

HEART HEALTHY MENU

BREAKFAST

Nonfat milk	1 cup (8 oz.)
100% whole wheat Pan de Sal	1 or 2
Margarine	½ tsp.
Orange	1

LUNCH

Skinless chicken adobo	3 oz.
Sautéed eggplant & bitter melon	1 bowl (8 oz.)
Rice	1 bowl (8 oz.)
Cantaloupe	1/4

DINNER

Milk fish (Bangus)	3 oz.
Spinach sinigang	1 cup (8 oz.)
Rice	1 bowl (8 oz.)
Banana	½



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EAT HEART SMART



FILIPINO STYLE

Developed By:
The Filipino Community Heart
Council
San Francisco

INTRODUCTION

This eating guide has been especially developed for those who enjoy Filipino cuisine. Food choices have long been identified as a contributing factor to cardiovascular disease. Some typical Filipino dishes have certain ingredients which can increase these risks.

The American Heart Association recommends that you lower your cholesterol, fat, and sodium intake, and achieve and maintain your ideal body weight. These heart healthy food choices can be started for persons age two and older. Early healthy habits will help yield long term benefits.

The American Heart Association has identified the following risk factors contributing to cardiovascular disease:

- ♥Cigarette Smoking
- ♥High blood pressure (Hypertension)
- ♥High levels of cholesterol and fat in the blood
- ♥Diabetes
- ♥Obesity
- ♥Lack of regular exercise
- ♥Family history of heart disease
- ♥Use of oral contraceptives

For a comprehensive and specialized diet designed to meet your individual needs, ask your primary care health provider to refer you to a registered dietitian.

GETTING STARTED: FILIPINO DISHES FOR THE FAMILY

Pork Adobo with Eggplant

Ingredients:

½ lb.	Pork loin, fat trimmed, cut in bite size pieces
2 Tbsps.	Soy sauce
2 Tbsps.	Vinegar*
1 Tbsp.	Brown sugar
1 Tbsp.	Olive oil
4	Japanese eggplants
2 cloves	Garlic, chopped
4	Peppercorns
2	Bay leaves

Cooking Instructions: Heat oil and braise pork at high heat until slightly brown. Pour liquid ingredients in followed by the sugar, the herbs and spices. Bring to a boil. Simmer for 20 to 25 minutes. Cut eggplants into halves and place on top of meat while simmering.

*For a more traditional recipe, you may wish to increase the vinegar by 1-2 Tbsp.

Serves: 4

Single Serving Nutrient Values

Calories	253.1 kc
Percent calories from fat	62
Protein	10.25 gm
Carbohydrate	13.52 gm
Cholesterol	34.74 mg
Sodium	250.7 mg
Total Fat	17.14 gm
Saturated	6.269 gm
Polyunsaturated	0.994 gm
Monounsaturated	7.826 gm

**GETTING STARTED:
FILIPINO DISHES FOR THE FAMILY**

Arroz Caldo

Ingredients:

- 1 clove Garlic, minced
- 1 Tbsp. Fresh ground ginger
- 1 tsp. Olive Oil
- 2 pieces Chicken drumsticks, de-boned & skinless
- 1 c. Day old cooked rice
- 2 c. Chicken stock
- 1 tsp. Fish sauce
- Dash of fresh ground pepper
- 1 stalk Green onions
- Saffron

Cooking Instruction: Sauté garlic and ginger in hot olive oil. Add the chicken then the rice. Pour in the chicken stock. Bring to a boil. Season with fish sauce and group pepper. Serve hot with green onions and saffron.

Variation: For a thicker soup, use ½ cup raw rice instead of cooked rice.

Serves: 3

Single Serving Nutrient Values

Calories	178.1 kc
Percent calories from fat	26
Protein	11.51 gm
Carbohydrate	20.58 gm
Cholesterol	27.27 mg
Sodium	205.8 mg
Total Fat	5.112 gm
Saturated	1.377 gm
Polyunsaturated	0.592 gm
Monounsaturated	1.714 gm

**AMERICAN HEART ASSOCIATION
DIETARY GUIDELINES**

LOW CHOLESTEROL

Cholesterol is a fatty substance present in foods from animals (Ex. Egg yolk, certain shell fish, organ meats, etc.) High intake leads to increased deposits in blood vessels, which may lead to blockage of blood vessels.

LOW SATURATED FAT

Saturated fat is from animal and plant sources (Ex: high fat dairy products, animal fat, coconut, etc.) It raises blood cholesterol and, therefore, increases the risk of heart disease.

POLYUNSATURATED FAT

Polyunsaturated fat is of vegetable origin. However, the American Heart Association recommends reducing all fat in the diet to no more than 30% of total calories.

TRIGLYCERIDE

Triglyceride is a type of fat in our bodies. Elevated triglycerides are another risk factor for heart disease. Limit your intake of saturated fat and cholesterol, lose weight if overweight or maintain desirable weight, exercise regularly and limit alcohol and carbohydrate intake.

LOW SODIUM

Sodium is a mineral found in foods and many condiments such as salt and Vetsin (monosodium glutamate.) High sodium intake is associated with elevation of blood pressure. Hypertension or high blood pressure makes the heart work harder to pump blood. An overworked heart becomes less healthy. Hypertension can also damage vessel walls, making deposit of cholesterol easier.

WEIGHT CONTROL

Keeping weight within normal limits will help to reduce the workload of the heart. It will also help lower serum cholesterol, and risks of high blood pressure (another factor, which can increase heart disease risk.)

COMMON FOOD MYTHS

MYTH: “Vegetable oil is not fattening.”

TRUTH: False. All types of oil have the same amount of sat and should be limited to 30% of total calories. But olive oil, canola oil and peanut oil contain the type of fat that helps lower blood cholesterol, thereby reducing the risk of heart attack.



MYTH: “Rice is fattening; therefore to reduce weight, we need to cut down the amount of rice and eat more meat.”

TRUTH: False. Rice has fewer calories and no fat when compared to the same amount of meat. The focus should be limiting the amount of empty calories, e.g., fats, sweets. But because rice contains calories it can contribute to weight gain if we eat excessive portions.

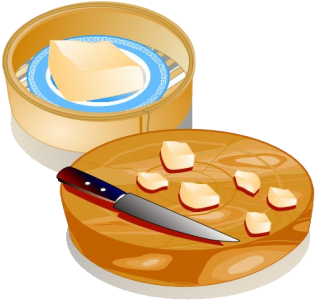

MYTH: “Consumption of an animal organ part will improve that body function for humans. For example: consuming pork brains will make us smarter; chicken feet soup strengthens our feet, etc.”

TRUTH: False. After our stomach digests the organ part, it is broken down into various nutrients. Therefore, it is not possible for the organ part to retain the same biological function after our body consumes it. Moreover, brain contains a large amount of cholesterol. Regular consumption would increase the risk of heart attack. Research also has shown that bone soup does not contain any significant amount of calcium no matter how long it is cooked. Furthermore, chicken feet contain a lot of animal fat, which increases risk of heart attack.

NUTRITIONAL GUIDE

<u>USE IN MODERATION</u>	<u>USE THESE LESS OFTEN</u>
2% reduced fat milk Evaporated low fat milk Almond gelatin Reduced fat ice cream Cheese made from skim milk	Whole milk & extra rich milk Evaporated milk Sweetened condensed milk Gata (coconut milk) Ice cream Cream Sour cream Half & half cream Quesong Puti All cheeses made from whole milk Soup: cream varieties Chocolate & malted drinks Custards & puddings Leche Flan (custard)
Fruits canned in syrup Candied fruits Candied vegetables Avocado	Coconut Pickles (Atsara) Preserved vegetable and fruits Commercial fruit drinks
Oils: safflower, corn, sesame, cottonseed, soybean mayonnaise, salad dressing Seasonings: reduced sodium soy sauce, salt substitute, (with physicians approval), margarines made from the allowed oils	Oils: Manteca Baboy, butter, lard shortening, coconut oil, palm oil Seasonings: salt seasonings, salt, flavor enhancers, Vetsin (MSG), regular soy sauce, meat tenderizer, fermented black beans, fermented bean cake Sauces: patis (fish sauce), Bagoong (shrimp and anchovy paste), barbeque, hoisin, catsup, oyster, plum, teriyaki, shrimp and bean pastes, sugar, honey, jam, jelly, candy and sweets

NUTRITIONAL GUIDE

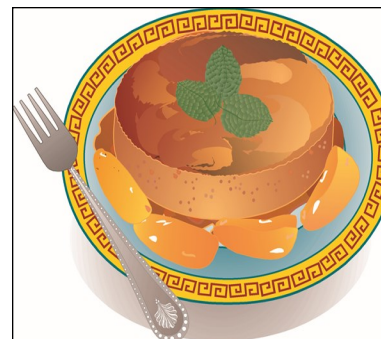
<u>FOOD GROUP</u>	<u>USE THESE MORE OFTEN</u>
<p><u>DAIRY</u></p> 	<p>Skimmed milk or 1% low fat milk Evaporated skimmed milk Nonfat yogurt Low fat yogurt Low fat cottage cheese</p>
<p><u>FRUITS & VEGETABLES</u></p>	<p>All fresh vegetables and fruits (unless otherwise listed) 100% fruit juice Fruits canned in juice Unsalted vegetable juices</p>
<p><u>OILS & CONDIMENTS</u></p> 	<p>Oils: olive, canola and peanut in limited amounts</p> <p>*use only small amounts of oil when cooking.</p> <p>Seasonings: ginger, garlic, garlic powder, anise, chili powder, mustard, wine, vinegar, herb/spices, five spice powder, curry, pepper</p>

CHOOSING HEALTHY FOODS FOR A HEALTHY HEART

1. Vegetables, fruits and grains do not contain cholesterol. Only animal food such as meat, especially organ meats, milk, and dairy products and eggs contain cholesterol. Use olive oil for salad dressing instead of creamy dressing.





2. Saturated fats raise your cholesterol. Ounce for ounce, poultry and fish provide just about as much cholesterol as red meat such as beef or lamb. However, poultry and fish are recommended in diets to lower coronary heart disease risk because they are low in saturated fat, while red meats are high in saturated fat. Grill or broil meats over drip pan so that fat may escape. Cool soups and stews and remove the hard layer of fat from the top. Limit consumption of fried foods.



3. Many home-prepared and commercially baked goods such as cookies and crackers are made with butter, solid shortening and eggs and can contribute to the saturated fat and cholesterol content of the diet. In preparing baked goods requiring eggs, use egg whites instead of the whole egg in order to lower the cholesterol. Substitute low fat or skim milk dairy products for regular dairy products. Limit egg yolk consumption to no more than 4 per week; this includes eggs incorporated into recipes.

NUTRITIONAL GUIDE

<u>FOOD GROUP</u>	<u>USE THESE MORE OFTEN</u>
<p><u>MEATS/PROTEINS</u></p> 	<p>Bangus (Milk/Fish) Fish (Baked/Steamed) Tuna (Packed in water) Tulya (Clams) Mackerel, salmon, Sardines (Fresh) Crab meat Lobster Abalone Scallops Frog Legs Poultry: Chicken, turkey without skin Beef: Rump, top & bottom round, chuck, Libro (tripe) Pork: Leg, whole rump, center shank Meat Alternatives: Dried beans, tofu, egg whites</p>
<p><u>GRAINS/STARCHES</u></p> 	<p>Rice (Steamed) Whole Grain bread Unsweetened cereals Oatmeal Whole grain crackers White bread Pan de Sal Dried rice noodle Pancit Bijon Miki Sotanghon Potato (baked, boiled) Taro root Sweet potato</p>

NUTRITIONAL GUIDE

<u>USE IN MODERATION</u>	<u>USE THESE LESS OFTEN</u>
<p>Shrimp Pusit (squid) Poultry: duck (without skin) Beef: Extra lean ground beef, round steak) Lamb: Leg Pork: Canadian bacon, center and loin cuts, ham Organ Meat: gizzard, tongue Meat Alternatives: canned beans, peanut butter, unsalted nuts</p>	<p>Fish: Fried or salted fish, sardines canned in oil, dried Dillis, Daing Meat: Fatty meat cuts (loin, club steak, spareribs), untrimmed red meat, brisket, corned beef, rib roast, bacon, Chinese bacon, & sausage, franks, Siopao (barbequed pork), roast pork, pigs feet, beef and pork jerky, luncheon meats, preserved salted meats and fish, Pork Tocino Poultry: Fried chicken, roasted duck, goose Organ Meat: Liver, heart, kidney and brain Meat Alternatives: egg yolk, Penoy (salted or preserved egg), Itlog Na Maalat (salted eggs), Balut (incubated egg), preserved tofu, and salted nuts</p>
<p>Egg noodles Fresh rice noodles Plain baked bun Unsalted crackers Instant noodles (without condiment package) Malagkit (sweet rice)</p>	<p>Barbequed pork buns Doughnuts Pastries Cookies Cakes Biscuits Fried grain products Potato chips French fries Buttered popcorn Salted crackers Instant noodles (with condiment package) Ensaymada Desserts made with coconut milk such as bibingka or suman</p>