

# THE FACTS ON HEART DISEASE & HEALTHY EATING



## Did You Know?



- ♥ Your heart is a muscle about the size of your fist
- ♥ It beats about 100,000 times a day and each beat of your heart pumps blood around your body
- ♥ Blood delivers oxygen and nutrients, while also taking away waste products like carbon dioxide
- ♥ The heart needs its own supply of blood to function
- ♥ When vessels become narrowed or blocked this is called coronary artery disease



**In 2015, heart disease was one of the leading causes of premature death in Ottawa**



For more information on heart health refer to the University of Ottawa Heart Institute.

(<https://pwc.ottawaheart.ca>)

Heart and Stroke Foundation of Canada  
Ottawa Public Health

## Heart-healthy Eating



### Whole Grain Foods

\*Unlike refined grains, they include the entire grain which is healthier



- They contain important nutrients such as fibre, vitamins and minerals
  - They have more fibre than refined grains which can help lower your risk of heart disease
- Examples: quinoa, whole grain bread, oatmeal, wild rice and whole grain pasta

### Protein Foods

\*Choose protein foods that come from plants more often



Types of protein foods to choose from:

- Beans, peas and lentils
- Nuts and seeds
- Fish and shellfish
- Lean meats
- Milk and dairy products
- Soy products and fortified soy beverages

- Protein foods have important nutrients such as protein, vitamins and minerals
- Plant-based proteins can be beneficial for you heart health because of their fibre and healthy fats content

### Vegetables and Fruits

\*Fresh, frozen or canned vegetables and fruits can all be healthy options

- They are a good sources of fibre, vitamins and minerals



- Eating a variety of vegetables and fruits may lower your risk of heart disease

### Other recommendations

- ✓ Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- ✓ Replace sugary drinks with water

**UP TO 80% OF PREMATURE HEART DISEASE AND STROKE CAN BE PREVENTED WITH HEALTHY HABITS SUCH AS HEALTHY EATING.**



Heart and Stroke Foundation of Canada

Canada's Food Guide



## HEALTHY FOOD DONATIONS

Foods that are high in fibre, vitamins and minerals, low in sodium, sugar and saturated fats are the best options for food donations.



### Food items to drop-off in a donation bin

Canned vegetables with little to no added sodium



Canned fruit in water or their own juice

Whole grain foods

Whole grain pasta

Whole grain cereal

Brown rice

Canned fish with little to no added sodium



Dried beans and legumes

Dry roasted nuts and seeds without added sugars, fat and sodium



Peanut butter with little to no added sodium, sugars and saturated fat



For more information on donations, you can consult The Healthy Food Donation Poster on the Ottawa Public Health website.

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