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NUTRITION FOR A HEALTHY HEART

Introduction

1. Why talk about heart disease?
2. Heart disease basics
 - a. Definition
 - b. What it looks like
 - c. When it starts

Risk Factors

1. There are some things we cannot change
2. There are some things we can change
3. Some of the things we can change are related to diet (i.e. cholesterol and blood pressure)

Lowering Risk Factors

Blood cholesterol

1. Making sense of LDL and HDL cholesterol
2. How to lower LDL cholesterol
 - a. Saturated fats are tasty but not so healthy
 - b. Unsaturated fats are the healthy oils
3. How to raise HDL cholesterol

Blood pressure

1. Know your numbers
2. Lowering blood pressure
 - a. Dietary changes
 - b. Lifestyle changes

A Few More Tips

1. A word about soluble fibers
2. A healthy plate
3. Be creative