

Heart Health 101

Heart disease is a leading cause of death among older adults, so protecting the health of your heart should be a priority. The foods we consume have an impact on heart health. Continue reading to learn more about how what we eat affects the health of this important organ.



Nutrients that directly affect heart health:

Sodium:

- ⇒ A mineral that helps to control blood volume, blood pressure and heartbeat
- ⇒ Works in conjunction with potassium



Potassium:

- ⇒ A mineral that helps to control blood volume, blood pressure and heartbeat
- ⇒ Works in conjunction with sodium



Fat:

- ⇒ A macronutrient that helps to manage body temperature, metabolize some vitamins and create hormones
- ⇒ Provides more than twice the calories (energy) of carbohydrates and protein
- ⇒ Saturated fat can cause a buildup of cholesterol in blood vessels, leading to heart attack or stroke

Heart Healthy Diet

Limit the amount of sodium you get from food:

- ⇒ sodium is found in all foods (even fruits and veggies!), but some foods contain more than others.
- ⇒ Looking at the food label when grocery shopping helps to show you the sodium content for the foods you are buying.
- ⇒ The USDA recommends no more than 2300 milligrams (mg) of sodium per day, which is the equivalent of ONE TEASPOON of table salt.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

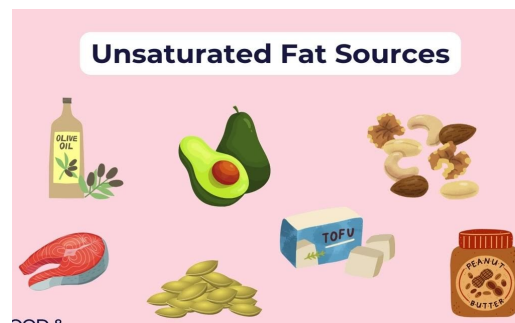


Incorporate potassium-rich foods into your diet on a daily basis*:

- ⇒ oranges, tomatoes, bananas and potatoes are all great sources of potassium
- ⇒ *unless you have kidney issues and have been told to limit potassium by a nephrologist

Pay attention to the type of fat you are consuming:

- ⇒ UNSATURATED fat (from plant sources) can help to lower LDL (bad) cholesterol and triglycerides, and raise HDL (good) cholesterol (think olive oil, avocados, nuts, seeds, soy)
- ⇒ SATURATED fat (from animal sources) can increase LDL and triglycerides, and decrease HDL (foods like red meat, butter, dairy products, eggs)



What else can I do to protect my heart?

Move your body: any movement will benefit your heart, even 5 minutes a day



Get enough sleep: try to get 7-9 hours per night (naps count, too!)

Quit smoking: studies have shown improved heart health as soon as 1 day after quitting smoking



Manage stress: chronic stress can cause inflammation, leading to heart attack and stroke

Important Numbers for Heart Health

Blood Pressure: 130/80 mmHg



Total Cholesterol: less than 200 mg/dL

HDL: 60 mg/dL or higher

LDL: less than 100 mg/dL

Triglycerides: less than 150 mg/dL

Blood Sugar: HbA1C

- Under 5.6% (non-diabetic)
- 5.6-6.4% (prediabetes)
- Under 7.5% (diabetes without other chronic illness)
- Under 8.5% (diabetes with other chronic conditions)

Maple Pork Ribs

Recipe adapted from Taste of Home

Prep Time: 10 mins Cook Time: 5 hours

Yield: 2 servings



Ingredients:

1/2 pound boneless country-style pork ribs, trimmed & cut into 3-inch pieces

1 tsp canola oil

1/2 medium onion, sliced & separated into rings

1.5 tbsp maple syrup

1 tbsp spicy brown or Dijon mustard

Directions:

1. In a large skillet, brown ribs in oil on all sides; drain. Place ribs and onion in a 1.5-quart slow cooker. Combine syrup and mustard; pour over ribs. Cover and cook on low until meat is tender, 5-6 hours

Nutrition Facts (per serving): 357 calories, 30g protein, 13g carbohydrates, 0.5g fiber, 20g total fat (5g saturated fat), 166mg sodium

Resources: <https://www.cdc.gov/salt/sodium-potassium-health/index.html>

<https://medlineplus.gov/ency/patientinstructions/000838.htm#:~:text=But%20too%20much%20saturated%20fat,Weight%20gain.>

<https://medlineplus.gov/cholesterollevelswhatyouneedtoknow.html>

https://diabetesjournals.org/care/article/43/Supplement_1/S152/30489/12-Older-Adults-Standards-of-Medical-Care-in

<https://www.yalemedicine.org/news/stress-affects-your-heart>

Consumer-centered access for long-term care information, referrals and assessments.

For information, call 518-382-8481, #9, ext. 304

Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources:

<http://cceschenectady.org/nutrition-for-seniors>



Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

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