



SIMPLE TIPS

TAKING CHARGE OF DIABETES AND HEART HEALTH



FROM: MARTHA WEINTRAUB, MPH, MSW, RD, FIT4D NUTRITION COACH

What is the connection between diabetes and heart health?

Having diabetes increases your risk of cardiovascular disease.

- People with diabetes are twice as likely to develop heart disease.
- Those with diabetes have the same risk for heart disease as someone who has already survived a heart attack.

How can I reduce my risk of heart disease if I have diabetes?

Lifestyle changes may help prevent or postpone heart disease. These include not smoking, being physically active, and managing blood glucose, blood pressure, cholesterol levels, weight, and stress.

What lifestyle changes can help?

Start with healthy food choices. Nutrition recommendations include:

- Choose foods low in saturated and trans fats. Limit saturated fats to no more than 7% of your calories. If you need 2000 calories per day, this means no more than 16 grams of saturated fat daily. Choose lean meat, skinless poultry, fish, and low fat dairy products, and avoid butter, stick margarine, pastries, and fried foods.
- When using added fats, choose small amounts of nuts, avocado, and heart healthy olive, canola, or peanut oils as your main fat sources. A serving of fat is one teaspoon of oil, 1 tablespoon of nuts or 2 tablespoons of avocado.
- Include fatty fish like salmon and tuna twice weekly.
- Decrease dietary cholesterol. If you have high cholesterol, limit whole eggs to no more than two weekly and choose small portions of animal protein (the size of a deck of cards).
- Increase soluble fiber by including oat cereals, beans, and fruits and vegetables like apples, citrus, berries, broccoli and carrots.





What else can improve my heart health?

- Don't smoke.
- Maintain a healthy weight. Even a small weight loss (10 pounds) can improve your health.
- Include at least 30 minutes of physical activity at least five days per week.
- Keep your blood pressure in target.

“A heart healthy lifestyle, including physical activity and mindful food choices, has helped my patients with diabetes manage their cholesterol.”

Martha Weintraub, MSW, MPH, RD

Reducing your risk of heart disease – now that's a Simple Win!

References: National, Heart, Lung and Blood Institute (NHLBI), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), American Diabetes Association (ADA), American Heart Association (AHA)

