

# Healthy Fats for Heart Health

*This is a recorded webinar*

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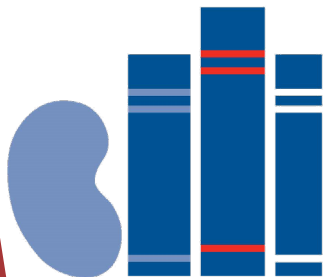
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# Welcome

- Thank you for joining the DPC Education Center webinar to learn more about healthy diet for heart health.
- This program is for your information, and you will need to talk to your health care team about your specific situation.
- Please complete the brief feedback form at the end of the program which also provides a way to suggest additional topics for the future.



# Presenter



- ▶ María Eugenia Rodríguez, MS, RD, CSR
- ▶ Live in Puerto Rico
- ▶ Board Certified Specialist in Renal Nutrition since 2014
- ▶ Have worked with
  - ▶ dialysis patients since 2009
  - ▶ early CKD in private practice since 2013
- ▶ Founder of ME Nutrition Services, PSC



<https://menutritionpr.com>

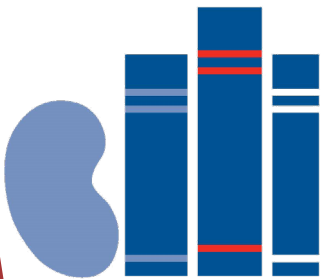


IG, TikTok @nutricionrenalpr  
FB @menutritionpr



# Objetives

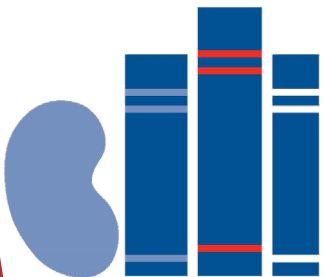
- ▶ Describe a healthy diet
- ▶ Explain the effect of different types of fats to our health
- ▶ Give examples on how to use healthy fats in our diet



# Dietary Patterns for Heart Health

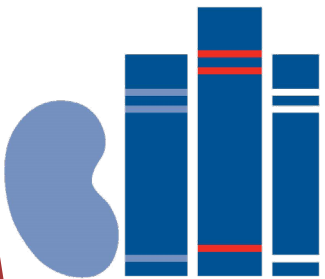
“... contain primarily fruits and vegetables, foods made with whole grains, healthy sources of protein (mostly plants, fish and seafood, low-fat or fat-free dairy products, and if meat or poultry are desired, lean cuts and unprocessed forms), liquid plant oils, and minimally processed foods. These patterns are also low in beverages and foods with added sugars and salt.”

2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement from the American Heart Association



# Dietary Patterns for Heart Health

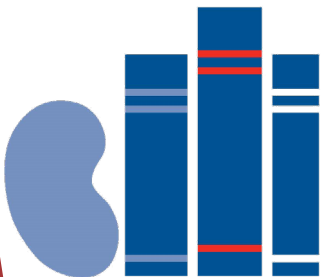
- ▶ Mediterranean Diet (KDOQI 2020)
- ▶ DASH Diet (Dietary Approaches to Stop Hypertension)
- ▶ Healthy US-Style
- ▶ Healthy vegetarian diets



# Heart Health

- ▶ Adjust energy intake and expenditure to achieve and maintain a healthy body weight
- ▶ If you do not drink alcohol, do not start; if you choose to drink alcohol, limit intake
- ▶ Adhere to this guidance regardless of where food is prepared or consumed

2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement  
from the American Heart Association



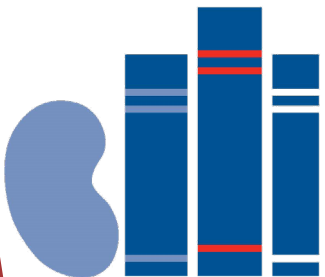
# Cardiovascular Disease

66+ years without kidney disease

- 32.4%

66+ years with kidney disease

- 64.5%





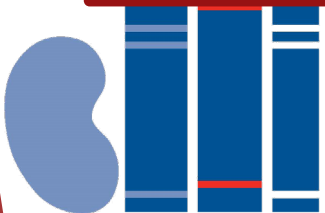
# Cardiovascular Disease

## In kidney disease

- Death due to CVD is higher than progression to end stage kidney disease

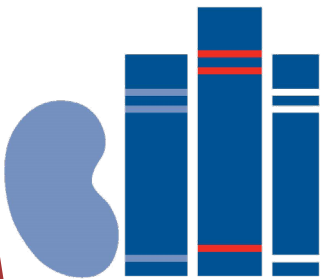
## In hemodialysis

- 39% of deaths caused by CVD
- In 2005, 40% had hypertension and diabetes (↑ risk 5-6x)



# Protect your heart when you live with kidney disease

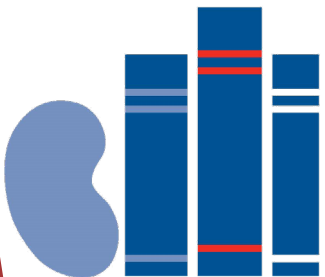
- ▶ Maintain a healthy weight
- ▶ Exercise
- ▶ Stop smoking
- ▶ Follow a healthy eating pattern
- ▶ Manage bone disease
- ▶ Manage anemia
- ▶ Avoid fluid overload



# Blood Lipid Panel

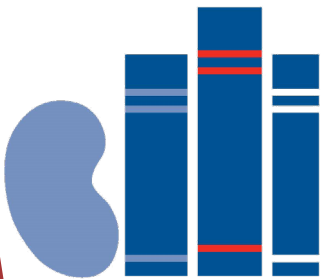
Total Cholesterol	< 200
LDL Cholesterol	< 100
HDL Cholesterol	> 40 men > 50 women
Triglycerides	< 150
Cholesterol & HDL Ratio	< 5 Ideal < 3.5

Example: Total Cholesterol is 190 & HDL is 35  
Ratio is  $190/35 = 5.43$  (elevated)



# Hyperlipidemia in Kidney Disease

- ▶ Diabetes
- ▶ Degree of proteinuria
- ▶ Use of immunosuppressor agents
- ▶ Dialysis modality
- ▶ eGFR
- ▶ Comorbidities
- ▶ Nutritional status



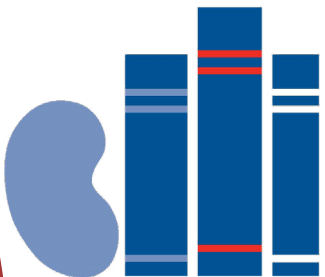
# Let's talk about fats

## Limit

- Saturated, trans, partially hydrogenated

## Prefer

- Polyunsaturated and monounsaturated

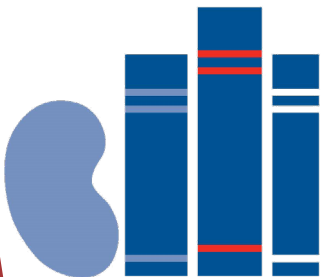


# Let's talk about fats

- ▶ Reduce saturated fats can reduce cardiovascular events, total cholesterol and LDL cholesterol
- ▶ Substitute with polyunsaturated fats reduce cardiovascular events and total cholesterol

Disorders of Lipid Metabolism 2023.

Evidence Analysis Library Academy of Nutrition and Dietetics



# Saturated Fats

## ▶ Animal Protein

- ▶ 6 oz Skirt steak: 10 g
- ▶ 1 Pork chop (3 oz): 4.7 g

## ▶ Dairy Products

- ▶ 8 oz Milk: 4.6 g
- ▶ 8 oz 2% Milk: 2.9 g
- ▶ 1 oz Cheese: 5-6 g

▶ 1 Tbsp Butter: 7 g

▶ 2 oz Heavy Cream: 13 g

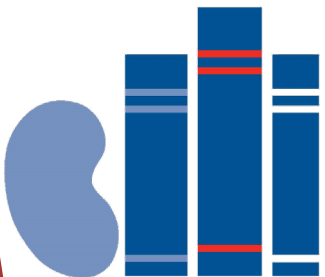
▶ 1 Tbsp Lard: 5 g

▶ 1 Tbsp Coconut oil: 11.2 g

▶ 1 Tbsp Palm oil: 7 g

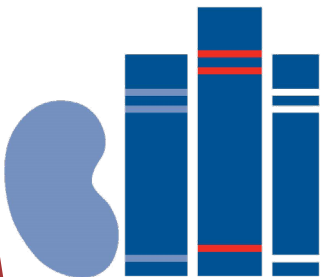
▶ 1 Tbsp Cream cheese: 3 g

▶ 1 Tbsp Sour cream: 1.5 g



# Saturated Fats

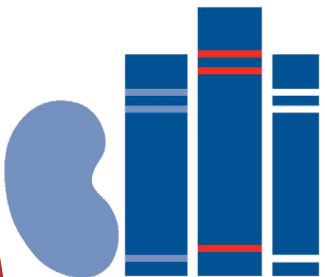
- ▶ 5% - 6% of calories (American Heart Association)
- ▶ If 2,000 calories is needed, no more than 120 calories should come from saturated fats
- ▶  $120 \text{ calories} \div 9 \text{ calories/gram} = 13 \text{ grams}$



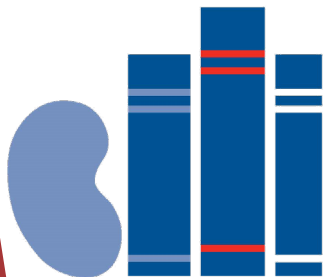


# Unsalted Butter

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	32 servings per container	<b>Total Fat</b> 11g	<b>14%</b>	<b>Total Carb.</b> 0g
<b>Serving size</b> <b>1 Tbsp. (14g)</b>	Sat. Fat 7g → <b>35%</b>		Fiber 0g	<b>0%</b>
<b>Calories</b> per serving <b>100</b>	Trans Fat 0g		Total Sugars 0g	
	<b>Cholest.</b> 30mg	<b>10%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 0g	
	Vitamin D 0mcg 0% • Calcium 3mg 0% • Iron 0mg 0% • Potassium 3mg 0%			



# Cheddar Cheese block



## Nutrition Facts

16 servings per container

Serving size 1 oz (28g / 1/16 pkg)

Amount per serving

**Calories 110**

% Daily Value\*

**Total Fat 9g 12%**

**Saturated Fat 5g 25%**

Trans Fat 0g

**Cholesterol 30mg 10%**

**Sodium 180mg 8%**

**Total Carbohydrate <1g 0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 7g 14%**

Vitamin D 0.2mcg 2% • Calcium 200mg 15%

Iron 0.1mg 0% • Potassium 30mg 0%

\* The % Daily Value (DV) tells you how much a nutrient

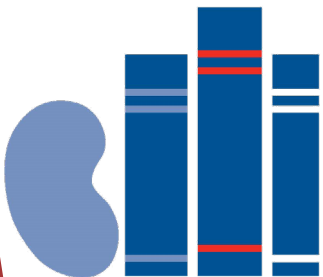


# Nutella

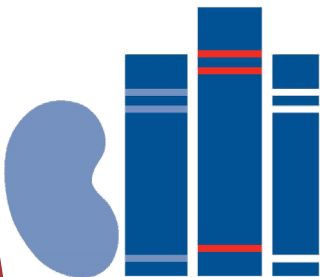
<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>% Daily Value*</b>		<b>Amount/serving</b>	<b>% Daily Value*</b>	
about 10 servings <b>Serv. size</b> <b>2 tbsp (37g)</b>	<b>Total Fat</b>	11g	<b>15%</b>	<b>Total Carbohydrate</b>	22g	<b>8%</b>	
	Saturated Fat	4g	<b>20%</b>	Fiber	1g	<b>4%</b>	
	Trans Fat	0g		Total Sugars	21g		
<b>Calories</b> per serving <b>200</b>	<b>Cholesterol</b>	<5mg	<b>0%</b>	Includes 19g Added Sugars	<b>38%</b>		
	<b>Sodium</b>	15mg	<b>1%</b>	<b>Protein</b>	2g		
	Vitamin D	0mcg	0%	Calcium	40mg	4%	
	Potassium	170mg	4%	Iron	1mg	6%	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** SUGAR, PALM OIL, HAZELNUTS, SKIM MILK, COCOA, SOY LECITHIN AS EMULSIFIER, VANILLIN: AN ARTIFICIAL FLAVOR. **CONTAINS TREE NUTS (HAZELNUTS), MILK, SOY.**  
EXCL. DIST. FERRERO U.S.A., INC., PARSIPPANY, NJ 07054  
MADE IN CANADA



# Oreo



## Nutrition Facts

about 15 servings per container

**Serving size 3 cookies (34g)**

Amount per serving

**Calories 160**

% Daily Value\*

**Total Fat** 7g 9%

**Saturated Fat** 2g 10%

*Trans Fat* 0g

**Cholesterol** 0mg 0%

**Sodium** 135mg 6%

**Total Carbohydrate** 25g 9%

Dietary Fiber less than 1g 2%

Total Sugars 14g

Includes 14g Added Sugars 28%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.4mg 8%

Potassium 50mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

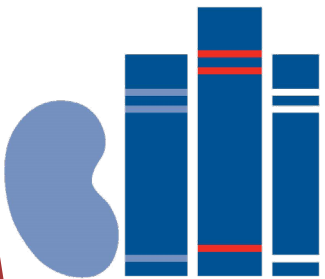
**CONTAINS: WHEAT, SOY.**

MONDELEZ GLOBAL LLC  
EAST HANOVER, NJ 07936 USA

**CONTAINS A BIOENGINEERED FOOD INGREDIENT**

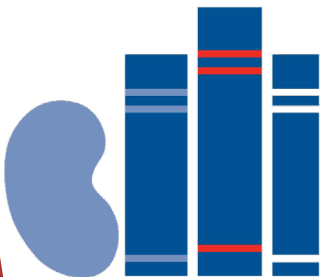
# Let's talk about trans fats

- ▶ Increase LDL cholesterol and decrease HDL cholesterol
- ▶ Increase the risk of CVD or stroke
- ▶ In 2015, FDA determined that trans fats are NO LONGER generally recognized as safe (GRAS)



# Trans fats

- ▶ Cooking oils
- ▶ Fried foods
- ▶ Bakery products: donuts, cakes, cookies
- ▶ Fast foods
- ▶ Precooked foods
  
- ▶ Since 2021 products should no longer have among their ingredients: “partially hydrogenated fats”



# Nutrition Facts

About 38 servings per container  
Serving size 1 Tbsp (12g)

Amount per serving

**Calories 110**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

\* The % Daily Value tells you how much a serving of food contributes to a diet. A diet of 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** SOYBEAN OIL, FULLY HYDROGENATED PALM OIL, PALM OIL, MONO AND DIGLYCERIDES, TBHQ AND CITRIC ACID (ANTIOXIDANTS).

**B&G FOODS, INC.**  
PARSIPPANY, NJ 07054 USA

**WARNING:** Shortening will catch fire if overheated. Damage or serious burns may result.

**DO** heat shortening carefully, uncovered, on medium heat.

**DO** reduce heat if smoking occurs.

**DO NOT** leave unattended while heating.

**DO NOT** refill can with hot shortening.

**IF SHORTENING CATCHES FIRE:**

**DO** turn off heat.

**DO** cover pot until cooled to room temperature to avoid reignition.

**DO NOT** carry pot until cool.

**DO NOT** put water on hot or flaming shortening.

## Classic Crisco® Pie Crust

2 cups all-purpose flour  
3/4 teaspoon salt  
3/4 cup well-chilled Crisco All-Vegetable Shortening  
4 to 8 tablespoons ice cold water

**BLEND** flour and salt in large bowl. Cut in shortening until mixture resembles coarse crumbs form. Stir in enough water with hands to form a dough.

**DIVIDE** dough in half. Shape into two disks.

**ROLL** out each disk 2 inches larger than pie pan. Fill crust according to recipe directions.

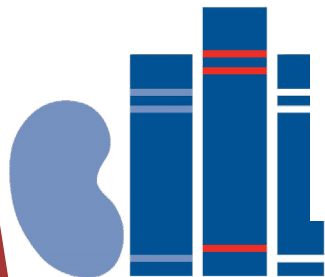
Makes 2 (9-inch) single crusts or 1 (18-inch) double crust.

## How To Substitute Crisco Shortening For Butter Or Margarine

1 cup Crisco Shortening = 1 cup Butter or Margarine

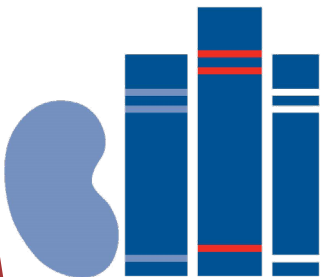
Not intended for use as a spread.

**GLUTEN FREE**



# Let's talk about monounsaturated fats

- ▶ Heart healthy
- ▶ Oils rich in these fats provides vitamin E
- ▶ Can decrease LDL cholesterol

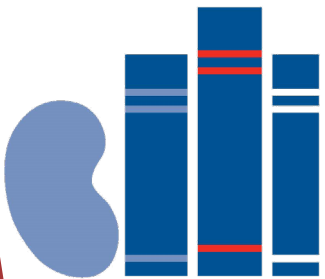




# Monounsaturated fats

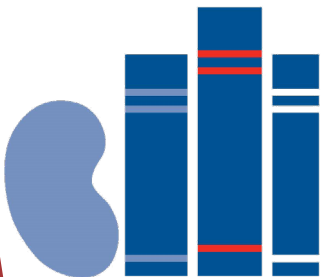
- ▶ Oils: olive, canola, peanut, safflower and sesame
- ▶ Avocado (2 Tbsp = 145 mg potassium)
- ▶ Peanut butter
- ▶ Nuts
- ▶ Seeds

1 ounce 4-5 times/week



# Let's talk about polyunsaturated fats

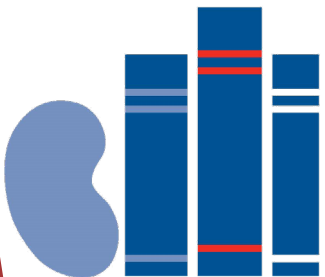
- ▶ Heart healthy
- ▶ Includes essential fatty acids Omega-3 and Omega-6
- ▶ Can decrease LDL cholesterol



# Polyunsaturated fats

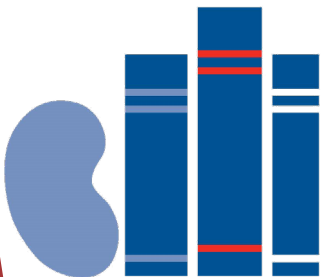
- ▶ Salmon
- ▶ Trout
- ▶ Herring
- ▶ Mackerel
- ▶ Sardines
- ▶ Tuna
- ▶ Walnut
- ▶ Flaxseed
- ▶ Chia seed
- ▶ Sunflower seed
- ▶ Soy
- ... and their oils

Eat twice/week



# Omega-3 Supplements

- ▶ Consult with your doctor if you take blood thinner medications
- ▶ KDOQI 2020
  - ▶ Stage 3-5: ~ 2 g/d to decrease triglycerides (2C)
  - ▶ Hemodialysis: 1.3-4 g/d to decrease triglycerides and LDL cholesterol (2C) and increase HDL (2D)
  - ▶ Peritoneal: 1.3-4 g/d to improve lipids (Opinion)

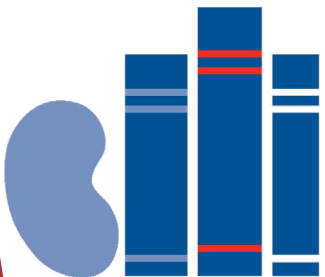


# Using oils

- ▶ Sautee
- ▶ Bake/Roast
- ▶ Marinades
- ▶ Dressing
- ▶ Sauces

1 teaspoon = 50  
calories

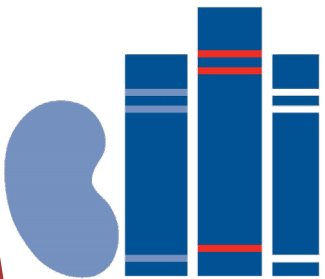
1 Tablespoon =  
150 calories



# Using oils for cooking

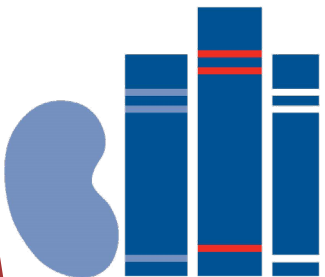
High in “oxidative stability”: form fewer harmful compounds when heated

- ▶ Extra virgin olive oil
- ▶ Avocado oil
- ▶ Peanut oil
- ▶ Grapeseed oil (neutral flavor)



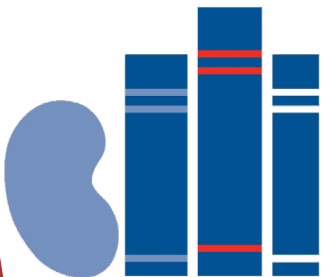
# Practice Points

- ▶ Know your cholesterol and triglycerides levels
- ▶ Read the Nutrition Label
- ▶ Choose lean meats and low-fat dairy products
- ▶ Choose less processed foods and foods outside of home



# Practice Points

- ▶ Include healthy fats: oils, nuts, seeds, fish
- ▶ Add legumes: ↓ LDL cholesterol
- ▶ Avoid excess sodium and added sugars
- ▶ Maintain adequate levels of calcium, phosphorous and PTH
- ▶ Avoid excess fluids if needed





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