

Project AsPIRE

SESSION 1

Know Your Risk for Heart Disease

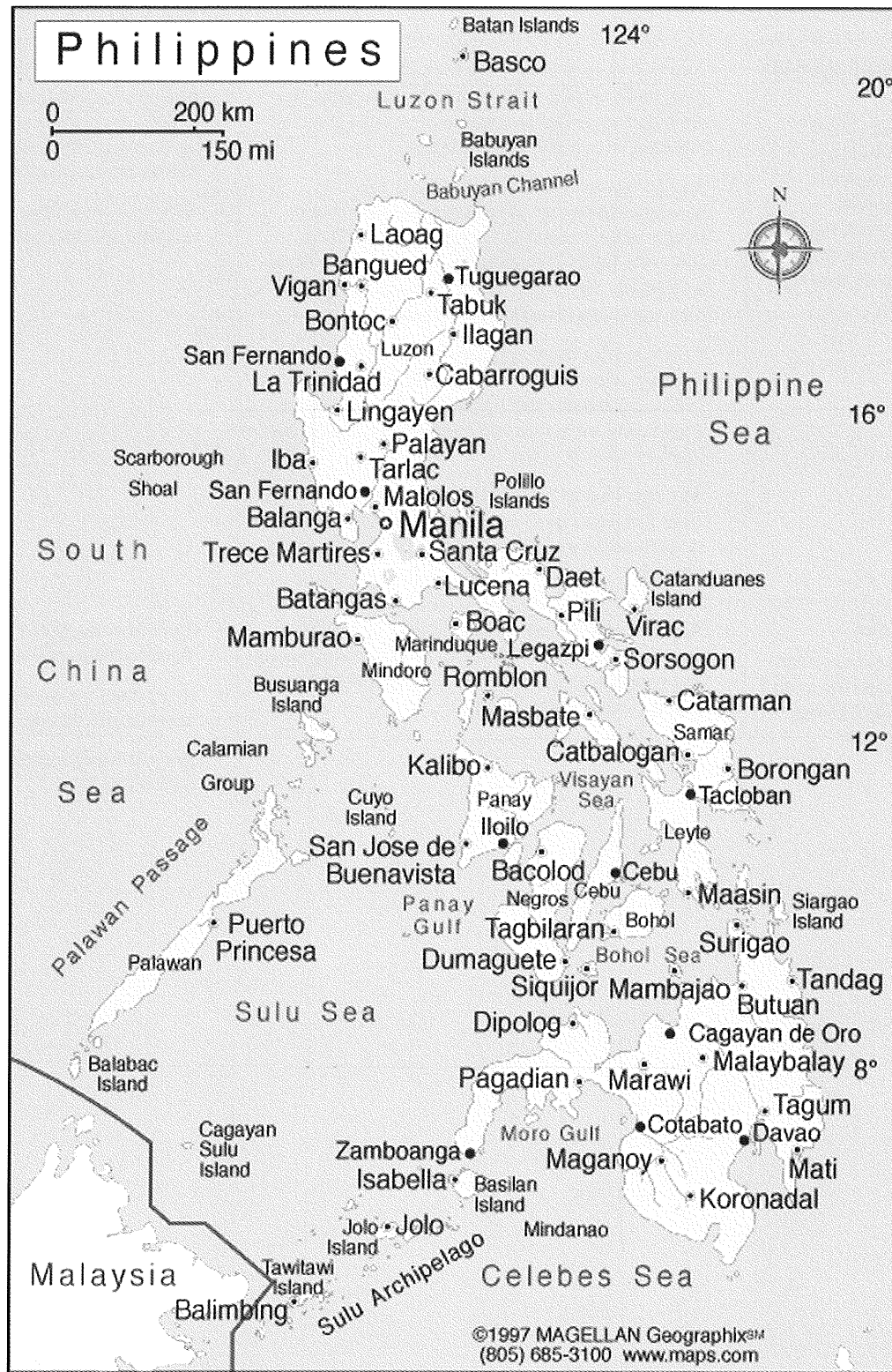
Help Your Heart: Control High Blood Pressure

Karagdagang Impormasyon

Mga Kadahilanan ng Peligro sa Sakit sa Puso na Maaari Mong Gawin

MGA KADAHILANAN NG PELIGRO	MGA KATOTOHANANG DAPAT MONG MALAMAN	GAWIN ANG MGA HAKBANG NA ITO UPANG MAIWASAN ANG SAKIT SA PUSO
<p>Pagiging hindi aktibong pisikal</p> <p>Ang pagiging hindi aktibong pisikal ay maaaring magdoble ng iyong tsansa ng pagkakaroon ng sakit sa puso at maaaring makabawas ng taon ng iyong buhay.</p>	<ul style="list-style-type: none"> Ang mga nasa hustong gulang ay dapat na gumawa nang hindi bababa sa 30 minuto ng katamtamang aktibidad na pisikal sa nakararaming mga araw, nararapat araw-araw sa isang linggo. Maraming mga nasa hustong gulang ang nangangailangan ng 60 minuto ng katamtamang (katamtamang antas) sa matitinding (mataas na antas) aktibidad sa mga nakararaming araw—dapat araw-araw—ng linggo, upang maiwasan ang hindi malusog na pagdaragdag ng timbang. Ang mga nasa hustong gulang na dating labis sa timbang ay nangangailangan ng 60 hanggang 90 minuto ng katamtamang pisikal na aktibidad araw-araw upang maiwasan ang muling pagdaragdag ng timbang. Ang mga bata at tinedyer ay nangangailangan nang hindi bababa sa 60 minuto ng katamtaman hanggang sa matitinding pisikal na aktibidad sa nakararaming mga araw. 	<ul style="list-style-type: none"> Manatiling aktibo. Maaari kang makabuo ng hanggang sa 60 minuto ng ehersisyo sa bawat araw sa pamamagitan ng pagiging aktibo nang 20 minuto tatlong beses isang araw. Subukang maglakad, magsayaw, o maglaro ng basketball.
<p>Paninigarilyo</p> <p>Inilalagay mo sa peligro ang kalusugan mo at ng iyong pamilya kapag nagsigarilyo ka.</p>	<ul style="list-style-type: none"> Ang paninigarilyo ay nakaka-addict. Nakakasama ito sa iyong puso at mga бага. Maaari nitong taasan ang iyong presyon ng dugo at cholesterol sa dugo at ang mga iba pa sa paligid mo. 	<ul style="list-style-type: none"> Tumigil na ngayon sa paninigarilyo, o dahan-dahang itigil ang paninigarilyo. Kung hindi mo maitigil sa unang pagkakataon, laging subukin. Kung hindi ka naninigarilyo, huwag magsimula.

My Family Is From ...



Source: Adapted from <http://i.infoplease.com/images/mphilipp.gif>.

Meet the de la Cruz Family of Healthy Heart, Healthy Family

A Filipino American Family's Journey



This manual tells the story of the de la Cruz family's successful journey to heart health. This family has encountered a lot of challenges since moving to the United States, but the de la Cruzes have found the strength to make positive changes in their lives.

With the grandmother's—*Lola Caridad's (Idad)**— wisdom and determination, her family has achieved a healthy, well-balanced lifestyle. Lola wishes for all of her children to lead heart healthy lives. Only two of her children, Mila and Jose, and their families live close to her in the United States. Her other children still live in the Philippines, but they all visit each other and communicate often. Lola has learned from her mistakes that heart health is a gift to pass on to future generations, and she would like to share her knowledge with us as well.

Lola Idad will tell you the story of her family and show you how you can make the same journey to heart health. Although she knows the burden of heart disease can be overwhelming for a family, Lola will share practical steps that you can take to help keep your heart healthy. The sessions will help us learn from her family's example.

Respect the gift of heart health by choosing a healthy lifestyle for you and your family!

* **"Lola"** is Tagalog for grandmother. Not only the family, but also the close network of community members respectfully addresses her as Lola. **"Idad"** is the nickname for her last name, Caridad.

Are You at Risk for Heart Disease?

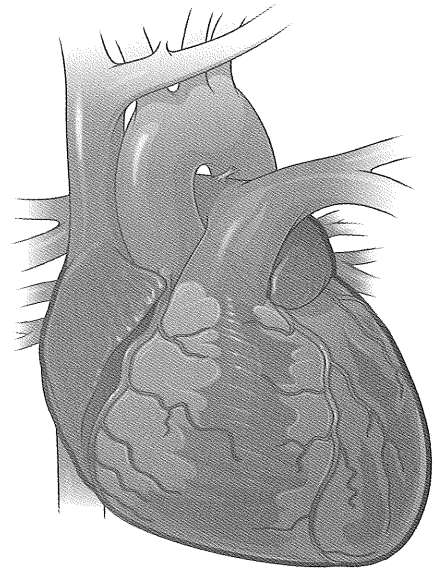
Name: _____

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have.

Heart disease risk factors you can do something about:

✓ Check the ones you have:

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Not being physically active | |
| <input type="checkbox"/> Cigarette smoking | |



Heart disease risk factors you cannot control:

✓ Check the ones that you have:

- ☐ Age (45 years or older for men and 55 years or older for women)
- ☐ Family history
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65

The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.

A Day With the de la Cruz Family

People react in different ways when they learn that they must make lifestyle changes to lower their chances of getting heart disease. Let's review how the de la Cruz family acts when they get the news about their risk.



■ **Ric: "I don't really care."**

Ric learns that he is at risk for heart disease but he is not concerned. He gets upset when reminded about changing his unhealthy habits. He has no intention of making changes for better health. "Whatever will be, will be," claims Ric.



■ **Mila: "I am stuck."**

Mila is worried because she knows that smoking is a risk factor for heart disease, and is aware of the effect that secondhand smoking has on asthma. She thinks about making changes but cannot get started. She feels trapped and is not motivated to take steps for better health. "You can bring a horse to water but you cannot make it drink," ponders Mila.



■ **Rose: "I am making plans."**

Rose learns that her husband is at risk for heart disease and thinks that she should make changes. Instead of putting off her efforts until tomorrow, she asks her friends and family for suggestions on how she can make heart healthy changes for her family. "Walking the walk is harder than talking the talk," says Rose.



■ **Lola (Mrs. Caridad de la Cruz): "I am taking action."**

Lola learns that she is at risk for heart disease and quickly starts doing something about it. She goes to classes to learn how to improve her health. She practices what she learns. Lola makes simple changes and helps others to do the same. "An ounce of prevention is better than a pound of cure," says Lola.



■ **Jose: "I stay on the healthy path."**

Jose is making changes and is motivated to stay on track to improve his health. He knows that it is easy to fall back into old habits. He makes plans to prevent setbacks and learns to start again if he needs to. He is positive toward life. He asks for help and does not give up. "Time is gold and health is priceless," says Jose.

A Day With the de la Cruz Family *(continued)*

Now, please answer these questions:

1. With which family member do you identify?

2. What reasons do you have to make changes for better health?

3. What are the barriers that keep you from making changes to improve your health?

4. What can you do to overcome these barriers?

Lola's Life Lessons: Session 1

One of my favorite proverbs is:

“Aanhin pa ang damo, kung patay na ang kabayo.”

Translation: “What good is the grass if the horse is already dead?”

When the doctor told me I had high blood pressure, your Lola was surprised. I do not know of anyone in my family who had high blood pressure, but the doctor said my parents' generation might not have known about all of their health conditions.

When I first came to the United States, I thought I was lucky to be able to afford such good food here. I never thought about whether the foods had too much salt or too much fat. And since living in the United States, I do not walk everywhere like I did in the Philippines. But now, I realize that life is too valuable to overlook these things.

I decided that I have to change my eating and physical activity habits to keep the horse from dying. What good is it if I am here, but unhealthy or suffering? How will I play with my grandchildren and help them become healthy adults? I have learned that knowledge is wealth that cannot be stolen, and I now eat healthy and do physical activity regularly. If I can change my habits at this age, anyone can. It really brings a lifelong reward to yourself and your family.

A Time To Reflect...

What things keep you from making lifestyle changes? What can you do to overcome these things?

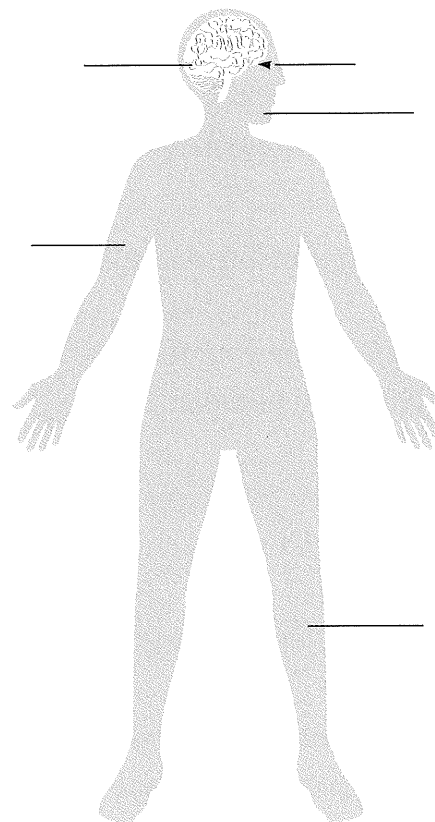
(Use this space to write down your thoughts for this week's session.)

Know the Warning Signs of a Stroke. Act Quickly.

A stroke happens when blood suddenly stops going to the brain and brain cells die. A stroke is very serious and can lead to disability and death.

Signs of a stroke:

- Numbness of the face, arm, or leg (especially on one side of the body)
- Confusion, trouble talking, and difficulty understanding others
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, and loss of balance or coordination
- Severe headache



A Stroke Is Serious. Every Second Counts.

- Learn the warning signs of a stroke, and teach them to your family and friends.
- Call 9–1–1 immediately if you have any of these stroke warning signs.
- Treatment can reduce the risk of damage from a stroke. You must get help within 3 hours of your first symptoms.

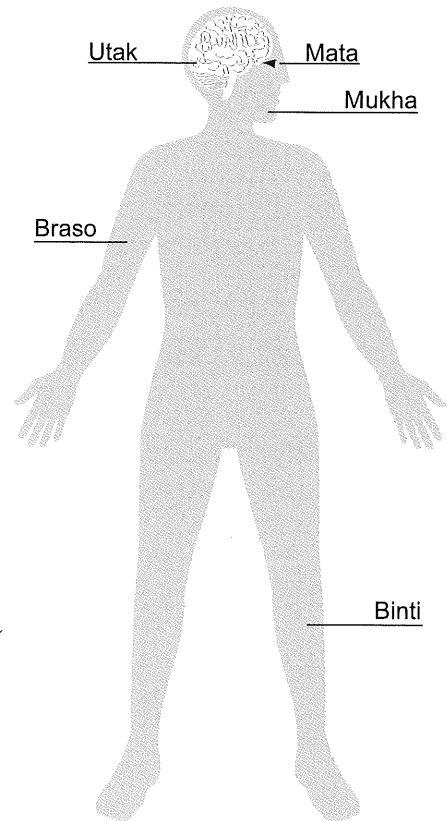
Adapted from the American Stroke Association, "Let's Talk About Risk Factors for Stroke," 1999–2003. A division of the American Heart Association.

Alamin ang Mga Senyales ng Babala ng isang Stroke. Kumilos Kaagad.

Nangyayari ang isang stroke kapag biglang tumigil ang pagpunta ng dugo sa utak, at mamamatay ang mga selula sa utak. Ang isang stroke ay napakaseryoso at maaaring humantong sa pagkabaldado at pagkamatay.

Mga Senyales ng Isang Stroke:

- Pamamanhid ng mukha, braso, o binti (lalo na sa isang bahagi ng katawan)
- Pagkalito, problema sa pagsasalita, at paghihirap sa pag-unawa sa iba
- Problema sa pagtingin sa isang mata o kapwa mga mata
- Problema sa paglalakad, pagkahilo, at kawalan ng balanse o koordinasyon
- Matinding sakit ng ulo



Seryoso ang Isang Stroke. Ang Bawat Sandali ay Mahalaga.

- Alamin ang mga senyales ng babala ng isang stroke, at ituro ang mga ito sa iyong pamilya at mga kaibigan.
- Tumawag kaagad sa 9-1-1 kung mayroon kang alinman sa mga senyales ng babala ng stroke.
- Maaaring mabawasan ng paggagamot ang peligro ng pinsalang dulot ng isang stroke. Dapat kang humingi ng tulong sa loob ng 3 oras ng iyong unang sintomas.

Alinsunod sa American Stroke Association, "Let's Talk About Risk Factors for Stroke," 1999–2003. Isang dibisyon ng American Heart Association.

Stroke Survival Tips




- Know the symptoms of a stroke. This can help you act quickly if you feel ill.
- Keep a card with emergency numbers and a list of your medications with you at all times. The information will allow emergency medical personnel to contact your doctor, a friend, or a relative who can provide information on medications you are taking.
- Keep a phone on a low table. This will help you if you fall during a stroke or are unable to walk to a telephone and call for help.
- Keep a clock in the bedroom, living room, and kitchen, or wear a watch. If you think you are having a stroke, check the time so you will know when the first symptom appeared.
- Place a pad and pen on your nightstand with a checklist of medicines. Keep your checklist of medicines updated. If you have a stroke, tell emergency medical personnel where to find the list. This will help the health professionals know how best to treat you.
- Give a spouse, family member, or neighbor a list of the warning signs of a stroke and your emergency numbers. They may be able to help you if you have a stroke or provide important information to emergency medical personnel.

Adapted from the National Council on Aging's "Stroke Survival Tips," 2003.

My Healthy Heart Wallet Card

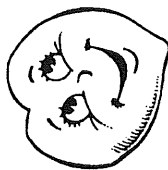
Cut along dotted lines. Fold the card in half and paste with a glue stick (fold 1).
Fold in half again to make your own personal wallet card (fold 2).

Try these tips for a healthy heart!

- More**  + fruits, vegetables, whole grains, and fat-free or low-fat milk products
- Less**  - physical activity
- None**  - calories, saturated and *trans* fat, cholesterol, and sodium weight and waist measure 0 cigarettes
- = A healthy heart



Take Care of Your Heart



Check your:
blood pressure, blood cholesterol, weight, waist measure, and blood glucose

Name _____

(FOLD 2)

(FOLD 1)

Front

Talk to your doctor about what these numbers mean!

A1C
7% or less

Blood glucose (fasting)
Less than 100

Blood tests to check sugar in the blood for diabetes

Waist measurements
Men: 40 inches or less
Women: 35 inches or less

Weight

Date					
Value					
Date					
Value					
Date					
Value					
Date					
Value					

Blood Pressure
Less than 120/80 mmHg

Blood tests to measure fats in the blood

Total Cholesterol
Less than 200 mg/dL

LDL
Less than 100 mg/dL—ideal
Less than 130 mg/dL—near ideal

HDL
More than 40 mg/dL

Triglycerides
Less than 150 mg/dL

Date					
Value					
Date					
Value					
Date					
Value					
Date					
Value					

Back

Take Steps—Healthy Habits To Lower High Blood Pressure!

To prevent high blood pressure:

1. Maintain a healthy weight.

Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about 1 to 2 pounds (0.45 to 0.91 kilogram) each week until you reach a healthy weight.



2. Be active every day for at least 30 minutes.

You can walk, dance, play sports, or do any activity you enjoy.



3. Eat less salt and sodium.

Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.” Take the saltshaker off the table.

4. Eat more fruits and vegetables, whole-grain breads and cereals, and fat-free or low-fat milk products.

5. Cut back on alcohol.

Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

To lower high blood pressure:

1. Practice these steps:

- Maintain a healthy weight.
- Be physically active every day for at least 30 minutes.
- Eat fewer foods and sauces high in salt and sodium.
- Eat more fruits and vegetables, whole-grain breads and cereals, and fat-free or low-fat milk products.
- Cut back on alcoholic beverages.

2. Take your medicine the way your doctor tells you.

3. Have your blood pressure checked often.



Role Play: Lola's Family Works Together To Control High Blood Pressure

Mila and Cesar are getting ready for bed. They are discussing Mila's younger brother, Ric, who lives with them and recently visited the doctor's office.

Cesar: Ric finally went to Dr. Cabaya for his annual checkup and found out that he has high blood pressure! The doctor told Ric that he has to eat fewer salty foods and become more physically active. I tried to tell him to follow Dr. Cabaya's advice, but he said he feels fine. He just does not want to change.

Mila: Do you think it would help him to talk to your brother Jose? Since his stroke, Jose has changed his eating habits and started walking regularly. Even he had a hard time getting started ... and he is a nurse!

Cesar: That's a good idea. Ric may listen to him. Let's invite Jose and his family over for dinner.

Later that week, Jose and his family have dinner with Cesar, Mila, and Ric. Jose and Ric are talking before dinner.

Ric: *Kuya** ("elder brother"), I hate going to the doctor. They always find something wrong! Now I have to eat foods low in sodium and do physical activity to control my high blood pressure. That makes no sense! I do not understand why I should be so concerned about this now. I feel fine.

Jose: It doesn't matter how you feel or look. Many people do not have symptoms when they have high blood pressure. That is why it is called the "silent killer."

Ric: Silent killer? What do you mean? I am strong.

*It is common to address an older gentleman for whom you have a lot of respect as "*Kuya*," whether he is blood related or not.

Role Play: Lola's Family Works Together To Control High Blood Pressure *(continued)*

Jose: It means that it can go undetected if you do not have it diagnosed by a health professional and try to lower it to within the normal range. Look, I am a nurse and even I did not try to lower my high blood pressure. Then I had a stroke, remember? I am lucky that my friends recognized the signs of a stroke and called 9–1–1 right away.

If I had lowered my blood pressure earlier, my chances of having the stroke would have been much lower. I wish I had not had the stroke, but it was a big wake-up call.

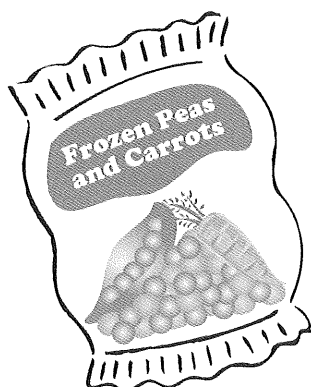
Ric: Yes, that was scary. I was surprised, because you are only 5 years older than I am. But I am not too heavy. I play basketball all the time.

Jose: Ric, that is good. Then you should make those changes to your lifestyle. Maybe you could lose a little weight—I have lost 20 pounds (9 kilograms) since I got serious about lowering my blood pressure. I also take blood pressure medicine as my doctor prescribes.

Ric: Okay, okay, okay. I see I need to make the changes now. Thanks, Kuya!

Jose: Let's eat. Mila made her fish *cardillo*.

Read the Nutrition Facts Label for Sodium!



Nutrition Facts labels tell you what you need to know about choosing foods that are lower in sodium. Here is a Nutrition Facts label for frozen peas and carrots.

Frozen Peas and Carrots

Nutrition Facts	
Serving Size ½ cup (121g)	
Servings Per Container 3	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 35%	Vitamin C 6%
Calcium 2%	Iron 2%

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 1 cup of peas and carrots, you are eating two servings.

Nutrients

Listed are the amounts of sodium in one serving. These amounts are given in milligrams (mg).

Serving Size and Number of Servings

The serving size is ½ cup. The package contains about three servings. Remember, the numbers on the label are for one serving, not the whole container.

Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in sodium. Choose products with the lowest Percent Daily Value for sodium: 5 percent or less is low, and 20 percent or more is high.

The Choice Is Yours—Compare!

Which one would you choose?

Frozen peas and carrots are lower in sodium than canned. Read the labels, and choose foods that are lower in sodium to help keep your heart strong.

Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%

Frozen Peas and Carrots

One serving (½ cup) of frozen peas and carrots has 125 mg of sodium and 5 percent of the Daily Value for sodium.

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%

Canned Peas and Carrots

One serving (½ cup) of canned peas and carrots has 360 mg of sodium and 15 percent of the Daily Value for sodium. That is almost three times the sodium found in a serving of frozen peas and carrots.

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ric's Food Choices



Ric's blood pressure was slightly higher the last time he visited his doctor.

The doctor told him to cut back on the amount of sodium he eats.

Use the Nutrition Facts labels to help Ric choose foods that will help him follow his doctor's advice.

Write the number of your choice for each pair in the space between the labels.

1 – Tomato Juice

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (177 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	27%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	Iron 5%

Lower
sodium
choice

2 – Pineapple Juice

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (177 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 85	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 1g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

3 – Soy Sauce

Nutrition Facts	
Serving Size 1 Tablespoon	
Servings Per Container 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 920mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Lower
sodium
choice

4 – Light Soy Sauce

Nutrition Facts	
Serving Size 1 Tablespoon	
Servings Per Container 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* **Percent Daily Values** are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ric's Food Choices *(continued)*

5 – Dry Roasted Peanuts, Unsalted

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 16	
Amount Per Serving	
Calories 178	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 8g	
Vitamin A 2% • Vitamin C 0%	
Calcium 8% • Iron 0%	

Lower
sodium
choice

6 – Beef Jerky

Nutrition Facts	
Serving Size 1 ounce	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 460mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 6%	

7 – Canned Pork, Regular

Nutrition Facts	
Serving Size 2 ounces (56g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 300mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

Lower
sodium
choice

8 – Chicken Siopao (Steamed Bun With Chicken Filling)

Nutrition Facts	
Serving Size 1 Tablespoon	
Servings Per Container 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	8%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

* **Percent Daily Values** are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ric's Food Choices *(continued)*

9 – Pork Rinds

Nutrition Facts	
Serving Size 1 ounce (15g)	
Servings Per Container 7	
Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 300mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	
Vitamin A 2% • Vitamin C 0%	
Calcium 0% • Iron 2%	

10 – Crackers, Low Sodium

Nutrition Facts	
Serving Size 5 crackers	
Servings Per Container 32	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 4%	
Calcium 2% • Iron 4%	



Lower
sodium
choice

* **Percent Daily Values** are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Sodium in Foods

Choose MORE Often




Foods LOWER in Sodium

- Low-sodium sauces, such as light soy sauce
- Chicken and turkey (with skin removed)
- Fresh seafood or rinsed canned fish, such as tuna* or sardines 
- Canned foods packed in water
- Low-sodium or reduced-sodium cheeses 
- Low-salt chips, nuts, seeds, and crackers
- Plain noodles (pasta) or steamed rice
- Homemade, low-sodium, or reduced-sodium soups
- Fresh, frozen, “no-salt-added,” or rinsed canned† vegetables
- Spices, herbs, and flavorings, such as bay leaf, green onion or onion powder, fresh garlic or garlic powder, saffron, ginger, lemongrass, parsley, tamarind leaf, vinegar, and watercress



Choose LESS Often

Foods HIGHER in Sodium



- *Balut* (fertilized egg)
- Smoked and cured meats, such as bacon, ham, sausage, hotdogs, and bologna 
- Canned seafood,* such as tuna, sardines, and squid (that are not rinsed†)
- Canned meat, such as pork, corned beef, and sausage
- Canned foods packed in broth or salt†
- Most cheeses 
- Salty chips, crackers, nuts, and pretzels
- Quick-cooking rice and boxes of mixed rice, potatoes, or noodles
- Regular canned and instant soups
- Regular canned vegetables and pickled vegetables†
- Condiments and seasonings, such as soy sauce, monosodium glutamate (MSG), fish sauce, salted shrimp paste, salty, dried fish, dried salty shrimp, dried squid, ketchup, garlic salt, seasoning salt, bouillon cubes, and meat tenderizer 

* Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

† Rinse canned foods to reduce the sodium.


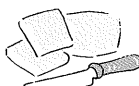

Asin sa Mga Pagkain

Piliin nang MAS Madalas ng Mga Pagkaing MAS MABABA ang Asin

- Mga sarsang mababa sa asin, tulad ng light na toyo
- Manok at pabo (na tinanggalan ng balat)
- Sariwang pagkaing dagat o binanlawang de latang isda, tulad ng *tuna*,* o mga sardinas 
- Mga de latang pagkaing inihanda sa tubig
- Mga kesong mababa sa asin o bawas na asin
- Mga low-salt sitsirya, *nut*, buto, at biskwit 
- Walang sangkap na mga *noodle (pasta)* o sinaing na kanin
- Gawang-bahay, mababa sa asin, o mga sopas na bawas ang asin
- Sariwa, nai-freeze, “walang idinagdag na asin,” o mga binanlawang de latang† gulay
- Mga pampalasa, herbs at panimpla, tulad ng laurel, berdeng sibuyas o pulbos na sibuyas, sariwang bawang o pulbos na bawang, saffron, luya, tanglad, parsley, dahon ng sampalok, suka, at *watercress*



Piliin nang HINDI Gaanong Madalas ang Mga Pagkaing MAS MATAAS sa Asin

- Balut (binugok na itlog)
- Pinausukan at ibinabad na mga karne tulad ng *bacon*, hamon, longanisa, mga *hotdog*, at *bologna* 
- De latang pagkaing dagat,* tulad ng *tuna*, sardinas, at pusit (na hindi nababanlawan)†
- De latang karne, tulad ng baboy, karne norte, at longanisa
- Mga de latang pagkaing naipaketeng may *broth* o asin†
- Karamihang mga keso 
- Mga maaalat na sitsirya, biskwit, *nut*, at *pretzel*
- Mabilis malutong kanin at nakakahong may halong kanin, patatas, o pansit
- Regular na de lata at mga *instant* na sopas
- *Regular* na de latang mga gulay at inatsarang gulay†
- Mga sawsawan at pampalasa, tulad ng toyo, betsin (monosodium glutamate, MSG), patis (sawsawang gawa sa isda), alamang (pinaalat na hipong sawsawan), tuyo (maalat, tuyong isda), hibi (pinatuyong maalat na hipon) o pusit (pinatuyong pusit), *ketchup*, asing bawang, pampalasang asin, mga *bouillon cube*, at pampalambot ng karne 

* Ang ilang mga uri ng isda ay naglalaman ng mataas na antas ng *mercury*. Dapat iwasan ang ganitong uri ng isda ng mga buntis na kababaihan at nagpapasusong ina. Para sa karagdagang impormasyon, tingnan ang www.cfsan.fda.gov/~dms/admeHg3.html.

† Banlawan ang mga de latang pagkain upang mabawasan ang dami ng asin.

Keep Your Heart in Mind: Lola's Tips To Eat Less Salt and Sodium

Do you know your blood pressure numbers?

- A normal blood pressure is below **120/80 mmHg**.
- If your blood pressure is between **120/80** and **139/89 mmHg**, you have **prehypertension**. This means that you do not have high blood pressure yet, but you are likely to develop it if you don't change your health habits.
- If your blood pressure is **140/90 mmHg** or higher, you have high blood pressure or hypertension. High blood pressure does not go away by itself. Ask your doctor for help in lowering it.
- Ask your doctor what your blood pressure is. Keep track of each reading on your wallet card.



Write down your blood pressure reading here:



Spice it up!

Discover how much flavor you can add by using spices and herbs.

Lola Idad has learned that it is not hard to get your family to eat less salt and sodium.

Look for low-sodium or salt-free seasonings and sauces in the grocery store.


My family got used to foods with less salt when I learned to use fewer high-sodium sauces and add less salt to my foods. Now, I make food taste good by using vinegar, bay leaf, green onion, garlic, ginger, saffron, tamarind, lemongrass, and even a dash of hot pepper. If I need some *patis* (fish sauce) or *bagoong alamang* (salted shrimp paste) for the sauce, then I use only a small amount of it.



(continued)

Take the lead and try these simple changes:


When Shopping

1. Buy fresh, frozen, or no-salt-added canned vegetables. Choose food packed in water instead of broth or salt.
2. Buy fresh garlic or garlic powder instead of garlic salt. 
3. Choose foods labeled "low sodium," "lite," "light," "sodium free," or "no salt added."

When Cooking

1. Slowly cut back on the amount of salt added when cooking until you do not use any.
2. Reduce the amount of high-sodium sauces, paste, and seasonings.
3. Add no salt to the water when cooking beans, rice, noodles, and vegetables.
4. Cut back on smoked, cured, and processed beef, seafood, poultry, and pork, such as ham, sausage, and corned beef.
5. Rinse all canned products to reduce the amount of sodium.

When Eating

1. Fill the saltshaker with a mixture of herbs and spices instead of salt. 
2. Slowly cut back on the amount of salt added at the table until you don't use any.
3. Choose fruits and vegetables instead of salty snacks such as chips, fries, and pork rinds.
4. Cut back on sauces that have a lot of sodium, like *bagoong* (salted fish paste) and *patis* (fish sauce).



Ric has learned to control his high blood pressure. He takes his blood pressure pills with breakfast every morning to make sure that he does not forget to take them. He walks daily, has stopped smoking, and has found that food can still taste good with less salt and sodium.

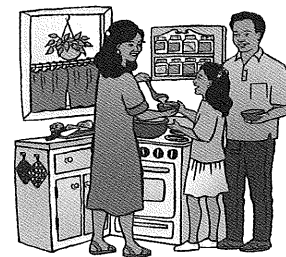
**Make your personal pledge to do what Ric has done!
Look at these examples:**

Breakfast

Cook oatmeal with fat-free or low-fat (1%) milk or soy milk, raisins, cinnamon, and no salt.

Lunch

Use leftover roast beef to make a sandwich instead of using lunch meats, or have beef with leftover rice and vegetables.



Dinner



Make your own fish cardillo with vegetables and half the usual amount of salt.

Snack

Eat a mango instead of salty chips.

Write the changes you will try to make this week:

**Your health and your family's health are priceless.
Value it!**

Tips for Taking Medicine for High Blood Pressure

1. Make sure you take your medicine every day as your doctor tells you, not only on the days when you do not feel well.
2. Tell the doctor the names of all other medicines, home remedies, herbs, or supplements you take. Bring everything with you when you have a doctor's appointment.
3. Tell the doctor right away if the medicine makes you feel strange or sick. Ask the doctor about changing the dosage or switching to another type of medicine.
4. Refill your prescription before you run out of medicine.
5. Have your blood pressure checked often to see if the medicine is working for you.
6. Do not stop taking your medicine if your blood pressure is okay. That means the medicine is working.



Questions To Ask the Doctor:

When the doctor gives you medicine for high blood pressure, ask:

What is the name of the medicine(s)? _____

How much of each medicine should be taken? _____

When should the medicine(s) be taken? _____

What may be eaten or drunk with the medicine(s)? _____

Can other medicines be taken safely at the same time? _____

What number should be called immediately if problems occur? _____

Mga Payo sa Pag-inom ng Gamot para sa Mataas na Presyon ng Dugo

1. Tiyaking iinom ka ng gamot araw-araw tulad nang sinabi sa iyo ng iyong duktur, hindi lamang sa mga araw na hindi maganda ang iyong pakiramdam.
2. Sabihin sa duktur ang mga pangalan ng lahat ng iba pang mga gamot, panlunas sa bahay, *herb*, o pandagdag na iniinom mo. Dalhin ang lahat kapag mayroon kang appointment sa duktur.
3. Sabihin kaagad sa duktur kung may kakaiba kang nararamdaman sa iyong gamot o nagkakasakit ka. Hilingin sa duktur ang pagbabago o paglipat sa isa pang uri ng gamot.
4. Punang muli ang iyong reseta bago ka maubusan ng gamot.
5. Ipasuri ang iyong presyon ng dugo nang madalas upang makita kung umeepekto sa iyo ang gamot.
6. Huwag tumigil sa pag-inom ng iyong gamot kung maayos na ang iyong presyon ng dugo. Iyon ay nangangahulugang tumatalab ang gamot.



Mga katanungang dapat itanong sa duktur:

Kapag binigyan ka ng duktur ng gamot para sa mataas na presyon ng dugo, tanungin:

Ano ang pangalan ng (mga) gamot? _____

Dami ng iinuming gamot: _____

Kailan dapat inumin ang (mga) gamot? _____

Ano ang dapat kainin o inumin kasabay ng (mga) gamot: _____

Ligtas bang inumin ang ibang mga gamot nang sabay-sabay? _____

Anong numero ang kaagad na matatawagan sa sandaling magkaroon ng problema: _____

Use Herbs and Spices Instead of Salt

Anise: Use in breads, snacks, soups, stews, vegetables, meats, and poultry.

Annatto Seeds: Use in vegetables, meats, poultry, and rice.

Basil: Use in soups, salads, vegetables, meats, and fish.

Bay Leaf: Use in soups, stews, meats, poultry, seafood, and sauces.

Chili Powder: Use in soups, salads, vegetables, and fish.

Cilantro: Use in stews, meats, sauces, and rice.

Cinnamon: Use in breads, snacks, salads, and vegetables.

Clove: Use in breads, snacks, soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in soups, salads, vegetables, and fish.

Garlic: Use in soups, stews, salads, vegetables, meats, poultry, seafood, and sauces.

Ginger: Use in soups, salads, vegetables, meats, and seafood.

Green Onion/Onion Powder: Use in soups, salads, meats, poultry, and seafood.

Lemongrass: Use in soups, stews, meats, poultry, seafood, and sauces.

Marjoram: Use in soups, salads, vegetables, meats, poultry, and seafood.

Nutmeg: Use in breads, snacks, vegetables, and meats.

Oregano: Use in soups, salads, vegetables, meats, and poultry.

Parsley: Use in salads, vegetables, meats, poultry, and seafood.

Rosemary: Use in salads, vegetables, meats, and seafood.

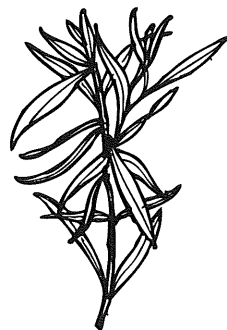
Saffron: Use in breads, snacks, soups, stews, poultry, seafood, sauces, and rice.


Sage: Use in soups, salads, vegetables, meats, and poultry.

Tamarind: Use in soups, poultry, sauces, and rice.

Thyme: Use in salads, vegetables, poultry, and fish.

Vinegar: Use in soups, salads, vegetables, meats, and poultry.



 **Note:** To start, use small amounts of these herbs and spices to see if you like them.

Fish Cardillo Recipe

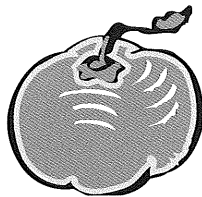
This is a delicious low-cost recipe with low-sodium ingredients. Keep this recipe lower in fat by not adding meat fat (lard) or other fat.

1 pound (½ kg)	red snapper
4 teaspoons	corn oil for saute
¼ cup	flour
1 large	onion, sliced
3 or 4	medium-sized tomatoes, chopped
½ cup	egg whites, beaten
½ cup	water
A dash	ground pepper
15 stalks	green onions, chopped

Quick Tip

This recipe is lower in salt and sodium than most because it uses:

- Fresh tomatoes instead of canned tomatoes
- Ground pepper and corn oil with no salt added
- Fresh onion and green onions
- Regular fish, not smoked or canned fish



1. Clean fish very well. Remove scales and gills, and wash thoroughly. Drain and set aside.
2. Slice the raw fish into six pieces.
3. Heat corn oil in frying pan.
4. Place the flour into a bowl or plastic bag. Place the raw fish in the flour and cover the outside of each fish with flour.
5. Saute fish until golden brown. Set aside on top of a paper towel.
6. Saute onion and tomatoes. Add ½ cup of water.
7. Add the beaten egg whites and fish. Cover and let it simmer for 5–10 minutes.
8. Season with ground pepper.
9. Sprinkle with chopped green onions.

Yield: 6 servings **Serving size:**

Calories	170
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	45 mg
Sodium	115 mg
Total Fiber	3 g
Protein	20 g
Carbohydrates	13 g
Potassium	600 mg

Source: Philippine Heart Center's Healthy Heart Cookbook.

Lola's Life Lessons: Session 4

One of my favorite proverbs is:

“Kung may itinanim, may aanihin.”

Translation: “If you plant, you will harvest.”

Rewards will not come to you unless you work for them. Your mind may want to live a better, healthy life, but you need to make changes to reach that goal. My food choices were not always the best.

Of course, the Philippines is always in my heart. When I long for home, I remember the smells and foods of my province. But my favorite dishes have a lot of sodium. So Mila and I had to look for healthy and tasty ways to prepare Filipino dishes with less sodium. Now, I notice when something is too salty, and I do not even use the saltshaker at the table anymore! It takes time to change; you have to start with small steps first.

Look at my son Jose. He is a good nurse, but he is not a good patient. Jose did not try to control his high blood pressure, and he had a stroke! Do not wait for an emergency before you act. Take care of yourself and your family. Plan for the future. Love your life and make changes now. *Huli man daw at magaling, naihabol din.* It is never too late to offer anything that is good.

A Time To Reflect...

What things keep you from using less sodium in your foods or choosing foods with less sodium? What changes can you make in your life to continue on your journey to heart health?

(Use this space to write down your thoughts for this week's session.)

Pledge for Life! Session 4

Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself and/or share with others.

- ☐ Learn the stroke warning signs.
- ☐ Share the stroke survival tips with your family and friends.
- ☐ Know your family history of high blood pressure.
- ☐ Use Nutrition Facts labels to help you choose low-sodium food products.
- ☐ If available, choose low-sodium sauces and seasonings, or reduce the amount of sauces and seasonings that are high in sodium.
- ☐ Choose canned soups that are lower in sodium or prepare homemade soup without adding salt.
- ☐ Choose unsalted crackers for a snack instead of regular potato chips.
- ☐ Reduce the amount of salt you add to foods.
- ☐ Shop for fresh or frozen vegetables and fruits instead of canned vegetables and fruits.
- ☐ Try the fish cardillo recipe and other heart healthy recipes.
- ☐ Take the saltshaker off the table.
- ☐ If you use traditional Asian medicine or home remedies, share this information with your doctor.
- ☐ Other _____

