

The PLEDGE



Pledge of the month: Is your diet and lifestyle is stressing your heart?

Dietary defense to your heart disease: Below are the key dietary and lifestyle components that are critical to support heart health while promoting healthy weight and optimizing overall health and wellness!

Keep Steady Blood Sugar Levels: Eat a consistent meal plan with a steady amount of carbohydrates and the right amount of calories.

Stay within Calorie Limits: Know how many calories you should consume daily. Nutrition labels are based on a 2,000 calorie diet. You may not need that much, depending on your age, gender and physical activity level.

Limit Sodium Intake: Choose foods with low Sodium and prepare meals with little or no salt. Try herbs and spices mixtures instead to flavor your dishes!

Increase Dietary Fiber: Consume whole grains and rich fiber foods like oatmeal, brown rice, and quinoa. Dietary fiber are proven to reduce the risk of heart disease, stroke, and can help maintaining weight too.

Dietary Fat: Include the good fats, polyunsaturated and monounsaturated fats more frequently in your diet. Foods like olive oil, salmon, and avocados are some to try. Limit the saturated fats and avoid trans fats.

Limit Cholesterol: Cholesterol is present in animal sources such as meats and dairy items. Limit your daily cholesterol to 300 mg or less.

Limit Added Sugars: Try to cut back on sugary drinks, candy, and cookies. Your added sugar calories should be no more than 10% of your daily caloric

needs.

Increase Omega-3 Fatty Acid Intake: Omega-3 Fatty Acids can reduce the risk of abnormal heartbeats and lower blood pressure. Add omega 3 rich products at least twice a week to your diet like, fish, seaweeds, flax seeds etc.

Plant Sterols and Stanols: Eating foods that contain plant sterols and stanols can also help reduce the bad cholesterol in your body by absorbing cholesterol in your body. Whole grains, vegetables, nuts, and seeds have small amounts of sterols and stanols.

Exercise Daily: Try to get active in some way every day. The American Heart Association recommends getting at least 150 minutes of moderate exercise every week to keep your heart healthy.

NutriPledge presents MyPlate to YourPlate 1400 calories general heart healthy menu that includes heart healthy nutritional components along with therapeutic recipes. This menu is in compliance with USDA MyPlate and dietary guidelines 2015!

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| | MyPlate to YourPlate | |
| <p>Fruit: 1.5 Cups Vegetables: 1.5 Cups Dairy: 2.5 Cups Grains: 5 Ounces (1/2 whole grains) Protein: 4 Ounces Fat: Limit Limit added sugar, fats and</p> | | <p>(Approx. 50% Carb, 30% Fat, 20% Protein)</p> <ul style="list-style-type: none"> ▼ 3 Fruit carb choices ▼ 2 Veggie carb choices ● 2.5 Dairy carb choices ▼ 6 Grain carb choices (3 whole grain) ▼ 10 Protein choices ● 6 Fat choices |

Breakfast menu (approx. 250 Calories):

[Steel Cut Oatmeal](#) (3/4 cup)
Milk 1% w/ added Vitamin A & D (1 cup)
Coffee (1 cup)
Orange (1 each)

Nutrient choices

4 Carb choice ▼▼▼▼ ●
1 Fat choice ●
2 Protein choice ▼▼

Morning Snack (approx. 100 calories):

Apple (1 each)
Water (1 cup)

2 Carb choice ▼▼
0 Fat choice
0 Protein choice

Lunch menu (approx. 300 Calories):

[Tuna Sandwich on Whole Grain](#) (1 sandwich)
Blueberry Yogurt (4 ounces)
Baby carrots (1/2 cup)
Water (8 fl oz)

3 Carb choice ● ▼▼▼
2 Fat choice ●●
3 Protein choice ▼▼▼

Dinner menu (approx. 450 Calories):

[Spaghetti w/ Meat Sauce](#) (1 cup)
[Steamed Broccoli](#) (1/2 cup cooked)
Water

4 Carb choice ▼▼▼▼
3 Fat choice ●●●
4 Protein choice ▼▼▼▼

Evening Snack (approx. 100 Calories):

Dark chocolate (6 grams)
1% Milk (1 cup)

1 Carb choice ●
1 Fat choice ●
1 Protein Choice ▼

Note: This general healthy menu provides approximately 1400calories, 14 carb choices (211 grams), 10 protein choices (72 grams) and 6 fat choices (28 grams).

This menu is meant to be used as general guideline to a heart healthy and balanced diet. It does not represent an adequate and safe intake for all individuals. Please [contact us](#) to learn about your individualized Medical Nutrition Needs to

| MyPlate to YourPlate helpful hints | Nutrient choice key | Menu color key |
|---|---|---|
| <p>▼ Protein can come from all food groups! Protein isn't only from meat, but also eggs, fish, dairy, beans, legumes etc.</p> <p>● Fat choices take into account fats naturally occurring in foods, and also added oils.</p> <p>▼●▼ Carbohydrate choices come from a variety of sources including fruits, vegetables, dairy, grains, beans and legumes.</p> | <p>1 Carb choice = 15 g of carbohydrate</p> <p>1 Fat choice = 5 g of fat</p> <p>1 Protein choice = 7 g of protein</p> | <p>Click to download NutriPledge recipe card</p> <p><i>Prepare as directed on package</i></p> |

PLEDGE with us today for the diet plan that is right for you!

Visit www.nutripledge.com and click on the apple on the right side of the webpage to check your apple score to assess your nutrition, health and wellness, and receive a coupon to be used for your individualized Medical Nutrition Therapy.



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