

## HEALTHY CHOICES DIET

A healthy diet is one of your best defenses for fighting cardiovascular disease. Improve your chances for optimal health for life by following these dietary guidelines for a daily intake of 2,000 calories.

- Include as much fresh food as possible, focusing on unprocessed foods rich in vitamins, minerals, antioxidants and dietary fiber.
- Eat foods abundant in whole grain fiber, lean protein and a variety of colorful fruits and vegetables.
- Minimize your consumption of processed foods and fast foods.
- Eat a diet **low** in sodium, cholesterol, added sugars and total fat, especially hydrogenated and saturated fat.

### CARBOHYDRATES

- Consume mainly **whole grains** (whole wheat, oats, rye, brown rice, barley, quinoa, millet, whole grain pasta), **starchy vegetables** (sweet potatoes, yams, winter squash), **beans, legumes** and **peas**.
- Limit white bread, white rice, white pasta and most packaged snack foods (chips, crackers, pretzels), cookies, pies, candy and fruit drinks.
- Aim for 6 to 8 servings daily of grains.

### FRUITS AND VEGETABLES

- High in vitamins, minerals and fiber and low in fat and calories.
- Choose whole fruits and vegetables over juices.
- Aim for at least 5 servings daily of fruits and vegetables in a variety of types and colors.

### PROTEIN

- For maximum cholesterol reduction, choose **plant-based protein**, like beans and soy. Nuts, especially walnuts and almonds, can be added occasionally. Aim for 4-5 servings per week of plant-based protein. One serving = 2 Tbsp nut butter, 1/2 cup dry beans or peas.
- **Fish**, such as salmon, mackerel and herring, are low in saturated fat and high in omega-3 fatty acids. Two servings are recommended per week. One serving = 3.5 oz cooked.
- Fat-free or low-fat **dairy products**, like yogurt, milk and egg whites. Choose 2-3 servings daily. One serving = 1 cup milk, 1 cup yogurt or 1 1/2 oz cheese.

- Plant-based protein, fish and skinless poultry are preferable to lean red meat.

### BEVERAGES

- Drink water or beverages, like unsweetened green tea or sparkling water with lemon.
- If you chose to drink caffeinated beverages, limit to no more than two cups (16 oz) per day.

### CAUTION:

- **Alcohol:** Use in moderation or eliminate.
- **Salt:** Limit highly salted foods. Keep sodium intake to under 1500 mg per day.

### HEART-HEALTHY FOOD CHOICES:

Cruciferous vegetables (brussels sprouts, cabbage, broccoli, cauliflower)	Whole grains (brown rice, barley, quinoa, millet)
Vegetables rich in beta-carotene (carrots, sweet potatoes, yams, squash, pumpkin),	Whole-grain pasta
Alliums (onion, garlic, leek, shallots)	High-fiber cereal (5g or more of fiber)
Dark leafy greens (spinach, watercress, romaine, kale, beet and mustard greens)	Oatmeal
Asparagus	Muesli
Avocados	Fish (salmon, mackerel, tuna, herring)
Beets	Skinless poultry
Bell peppers	Legumes (beans, peas, lentils)
Celery	Soybeans (edamame) and soy products (tofu)
Cucumbers	Lean ground meats
Eggplant	Walnuts and almonds (in moderation)
Green or string beans	Seeds (sesame, pumpkin, sunflower)
Mushrooms	Natural nut butters
Tomatoes	Egg whites or egg substitutes
Apples	Skim or low-fat (1%) milk
Bananas	Low-fat yogurt
Berries (blueberries, strawberries, raspberries)	Low-fat or part skim cheese
Cantaloupe	Olive or canola oil
Citrus fruits (orange, grapefruit, lemon)	Margarine (free of trans fats or cholesterol-lowering)
Kiwi	Oil and vinegar
Papaya	Herb and spices
Pomegranates	Reduced salt condiments
Stone fruits (apricots, peaches, cherries)	Dark chocolate (in moderation)
Dried fruits (raisins, dates, prunes)	Water
Whole-wheat flour	Unsweetened green tea
Whole-grain bread preferably 100% whole-wheat or grain	Coffee (black)

## PHYSICAL ACTIVITY AND YOUR HEART

By exercising just 30 minutes a day, you can reduce your risk of heart disease. Start with a small goal and commit to it regularly. Soon you'll enjoy the benefits of a healthy lifestyle.

1. Start at an easy pace for five to ten minutes. Before beginning your walk do stretching and flexibility exercises for five minutes.
  - A. Calf Stretch—Put hands against wall and stretch both calves.
  - B. Head Stretch—Make a quarter circle with your head. Start with ear near your shoulder on one side and rotate your head around in front ending with your ear near the other shoulder.
  - C. Arm Stretch—With one arm at a time, make backwards movement with both arms with palms facing out for ten times.
  - D. Hip Stretch—Stand up, take a half step back with the right foot, bend your left knee and shift your weight back to your side. Repeat with the other leg.
2. Walk at a pace to build your heart rate. As you increase your walks, make exercise brisk enough to raise your heart rate and breathing, perhaps adding a hill.
  - A. Continue at a moderate pace during the first 4 weeks, aim to reach 50% of your target heart rate. As you get into shape, you can build up to 75%. Never continue to maximum heart rate if you develop symptoms.
  - B. Cool down for five minutes at an easy pace.
  - C. Repeat your stretching exercises.

	Target Heart Rate	Maximum Heart
<b>Age</b>	<b>Zone: 50-75%</b>	<b>Rate: 100%</b>
20	100-150 beats per min.	200 beats per min.
25	98-146 beats per min.	195 beats per min.
30	95-142 beats per min.	190 beats per min.
35	93-138 beats per min.	185 beats per min.
40	90-135 beats per min.	180 beats per min.
45	88-131 beats per min.	175 beats per min.
50	85-127 beats per min.	170 beats per min.
55	83-123 beats per min.	165 beats per min.
60	80-120 beats per min.	160 beats per min.
65	78-116 beats per min.	155 beats per min.
70	75-113 beats per min.	150 beats per min.

## CONTROL YOUR BLOOD PRESSURE

- Maintain a healthy weight. Being overweight or obese puts you at a higher risk for high blood pressure, stroke and heart disease.
- Eat right! Follow the Healthy Choices Diet.
- Reduce sodium intake to less than 1500 mg per day. Avoid added salt and highly salted food.
- Exercise regularly – aim for 30 minutes, 5 days a week.
- Don't smoke cigarettes or use other tobacco products. Avoid second-hand smoke.
- Limit alcohol consumption.
- Maintain a potassium intake of 5 grams per day.\*
- Manage stress.
- Continue all medications exactly as prescribed.

## MANAGE YOUR STRESS

Chronic stress may cause an increase in heart rate and blood pressure.

- Engage in physical activity regularly – aim for 30 minutes, 5 days a week.
- Take 15-20 minutes daily to sit quietly, relax, breath deeply and think of a peaceful situation.
- Try positive talk.
- Quit bad habits. Too much alcohol, cigarettes or caffeine can increase stress.
- Get 6-8 hours of sleep each night.
- Plan ahead, get organized and allow time to get the most important things done.
- Do at least one thing you enjoy each day.
- Spend time with friends and family. Practice compassion, community service and find group support.
- Psychotherapy, counseling and relaxation training can all be helpful ways to reduce stress.

\*Disclaimer: Follow health professional instructions.

## BERKS CARDIOLOGISTS, LTD.

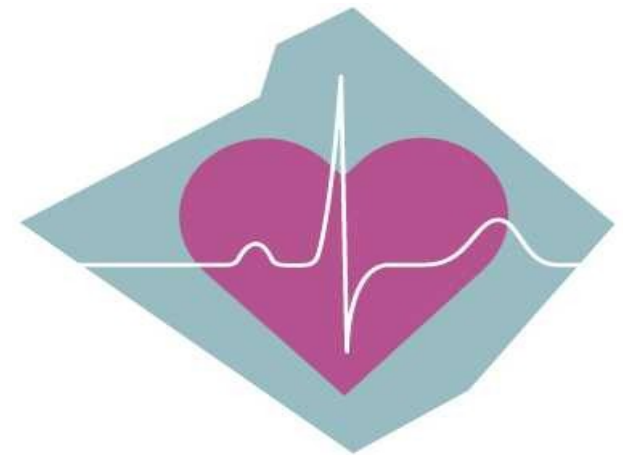
Gary M. Lattin, MD  
Charles R. Minehart, MD  
Meir Mazuz, MD  
Guy N. Piegari, Jr., MD  
Frank Politzer, MD  
Louis Borgatta, MD  
Mayank R. Modi, MD  
Andrew R. Waxler, MD  
Hani H. Salha, MD  
Rajendra H. Solanki, DO  
Ronald J. Polinsky, Jr., MD  
Michael B. Russo, MD  
Christopher B. Rogers, DO  
Troy W. Trayer, DO  
Nicholas A. Rossi, DO

### Disclaimer:

**Be advised to continue any diet or exercise program as prescribed by your health professional and not to deviate from this plan unless instructed. Please keep appointments and follow all medications as prescribed by your health professional.**

## BERKSCARDIOLOGISTS, LTD.

# EXERCISE AND WELLNESS PROGRAM



2605 Keiser Blvd.  
Wyomissing, PA 19610  
610-685-8500  
[www.berkscardiologists.com](http://www.berkscardiologists.com)