.





Choose Fish Low in Mercury

- Nearly all fish and shellfish contain traces of methylmercury. However, larger fish that have lived longer have the highest levels of methylmercury because they've had more time to accumulate it.
- Prominent scientific studies (i.e. WHO/FAO) advise that the benefits of eating seafood outweigh the risks.
- **The FDA advises women who are expecting, pregnant, or feeding to not consume the following four fish: swordfish, shark, king mackerel and tilefish.**
 - **Up to 6 ounces of albacore (white) tuna per week**





Top Consumed Seafood in US

According to the NOAA report, overall per capita consumption in 2015 was 15.5lbs, compared to 14.6lbs in 2014.

	2015
Shrimp	4.000
Salmon	2.879
Tuna	2.200
Tilapia	1.381
Alaska Pollock	0.970
Pangasius	0.743
Cod	0.600
Crab	0.555
Catfish	0.519
Clams	0.329
Per Capita Consumption	15.5
Total Top 10	14.17601
All Other Species Consumption	1.323986
Top 10 as % of Total Consumption	91.46%

- Ten different types of fish and shellfish products represent about 90% of the seafood consumed in the U.S. and are low in mercury.
- Eat a variety of seafood to take in different levels of omega-3 fatty acids, vitamins and minerals.





Amount of fish consumed per week during pregnancy that would cause a net adverse effect from mercury risks

US Avg. Moms-To-Be 1.8 oz.	Tuna Albacore Canned 67 oz.	Cod 229 oz.	Pollock 636 oz.	Salmon 1,080 oz.	Tilapia 1,811 oz.
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Oz. of Seafood Per Week to Reach Net Adverse Effect

US Avg. 4 oz.	Tuna Light Canned 196 oz.	Crab 374 oz.	Clams 1,024 oz.	Catfish / Pangasius 1,385 oz.	Shrimp 2,141 oz.
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Source: [FDA](#)





Seafood Safety: Storing At Home

- Fish should be kept in the coldest part of the refrigerator below 40°F in its original packaging.
- Shellfish such as clams, oysters, and mussels should be stored in the refrigerator in open containers with clean, damp cloths placed over the shellfish.
- Live lobsters and crabs should be cooked the same day as purchased.
- Raw and cooked seafood should be stored separately.





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Quiz!

True or False

Sodium, sugar, and protein can be found on the Nutrition Facts label.

TRUE

True or False

Fish should be stored in the coldest part of the refrigerator.

TRUE





Cooking Videos

Salmon Cakes
Mussels in Garlic Broth





Salmon Cakes with Yogurt & Cucumber Sauce

From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston



[Video Link](#)





Mussels in Garlic Broth

From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston



[Video Link](#)





Eating HEART HEALTHY

Group Discussion





Ways to Engage

- Visit [Seafood Nutrition Partnership website](#)
- If you have not yet taken the “[Healthy Heart Pledge](#)”, do it today! Encourage others as well!
- Know your Omega-3 level
- Use coupons and try samples





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Questions?





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We thank you for participating in
the Eating Heart Healthy Program!





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Four Sessions



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Session 3 Agenda

- Welcome & Session 2 Feedback (10 minutes)
- Preventing CVD Risk Factors and Heart Healthy Cooking (20 minutes)
- Video Cooking Demonstrations (10 minutes)
 - Fish Tacos
 - Crab Salad
- Group Discussion (15 minutes)
- Final Questions (5 minutes)





Eating HEART HEALTHY

PREVENTION & HEART HEALTHY COOKING





Tips To Making Your Favorite Meals Heart Healthy

- Make creamy dishes without the heavy cream- use low-fat cream and thicken with flour.
- Choose low-fat, fat-free, reduced-fat, or light dairy products.
- Bake or broil your dishes
- Try cooking with less oil. Olive oil, walnut oil, and avocado oil are “heart healthy” oils.





Seafood Safety: Cooking

- Cook seafood to an internal temperature of 145°F for at least 15 seconds.
- Properly cooked seafood should be moist and solid color throughout.
- Purchase seafood from retailers that have good quality and cleanliness.





Healthy Ways to Cook Seafood

- Baking
- Broiling
- Grilling
- Poaching
- Sautéing
- Steaming
- Stir-frying





Healthy Ways to Cook Seafood (cont.)

- Marinating fish in the fridge adds tasty flavor. Used marinade should always be thrown away and never reused.
- Fish fillets should be cooked 10 minutes for every inch of thickness.
- Cook fish to an internal temperature of 145°F. When it's done, the fish should flake easily with a fork.





Eating HEART HEALTHY

Quiz!

True or False

Fish should be cooked to an internal temp of 165°F.

FALSE

True or False

Baking and broiling are healthy cooking methods.

TRUE





Cooking Videos

Fish Tacos
Crab Salad





Fish Tacos

From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston





Crab Salad

From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston



[Video Link](#)





Eating HEART HEALTHY

Group Discussion





Ways to Engage

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- If you have not yet taken the “[Healthy Heart Pledge](#)”, do it today! Encourage others as well!
- Know your Omega-3 level
- Use coupons and try samples





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Questions?





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Four Sessions



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Session 4 Agenda

- Welcome & Session 3 Feedback (10 minutes)
- Eating Heart Healthy on a Budget (20 minutes)
- Live Chef Cooking Demonstration (15 minutes)
- Group Dinner and Discussion (30 minutes)
- Certificates of Completion (10 minutes)
- Final Questions (5 minutes)





Eating HEART HEALTHY

EATING HEART HEALTHY ON A BUDGET





Eating on a Budget - The 3 P's

1. Plan
2. Purchase
3. Prepare





Eating on a Budget - The 3 P's

PLAN

- Plan meals and snacks for the week according to your established budget
- Find quick and easy recipes either online, cookbooks or friends
- Make a grocery list & stick to it!
- Check for sales and coupons in the local paper or online
- Get a rewards card at your local grocery store





Eating on a Budget - The 3 P's

PURCHASE

- Go shopping when you are not hungry or in a rush
- Stick to your grocery list and avoid aisles that do not have items on your list
- Buy store brands if cheaper
- Find and compare unit prices listed on shelves in order to get the best price





Eating on a Budget - The 3 P's

PURCHASE (continued)

- Choose fruits and vegetables that are in season
- Choose fish and shellfish that are in season
- Do not purchase pre-cut fruits & vegetables or individually packed items, they are convenient but more expensive
- Buy canned or frozen fish, price is less than “fresh” fish





Eating on a Budget - The 3 P's

PREPARE

- Some meals can be made in advance; pre-cook on days when you have time
- Double or triple up on recipes and freeze meal-sized containers of casseroles or soups or divide into individual portions which you can take to work
- Use leftovers into other meals
- Be creative with fruits and vegetables and use it in different ways during the week





Shop Smart for Seafood

Eating more seafood **does not** have to be expensive.

- Some seafood have seasons, so shop first to see what is at the store versus buying the exact species called for in a recipe.
- Make friends with your seafood seller so they can let you know when something is fresh and a good value.
- Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.





Shop Smart for Seafood (cont.)

- Frozen and canned seafood are good low cost options.
 - Frozen is often much better than fresh with new flash frozen at sea technology and you can keep it on hand for when you are ready to cook seafood.
- Seafood local to your area may provide lower cost options.
 - White fish varieties, sardines, and mussels.





Shop Smart for Seafood (cont.)

- Know your seafood portion size to get 8 ounces of seafood a week:
 - A drained can of tuna is about 3 to 4 ounces
 - A salmon steak ranges from 4 to 6 ounces
 - 1 small trout is about 3 ounces
- Add seafood as part of salad, soup, sandwich, and pasta so it is part of a heartier meal.





Eating HEART HEALTHY

Quiz!

True or False

Fresh, canned, and frozen are all seafood options to consider to reach 2 servings per week.

TRUE

True or False

3 tips to eat seafood 2x/week is to Plan, Purchase, and Prepare.

TRUE





Eating HEART HEALTHY

Cooking Demonstration

Let's see what our local chef has cooking!





Eating HEART HEALTHY

Group Dinner and Discussion





Eating HEART HEALTHY

CERTIFICATE OF EXCELLENCE

is hereby granted to:

Participant Name

for outstanding participation in
EATING HEART HEALTHY

Completed on _____

Date





Ways to Engage

- Visit [Seafood Nutrition Partnership website](#)
- If you have not yet taken the “[Healthy Heart Pledge](#)”, do it today! Encourage others as well!
- Know your Omega-3 level
- Use coupons and try samples





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Questions?





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Post-Program Survey

Please take a moment to have participants complete the online survey.

[Participant Survey Link](#)

