

# Nutrition

The foods we eat affect our health. Seventy-two percent of American men and 64 percent of American women are overweight or obese according to the U.S. Department of Agriculture and the U.S. Department of Health and Human Services *Dietary Guidelines for Americans, 2010*. Eighty-one million Americans have cardiovascular disease.

Foods high in saturated fats, trans fats, cholesterol, sodium, added sugars, and refined grains impact the risk of obesity, stroke, high blood pressure, and diabetes.



## Nutrition and the risk of stroke

Stroke was the fourth leading cause of death in America in 2010 according to the *2010 National Vital Statistics Report*. 137,000 Americans died from strokes. Food choices contribute to plaque formation inside blood vessels which can lead to stroke.

**Saturated fats** usually exist as a solid when at room temperature. Fatty cuts of meat, poultry with skin, whole milk dairy products, lard, coconut oil, palm oil, and some vegetable oils are among the sources of saturated fats.

**Unsaturated fats** usually exist as liquids at room temperature. Examples of unsaturated fats are: vegetable oil, nuts, olives, avocados, and fatty fish such as salmon.

**Trans fats** are found in foods made from hydrogenated vegetable oil such as margarine and shortening. Foods high in trans fats are: crackers, cookies, doughnuts, bread, and foods fried in hydrogenated shortening such as french fries and chicken.

**Dietary cholesterol** is present in foods of animal origin such as liver, egg yolks, shrimp, and whole milk dairy products including butter, cream, and cheese.

Please call with any questions:

## Nutrition and high blood pressure

Sodium or salt is present in many processed foods and beverages. The recommended daily intake of sodium is 1,500 mgs. The average American consumed 3,400 mgs of sodium daily in 2005-2006 according to *Dietary Guidelines*. Excessive sodium intake contributes to high blood pressure. Seventy-four million Americans (34 percent) have high blood pressure.

## Nutrition and diabetes

Added sugars impact the health of the 24 million Americans who have diabetes. Type 2 diabetes is heavily influenced by diet and the lack of physical activity.

**Added sugars** exist in processed foods as raw sugar, white sugar, brown sugar, corn syrup, maple syrup, fructose sweetener, honey, or molasses. The major sources of added sugar in the American diet are: soda, energy drinks, sports drinks, grain-based desserts, sugar-sweetened fruit drinks, dairy-based desserts, and candy.

## Nutrition and refined grains

When whole grains are refined, the result is a decrease in vitamins, minerals, and dietary fiber. Cakes, cookies, doughnuts, and other desserts made with refined grains are often high in solid fats and added sugars. The average American consumes 6.3 ounces of refined grains daily according to *Dietary Guidelines*. The recommended level is no more than three ounces daily.

## Nutrition and alcoholic beverages

Fifty percent of Americans regularly drink alcoholic beverages. Excessive drinking increases the risk of hypertension, stroke, and diabetes among other medical conditions. Over time, excessive drinking is associated with increased body weight.

For more information visit [VascularWeb.org](http://VascularWeb.org)

### Good food choices

To reduce the risk of vascular disease, the 2005 U.S. Department of Health and Human Services publication, *Your Guide to Lowering Your Cholesterol with TLC (Therapeutic Lifestyle Changes)*, recommends the following good food choices.

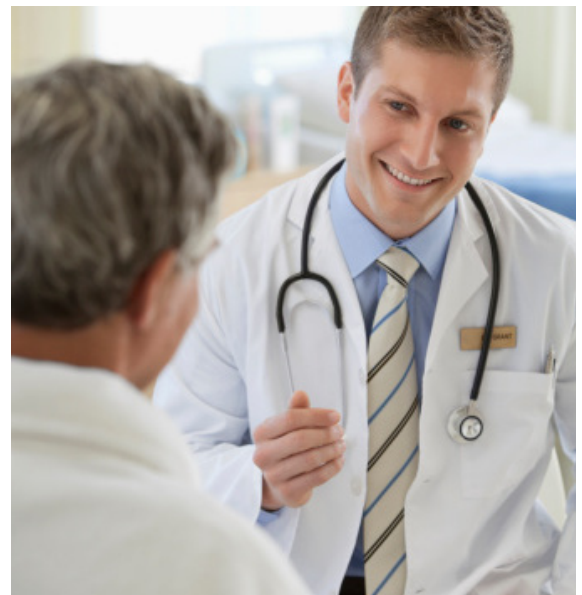
• Breads / cereals / grains	6 or more servings daily
• Vegetables / dry beans / pasta	3-5 servings daily
• Fruits	2-4 servings daily
• Dairy products	2-3 fat free or low fat daily
• Eggs	2 or fewer per week
• Meat / poultry / fish	5 or less ounces daily
• Fats / oils	Select canola, corn, olive, safflower, or soybean, unsaturated vegetable oils; unsaturated liquid vegetable oils as soft/liquid margarine

### Serving sizes

Food portion control is important. Suggested portion sizes are:

• 1 slice of bread	the size of a cassette tape
• 1 cup of corn flakes	the size of a fist
• 1 pancake	the size of a compact disc
• 1 medium fruit	the size of a major league baseball
• 2 tablespoons peanut butter	the size of a ping pong ball
• 1 ½ oz. of cheese	the size of four stacked dice
• 1 cup of salad greens	the size of a major league baseball
• 3 oz. lean meat, fish, poultry	the size of a deck of cards
• 1 baked potato	the size of a fist
• ½ cup cooked rice, pasta, potato	½ a major league baseball
• ½ cup of ice cream	½ a major league baseball

Vascular surgeons are the only physicians treating vascular disease today who can perform all treatment options available, including medical management, minimally invasive endovascular procedures including balloon angioplasty, atherectomy, and stent procedures, and open surgical repair including bypass.



Only when you see a vascular surgeon who offers all treatment modalities will you be assured of receiving the care that is most appropriate to your condition.

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