

# Love Your Heart During American Heart Month

## Mediterranean Diet



The American Heart Association shares that the “people who follow the average Mediterranean diet eat less saturated fat than those who eat the average American diet. In fact, saturated fat consumption is well within [the American heart Association] dietary

guidelines.” The Mediterranean diet is also more of a lifestyle with daily movement and physical activity included. With a sound nutrition and exercise foundation you will protect your heart for years to come!

There isn't one specific "Mediterranean" diet template to follow because it is modeled after the diets of the countries that border the Mediterranean Sea. The nutrition choices of this region can vary with differences in culture, ethnic background, religion, economy, and agricultural production. But after studying this region and the health of the population, researchers were able to identify these health promoting characteristics —

- \* High consumption of fruits, vegetables, whole grain bread and other cereals, potatoes, beans, nuts and seeds
- \* Olive oil is an important monounsaturated fat source
- \* Dairy products, fish and poultry are consumed in low to moderate amounts, and little red meat is eaten
- \* Eggs are consumed a maximum of four times a week
- \* Wine is consumed in low to moderate amounts



## Where to find Heart Healthy Fats on Campus —

**Simple Servings:** Serving fish four meals per week

**Mosaic Bowl & Maize:** Flax seeds, hemp seeds, chia seeds

**Salad Station & Deli:** Oil based dressings, olive oils, tuna fish

## Know Your Fats

You can regularly find packaged foods that are advertised as “Fat Free” or “Low Fat.” But, for your health, it is more important to focus on the *type of fat*, rather than the amount of fat in your diet.

### Four Major Types of Fats:

#### Monounsaturated & Polyunsaturated (Heart Healthy)

Olive oil, canola oil, peanut oil, sunflower oil, sesame oil, avocados, nuts, and peanut butter, soy bean oil, corn oil, safflower oil, walnuts, seeds, fatty fish, soy milk, tofu

There are many benefits to including heart healthy omega-3 fats into your diet. They have an important role in hormone production and reducing inflammation from stress and exercise.

#### Saturated & Trans Fats

Beef, lamb, pork, whole milk, butter, cheese, ice cream, palm oil, coconut oil, lard, pastries, muffins, cookies, and cakes, chips, candy, margarine, & fried foods

Regularly including saturated and trans fats into your diet can increase your risk for heart disease and stroke. To learn more visit—[The Skinny on Fats from the American Heart Association](http://www.heart.org/healthy-living/healthy-eating/eat-smart/fats)

**Join Stephanie, the campus dietitian, & the Campus Executive Chefs for a monthly cooking demo series starting Monday, February 11 at 3pm**

**Take home ingredients to recreate the meal in your dorm**

To register visit:

<http://bit.ly/wellnessWM>



**LOVE YOUR BODY,  
LOVE YOUR FOOD**

