February is Heart Health Month!

It is time for us to focus on the steps we can take to prevent cardiovascular disease and improve our heart health!

Did you know?

Today, 9 out of 10 Canadians above age 20 have at least one risk factor for cardiovascular disease.

What are the risk factors?
High blood pressure
Diabetes
Smoking
Stress
Physical inactivity
High blood cholesterol
Low fruit & vegetable intake
Overweight/obesity
Excessive alcohol consumption

The good news:
80% of premature onset of cardiovascular disease is preventable!
You can control all of the risk factors listed above!

True or False?
Cardiovascular disease is a “man’s disease.”

False: Women are more likely than men to die of a heart attack or stroke. In Canada, stroke kills 45% more women than men. Only 1 in 7 women are aware that heart disease and stroke are their biggest health concern.

Be Heart Smart!

What is Cardiovascular Disease?
Cardiovascular disease refers to a number of conditions that inhibit the ability of the heart to work properly.

These conditions include:
Atherosclerosis: build up of cholesterol and fat in the arteries
Arteriosclerosis: hardening of the arteries
Angina: reduced blood flow to the heart
Heart attack
Stroke

A healthy diet and lifestyle are the best defences against heart disease
A quick start to a healthy heart!

Here are a few tips to jumpstart your heart healthy diet!
- Eat a diet rich in vegetables, fruits, whole grains, and fibre
- Choose lean meats and poultry without skin
- Consume fish at least twice a week
- Select low-fat dairy products
- Minimize foods containing partially hydrogenated vegetable oils to reduce trans fat intake
- Limit food and beverages with added sugars
- Select foods lower in salt
- Follow Canada’s Food Guide

Limit Sodium

Eating large amounts of salt puts you at risk for high blood pressure, which is a major risk factor for cardiovascular disease. Limiting high sodium, processed foods is an important part of achieving a heart healthy diet. Salt can be hidden in many processed foods like soups, so get in the habit of reading food labels. Aim to choose foods which provide less than 200mg of sodium per serving most of the time, and aim for under 2300 mg of sodium per day.

Assess your risk!

Visit www.heartandstroke.com and check out their eTools section to determine your risk for heart disease and stroke by answering a few confidential questions.

What if you’re already affected?

If you are affected by heart disease, nutrition and healthy eating become an important part of your treatment. A Registered Dietitian will be a key member of your health care team!
Roasted Vegetable Pasta

A delicious whole-hearted meal!

Mix up your pasta night! High in fibre and low in saturated fat, this delectable pasta dish will satisfy your taste buds and lead to a healthy, happy heart!

Ingredients

- 6 cloves garlic, unpeeled
- 4 tbsp extra virgin olive oil, divided
- 3 tbsp balsamic vinegar
- 1/2 tsp black pepper
- Pinch salt
- 1 red bell pepper
- 1 yellow bell pepper
- 1 onion
- 3 cups cubed butternut squash
- 2 cups eggplant (unpeeled)
- 2 cups chopped asparagus
- 2 oz whole wheat penne pasta
- 4 tomatoes
- 3/4 cup lightly packed coarsely chopped fresh basil
- 1/3 cup freshly grated Parmesan

Directions

1. Preheat oven to 425°F (220°C)
2. In a large pot of boiling salted water, cook pasta according to package directions until al dente. Drain, reserving 1/4 cup (60 mL) of the cooking liquid.
3. Roast Garlic. Cut off tips of garlic, wrap in foil, and place into preheated oven for 20 minutes. Remove and let cool. Remove garlic from skins and place in small bowl. Whisk in vinegar, 2 1/2 tbsp (37 mL) oil, pepper and salt; set aside.
4. Chop red pepper, yellow pepper, onion, squash and eggplant into 1/2-inch pieces and place into large bowl. Add 1 tbsp of olive oil, and mix. Spread onto baking sheet, and bake for 15-20 minutes.
5. In a small bowl, toss asparagus with the remaining 1/2 tbsp oil. Add asparagus to baking sheet and bake for about 10 minutes or until vegetables are tender and lightly browned.
6. Drain pasta, add garlic mixture and vegetables. Mix and add grated cheese on top. Can be served hot or cold

Makes 6-8 servings

Nutrition Information

Per serving (1/6th of Recipe, ~300 mL)
- Calories: 313
- Fat: 9.2 g
- Carbohydrate: 52 g
- Fibre: 7 g
- Protein: 11 g
- Sodium: 249 mg (10% DV)

Adapted from Dietitians of Canada, Roasted Vegetable Pasta. 2011
Brought to you by the Dietitians at the HPC

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References and Further Reading

- Risk Factors/The Good News: http://www.heartandstroke.on.ca
- What is heart disease: http://kidshealth.org/kid/grownup/conditions/heart_disease.html

Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at 519-767-5011