



MOM'S
MEALS[®]



Manage your Heart Disease with Nutrition

Valuable information for our
Customers Living with Heart Disease



Heart Disease (or cardiovascular disease) is a range of conditions that affect your heart. It can be controlled and even prevented. A healthy diet and lifestyle are your best tools to fight heart disease. Access to healthy meals and learning about this disease will help your long-term health.

At Mom's Meals[®], we know that better health begins with the very meals we eat. We provide nutritious meals at every stage in life. We recognize that everyone's needs are unique. We empower you with a voice in your care. You have the option to choose every meal, every delivery. We provide a pathway to help you manage your Heart Disease.

Heart Disease includes high blood pressure, coronary artery disease, heart failure and heart attack. As the leading cause of death in the United States, it's important to understand what you can do to manage it. Here are answers to the more common questions we get from some of our customers.

HOW SHOULD I EAT MOM'S MEALS IF I HAVE HEART DISEASE?

A heart-friendly eating plan includes a variety of healthy foods and limits total fat, saturated fat and sodium. Healthy foods will provide a variety of vitamins, minerals, protein and fiber. Be aware of what you are eating *and* the amount you are eating. You may be eating enough food, but not getting the proper nutrients. Many healthy foods like fruits and vegetables are lower in calories and can help control weight, cholesterol and blood pressure. All of which help lower risk of Heart Disease.

Following a heart-friendly eating plan is easy with Mom's Meals. Our menus offer many lean proteins, fruits, vegetables and whole grains. Heart-friendly meals are marked with a ♥. These meals have less than 30% of calories from fat, less than 10% from saturated fat, and less than 800 milligrams (mg) sodium for the entire meal. There are also meals listed as lower sodium on the menu. These meals are listed with an ✱. They provide less than 800 mg sodium for the entire meal.

✱ ♥	013	Spaghetti & Granola
✱ ♥ V	060	Coconut C Chocolate C
✱ ♥	074	Chicken with Oatmeal Rais

WHAT IS IMPORTANT TO KNOW ABOUT FATS?

Fats can and should be a part of a heart-friendly diet. Dietary fats give your body energy and support cell growth. They help your body absorb some nutrients. They also keep your body warm by protecting your organs.

The type of fat makes a difference. Fats can be broken down into three groups: "the good", "the bad" and "the ugly". Knowing your fats and which are better for you will help you make better choices. Choose more foods with "good" fats.

"Good" fats are unsaturated fats. These can lower your bad cholesterol (LDL) levels and decrease fatty deposits in your arteries. This helps lower your risk of Heart Disease and stroke. These fats are plant-based liquid oils, such as canola, olive or safflower oil. Fish, avocados and nuts also contain "good" fats.

"Bad" fats, or saturated fats, are those you want to limit. These can raise your bad cholesterol (LDL). They also lower your good cholesterol (HDL). These fats are in foods from animal sources, like meat and dairy. It is a good idea to choose leaner cuts of meat, and low fat or nonfat dairy. These choices will give you the benefits of these foods, but not provide "bad" fat content.

"Ugly" fats are hydrogenated oils and artificial trans fats. These are the fats you should avoid. Like saturated fats, "ugly" fats raise your bad cholesterol (LDL) and lower your good cholesterol (HDL). Your risk of Heart Disease, stroke and type 2 diabetes increases.

Heart-friendly meals have more of the "good" fats and less of the "bad" fats.

HOW DO I KNOW HOW MUCH SODIUM A MEAL OR SIDE HAS?

Read the Nutrition Facts food label on the meal tray and some of our sides. Sodium is listed on the label, like on other packaged foods.



An insert in your cooler lists nutrition information for some of the sides. Our Customer Care Team can provide nutrition information for the complete meal (tray and sides). They can help you choose meals that best meet your needs.

Helpful Tips

- ✓ Stay at a Healthy Weight. Know how many calories you should eat to maintain your weight.
- ✓ Get Regular Physical Activity. The American Heart Association (AHA) suggests 40 minutes of medium to difficult aerobic exercise 3-4 times a week.
- ✓ Manage Stress. Exercising and maintaining a positive attitude help you manage stress.
- ✓ Don't Smoke and Limit Alcohol. The number one thing you can do to lower your risk of Heart Disease is not smoke. If you drink alcohol, do so in moderation.

WHAT IS SODIUM AND HOW MUCH SHOULD I HAVE?

Sodium is salt. Your kidneys control sodium in your body. They help control your body's fluid balance and muscle function. Extra sodium increases water in your blood vessels creating more blood flow. More blood flow increases your blood pressure. Reducing your sodium reduces your risk of high blood pressure.

HOW MUCH SODIUM IS BEST FOR YOU?

The (AHA) says you should eat no more than 2,400 mg of sodium per day. This will help lower your blood pressure. Reducing your daily intake to 1,500 mg can lower your blood pressure even more. You can improve your health and blood pressure by reducing your sodium intake by 1,000 mg per day. If you have questions, check the nutritional facts food label or talk to your doctor.

We hope this information is helpful. If you have Heart Disease or are at high risk, you should meet with a registered dietitian. They can work with your healthcare provider to create an eating and lifestyle plan just for you.

**FOR MORE INFORMATION ABOUT
HEART DISEASE OR NUTRITION**
visit: www.heart.org and www.eatright.org



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your Heart Disease with Mom's Meals, visit our website at momsmeals.com.