
OTHER ESSENTIALS



- ❖ Along with a healthy diet, aerobic exercise can significantly lower dangerous LDL cholesterol, and raise levels of protective HDL cholesterol!
- ❖ Quitting smoking reduces your risk of CVD, cancer and many other chronic illnesses
- ❖ Healthy Stress Management is important for *many* reasons, including lowering CVD risk by decreasing several inflammatory responses



Sources:

1. "Cardiovascular Disease Statistics." Johns Hopkins Medicine, Based in Baltimore, Maryland. N.p., n.d. Web. 07 Feb. 2014.
2. Dr. Artemis Morris. "Class 2 & 3 CVD Nutrition IV." University of Bridgeport. 07 Feb. 2014. Lecture.
3. "Diet." Cardiovascular Disease Risk Factors -. World Heart Federation, n.d. Web. 07 Feb. 2014.

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HEARTBEAT EATS



Cardiovascular disease is the leading cause of death in the US: It kills more people per year than cancer, chronic lower respiratory diseases and accidents combined!

You can take your heart's health into your own hands with a nourishing and satisfying whole foods diet!





Quantity Matters!

Fill half of your plate with vegetables, have a palm-sized serving of protein and a palm-sized serving of grains at your meals. You should feel satisfied but not stuffed!

Blood Sugar and CVD

Chronically elevated blood sugar levels increase Cardiovascular disease risk and damage the delicate lining of blood vessels. Eating a balanced whole foods diet helps to keep blood sugar stable. Eat your meals regularly and add protein each time. Going on a walk 15 minutes after eating can aid in digestion, help keep blood sugar under control, and can enhance assimilation of nutrients.

THE BENEFITS ARE REAL

Studies have shown that a Mediterranean-based diet decreases CVD prevalence by 80%². This diet focuses on legumes, fruits and vegetables, whole grains, and healthy fats.

According to the World Heart Federation, “Comparisons between a diet low in saturated fats, with plenty of fresh fruit and vegetables, and the typical diet of someone living in the developed world show that in the former there is a 73% reduction in the risk of new major cardiac events.³”

ENJOY:

- ❖ Vegetable proteins like beans, seeds and nuts
- ❖ Leafy greens, in-season vegetables and fresh fruits
- ❖ Organic, cage-free eggs
- ❖ a small to moderate amount of dairy like yogurt, cheese and butter

ENJOY:

- ❖ Healthy fats such as coconut oil and olive oil
- ❖ Fish
- ❖ a small amount of red wine
- ❖ a small amount of dark chocolate

LIMIT:

Red meat, alcohol and coffee

AVOID:

Hydrogenated fats, Saturated fats, Trans-fats in fried foods, Refined carbohydrates, pesticides, added sugars, high fructose corn syrup, food colorings, canola oil, artificial ingredients, toxins, food sensitives and other allergies

MEAL EXAMPLES:

- ❖ am: Oatmeal with Hemp protein, raspberries and almond butter
- ❖ noon: spinach, kale and tomato omelette
- ❖ snack: walnuts and dates, or peppers and hummus
- ❖ pm: baked tilapia, string beans, carrots and quinoa

COOKING:

- ❖ Cook your foods lightly: do not cook at high temperatures, burn, char, or over-roast.
- ❖ Use an oil appropriate for the heat you are using:
 - ❖ extra light virgin olive oil: 468F extra virgin OO: 406F; virgin OO:420F; unrefined oo: 320F
 - ❖ Grapeseed, Safflower, Sunflower, and nut oils: less than 320F

QUALITY MATTERS!!

CHOOSE:

- ❖ Organic produce
- ❖ Grass fed, organic red meats
- ❖ Organic, free-range chicken
- ❖ Hormone free animal products
- ❖ Whole fat, organic, grass fed dairy products