

## How to read and interpret food labels while following Heart Disease Reversal guidelines

### Overview: Heart Disease Reversal Program

- One hour of exercise daily
- **Low-fat vegetarian diet**
- Group support sessions
- One hour of stress management

### Heart Disease Reversal Diet Guidelines:

- No animal products except:
  - Egg whites
  - 1 ½ cups of non-fat dairy products
- Low fat
  - 10% of daily calories
- Low cholesterol
  - 40-50mg/day
- High in complex carbohydrates
- Simple (sweet) sugars in moderation
- Salt is not restricted with exception of:
  - High blood pressure
  - Congestive heart failure
  - Kidney disease
- Alcohol guidelines:
  - Maximum of 2 drinks/day
  - Not everyday
  - You can't save them up!
- Calories are not restricted

### Comparing Average Canadian Diet, Ornish Diet, and Heart Disease Reversal Diet:

Daily Intake	Average Canadian Diet	Ornish Diet	New Reversal
<b>Fat</b>	40-50% of daily calories	10% of daily calories (mostly from unsaturated sources)	10% of daily calories (mostly from unsaturated sources)
<b>Carbohydrate</b>	25-35% of daily calories	70-75% of daily calories	70-75% of daily calories
<b>Protein</b>	90-130g	No minimum specified	50-70g
<b>Cholesterol</b>	500-1000mg	8mg	40-50mg

## Determining how much fat to consume per-day

Important note: 1 gram of fat = ~9 calories (kcal)

1. Estimate body weight in kilograms (1kg = ~2.2lbs)
2. Estimate daily caloric needs based on current activity and weight-related goals. This is specific to YOU.
3. Calculate daily allowance of fat (see example below)

Ex. Body Weight= 60kg, moderately active.

This person's average calorie requirements are 2000kcal/day.

If following Heart Disease Reversal diet, ~10% calories from fat.

- $2000\text{kcal} \times 0.1 = 200\text{kcal}$  of fat/day
- $200\text{kcal} / 9 = 22.22$

Therefore, this person would have a daily allowance of 22g of fat per day.

## Protein and Food Combining

It is important to make sure that you're consuming enough protein with your diet, it is also crucial to ensure you're getting the right type of protein. Protein is comprised of 20 amino acids; 11 of these amino acids are produced by the human body. This means we must consume the other 9 amino acids (called "essential amino acids") from the foods we eat. A food source that contains all 9 of these amino acids, it is called a "complete protein". If you are eating a plant-based diet or if you limit the amount of animal products you consume, you can combine incomplete plant-based proteins to create a complete protein meal. This technique is known as "food combining".

Examples of complete protein meals include:

- Rice + beans/tofu
- Pasta + beans
- Black eyed peas + rice
- Bakes beans + brown bread
- Tortillas (corn) + beans
- Cereals + non-fat milk or yogurt

Tips for reading food labels:

1. Determine the serving size
2. Determine grams of fat per serving
3. Determine milligrams of cholesterol per serving
4. Determine how information in steps 1-3 fits into your daily allowance

**Total Fat:** Remember, %DV does not apply to those following Heart Disease Reversal. Be sure to know YOUR numbers.

**Cholesterol:** Remember that plant-derived products will not have cholesterol. However, always be sure to check!

**Serving Size:** It is important to ask yourself, “Is this a realistic serving size, or will I eat more than 1 serving in a single sitting?”. If the answer is more than 1 serving size, then you must multiply all of the values below by the number of servings you will eat.  
Ex. Total Fat (8g) x 3 servings = 24g

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

Quick notes:

- Although both the Ornish and Heart Disease Reversal diets do emphasize limiting cholesterol consumption, it is also recommended to **limit the total amount of fat** (<10% of daily calories from unsaturated fat sources)
- Food labels will often provide a percent of daily value (%DV) for nutrients, but this is not relevant for individuals following the Heart Disease Reversal diet. The %DV found on food labels are based on the Canada’s Food Guide and the average person. But remember, that the Heart Disease Reversal diet has different guidelines than Canada’s Food Guide! It is best to stick to looking at fat and cholesterol content, portion sizes and understanding how much of a certain food you will likely consume and incorporate what you know about complete proteins with food combining.