



NYU Grossman School of Medicine

Project ADHERE

Blood Pressure Education Program

Session 3: Healthy Eating (HTN+RD)

Addressing Disparities in Hypertension and Reducing Racial inequity through Engagement

As of February 6, 2024

Session Objectives

- Understand what a balanced meal is using the Plate Method
- Identify which foods will help you control your high blood pressure
- Understand food labels and how to use them to help you choose healthier foods
- Compare labels to reduce sodium (salt) in your diet
- Identify a healthy eating plan that you can incorporate into your daily life
- Learn how to overcome experiences of racial discrimination with food selection

Session 3: Overview

- The importance of lifestyle changes
- Healthy eating and the benefits of having a well balanced diet
- How eating healthy can help with:
 - Losing or maintaining weight
 - Feeling more energetic
 - Managing stress

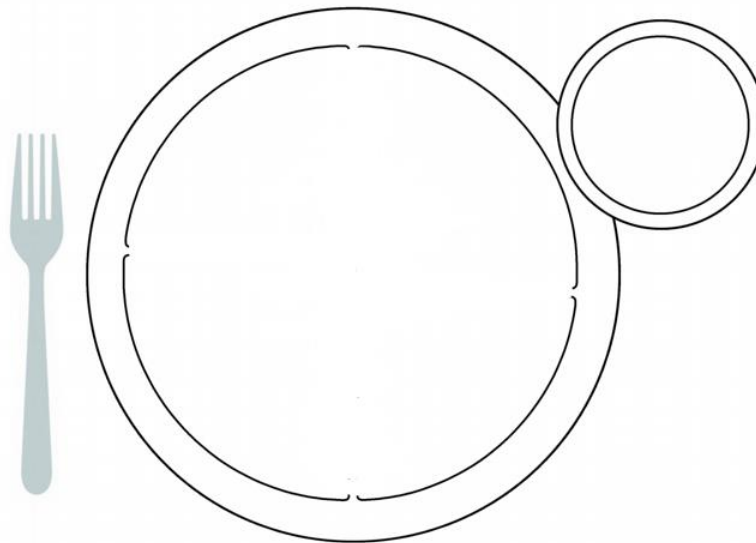
Discussion: Food is fuel for your body, mind, and soul.

What is your favorite food?

- Why is that particular food your favorite?
- How does eating your favorite food make you feel?

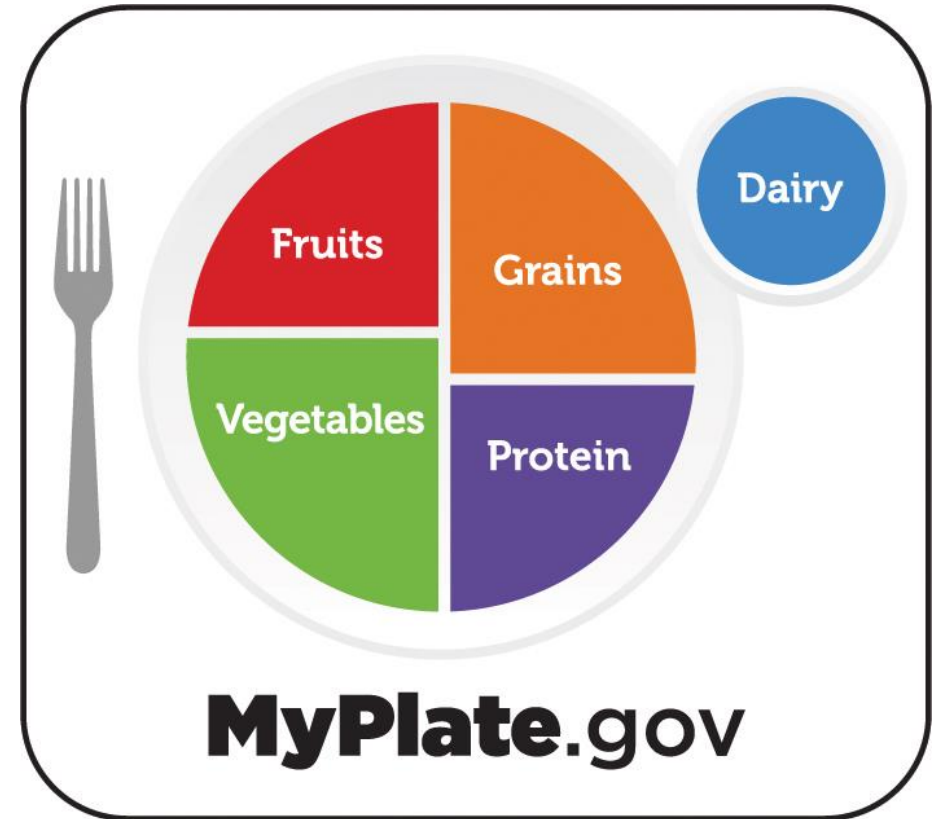
Exercise – Build Your Typical Meal Plate

What does a typical meal look like for you?



How to Build a Healthy Plate (Plate Method)

- Start with the right-sized plate or bowl.
- An adult plate should be 9 inches across, and a child's plate should be 7 inches across.
- Fill $\frac{1}{2}$ with fruits and vegetables
- Fill $\frac{1}{4}$ with a protein
 - lean meats (like grilled chicken breast and pork tenderloin), seafood (like skinless fish)
 - or vegetarian options (like beans, eggs or tofu)
- Fill $\frac{1}{4}$ with whole grains or starches



Fruit & Vegetables


- A healthy diet includes having fruits and vegetables every day
- Fruits and vegetables contain plenty of fiber which helps you feel full on fewer calories.
 - Sweet potatoes and collard greens are superfoods!

Keep in mind:

- Choose canned vegetables with low-sodium or no salt added
- Bake, steam, grill your vegetables - use very little oil
- Whole fruit over fruit juice
- Fruit for dessert



Lean Proteins

- Foods rich in proteins provide important nutrients and help you feel full
 - Choose lean proteins; they have less saturated fat, which is better for your heart and waistline.
 - Saturated fat raises your LDL (“bad”) cholesterol and increases your risk of heart disease.
 - Some lean proteins you can add to your diet:
 - Fish or shellfish
 - Plant-based: lentils, unsalted nuts, dried/canned beans,
 - Eggs
 - Chicken or turkey breast
- 
- A horizontal collage of various lean protein sources. From left to right, it includes a piece of raw salmon, a cooked chicken breast, a hard-boiled egg, a pile of brown lentils, a piece of shrimp, and a small pile of almonds.



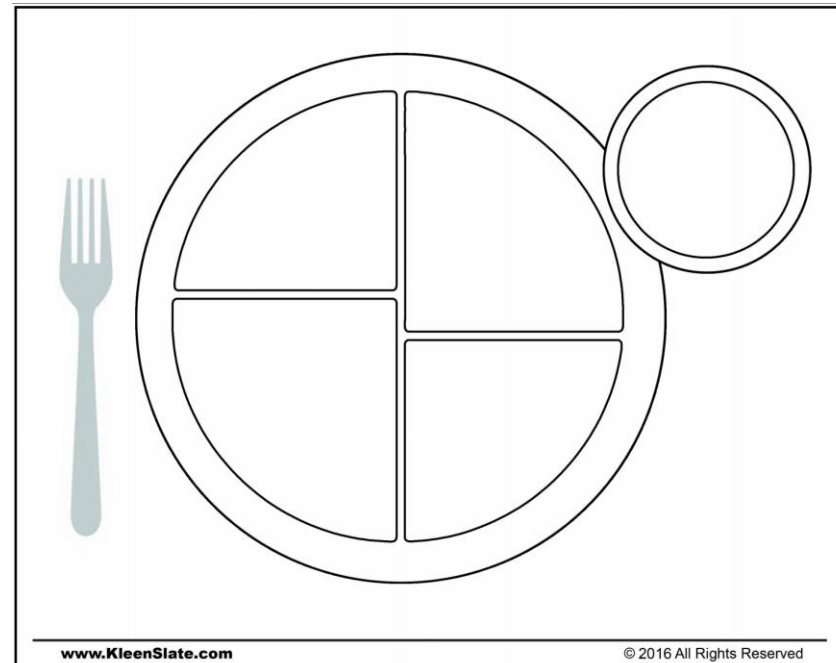
Whole Grains

- Whole grains make you feel fuller longer and lower your risk of heart disease.
- Keep in mind:
 - 100% whole wheat bread
 - Brown rice when possible
 - Oatmeal: Choose unsweetened and flavor with fresh fruit
 - Whole-wheat flour instead of white flour



Exercise – Build Your Next Meal Plate

How can you build your next meal plate?



Hydrating: Drinking water and healthy drinks

- Many sweet drinks are high in sugar and calories, including: sodas, sports drinks, energy drinks, juice, sweetened teas.
 - This can lead to weight gain which may increase blood pressure.
- Healthier options:
 - New York City Tap water: you can add slices of lemons or lime
 - Unsweetened tea- avoid adding sugar, or reduce the amount of sugar gradually
 - Sparkling water
 - Plain, fat free (skim) or low fat milk (1%) - consider these when adding them to coffee

Alcohol

- Drinking more than a moderate amount of alcohol can raise your blood pressure
- Moderate drinking is defined as:
 - Up to 1 standard drink per day for women
 - Up to 2 standard drinks per day for men



Salt (Sodium)

- Sodium is a mineral that helps keeps the balance of fluid on your body and can affect your blood pressure
 - Salt is a source of sodium
- Eating too much sodium can raise your blood pressure and increase your risk of heart attack and stroke
- Nutrition Facts labels make it easier to choose foods, sauces, and seasonings that are lower in salt (sodium)
- Read the nutrition label and try to limit your sodium to no more than 2,300 mg —about one teaspoon of salt per day



Reading Nutrition Labels

- Learning how to read and understand nutrition labels will help you make healthier choices

Nutrition Facts	
Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1200mg	50%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	

Start Here: Serving Size
Always check the serving size and number of servings in the container.

The amounts listed are per serving. If you eat this whole can, you are eating 2 servings (need to double everything / multiply by 2).

Reading Nutrition Labels

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Sugars 1g	
Protein 6g	

- Look for the amount of sodium
- Remember, you should try to limit your sodium to no more than 2,300 mg per day
- This can of soup has a lot of sodium—one serving has 50% of the recommended daily value for sodium

Cutting Back on Sodium

Too much salt can increase your blood pressure and risk for heart attack and stroke.

Which foods do you think are high in salt or sodium?

Foods High in Sodium – Avoid these!

Sliced Ham



Nutrition Facts		Amount/serving	% (DV)*	Amount/serving	% (DV)*
Serv size 2 oz (56g)		Total fat 1 g	2 %	Sodium 590 mg	25 %
		Sat fat 0 g	0 %	Potassium 150mg	4 %
		Trans fat 0 g		Total carb 2g	1 %
Servings Varied		Monounsaturat fat 0.5 g		Fiber 0 g	0 %
Calories 60		Polyunsaturat fat 0 g		Sugars 2 g	
Fat cal 10		Cholest 25 mg	8 %	Protein 9 g	18 %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0 %		Vitamin C 0 %	
		*Vitamin C 0 %		*Calcium 0 %	
				*Iron 4 %	

Potato Chips



Serving size	1 oz (28g/About 15 chips)
Amount per serving	
Calories	160
	% Daily Value*
Calories 160	
Fat 10g	13%
Saturated 1.5g	7%
Trans 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Carbohydrates 15g	6%
Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin D 0mc	0%
Vitamin C	6%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%

Pickles



Nutrition Facts	
Usually 20 servings per container	
Serving size about 1/3 pickle (28g)	
Amount per serving	
Calories	0
	% Daily Value
Total Fat 0g	0%
Trans Fat 0g	
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	

Canned Soup



Nutrition Facts	
About 2.5 servings per container	
Serving size 1/2 cup (120mL) condensed soup	
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 15mg	5%
Sodium 890mg	39%
Total Carbohydrate 0g	0%
Dietary Fiber <1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Iron 0.6mg	4%
Calcium 10mg	0%
Potassium 60mg	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.	



Foods High in Sodium – Avoid these!

Hot Dog



Nutrition Facts			
Serv. Size 1 Hot Dog in a Bun (110g) Calories 310 Fat Cal. 150			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Amount / Serving	%DV*	Amount / Serving	%DV*
Total Fat 17g	26%	Total Carb. 28g	9%
Sat. Fat 7g	34%	Fiber 1g	3%
Trans Fat 1g		Sugars 4g	
Cholest. 35mg	11%	Protein 12g	
Sodium 760mg	32%		
Vitamin A 0%		Calcium 8%	
Vitamin C 4%		Iron 10%	

Frozen Meal



Nutrition Facts	
Serving Size 1 Meal (311g)	
Amount Per Serving	
Calories 250	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 45mg	15%
Sodium 570mg	24%
Potassium 620mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 15g	22%

Frozen Pizza



Nutrition Facts	
4 servings per container Serving size 1/4 Pizza (149g)	
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 710mg	31%
Total Carbohydrate 41g	13%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 1g Added Sugars	3%
Protein 16g	30%
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 2.5mg	15%
Potassium 310mg	6%
*The % Daily Value 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.	

Healthy Cooking Tips

- Sautee, grill, steam or bake foods instead of frying
- Use healthy oils: Choose canola, soybean, peanut or olive oil instead of butter and shortening
- Use low-fat milk products: Cook with low-fat yogurt, buttermilk and fat-free evaporated milk instead of heavy creams
- Use less salt: Season with herbs and spices such as turmeric, cumin, coriander, bay leaf, mustard seed, green chili and fresh ginger and garlic
- Add vegetables to soups, stews and sauces

Eating Out

- Food servings are bigger today. Some restaurant entrees or fast-food meals have more than 1,500 calories—almost as many calories as you should have for the whole day.
- Almost 80% of the salt we consume comes from packaged food and restaurants, not from the salt shaker.

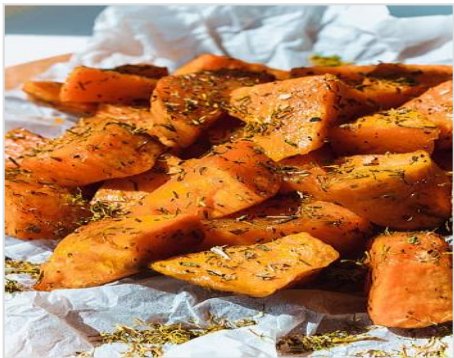


Tips When Eating Out

- Ask for low-sodium dressings, sauces or other toppings
 - Request to have them on the side so that you can control how much you add
- Ask for your food to be prepared with *no salt added*
- Pick healthier sides like salads or steamed vegetables
 - Limit portions of preserved and pickled vegetables, which may be higher in salt
- Share your meal with a friend, or take half home for later
- Look for items on the menu that are *steamed, grilled or broiled* instead of fried or sautéed
- Avoid foods that are deep-fried, or cooked in butter, clarified butter and creamy sauces

Emotional Eating

- Certain emotions— such as stress, boredom, loneliness, and depression make it easier for people to “slip” in their lifestyle change goals
- We often eat food – usually “comfort” or junk foods in response to feelings instead of hunger
- If you find yourself reaching for junk food, try a healthy snack or an activity (like a walk or game) instead.



Meal Time – Discussion

- How was meal time for you growing up?
- Did you have access to fresh produce in your neighborhood?
 - If not, consider going to the nearest neighborhood to purchase healthy foods if possible

What is your favorite food?

- Why is that particular food your favorite?
- How does eating your favorite food make you feel?

What does a typical Breakfast meal look like for you?

...Lunch? ...Dinner?

Healthy Eating Discussion

- What reasons do you have to make changes to your diet for better health?
- What are your food weaknesses? What do you eat frequently that might not be considered heart healthy?
- What things keep you from making changes to improve your health?
- Do you think your race/ ethnicity limits your access to healthy foods? if so, how?
- What can you do to overcome these barriers?

Cultural Foods

- Are you able to find fruits, vegetables and grocery items that you enjoy in your grocery store?
- Do you have to travel far to buy grocery items to make the meals you enjoy?
- Do any of the meals you love have a “bad rep”?
 - Why do you think that is?



Experiences: Supermarkets and Health Stores

- How do you feel when you go into the supermarkets in your neighborhood?
 - Outside of your neighborhood?
- How do you feel when you go to farmers markets in your neighborhood?
 - Outside of your neighborhood?
- What is your experience when going into health food stores?
- Tell me about a time you were able to shift your attention during these stressful situations (S+P)



Examples of Healthy Recipes

- Caribbean and African foods can also be added into American foods
- Jerk, curry (Salmon)
- Chicken salad (culturally diverse)
- Tropical style guacamole with corn, tomatoes, cooked broccoli, onions and a fruit. (example, mangoes)
- You can slow cook your chicken or beef stew and add steamed vegetables to it
- Jollof rice with plantains and steamed fish
- Baked tilapia, grilled chicken with African Spices
- Fufu and stew meat or fish (made with plantains, yams, and cassava) high in fiber, iron and vitamin C



Taking Care of You: Progressive Muscle Relaxation

What it is: Progressive muscle relaxation is a technique that helps you relax your body by tensing certain muscles and then relaxing them.

How it works: When you are stressed, you may be so tense that your body does not recognize what it feels like to be relaxed. Progressive muscle relaxation can help show you the difference between feeling tense and feeling relaxed.

How to do it:

- Find a quiet, private place and sit down in a comfortable position.
- Uncross your arms and legs and rest your feet gently on the floor.
- Take a deep breath and tense the muscles in your hands as hard as you can by making fists.
- Hold your breath for 5 to 10 seconds.
- Exhale as you release all the tension from your **fists**, relaxing them completely.
- Remain in this relaxed state for 15 to 20 seconds.
- Repeat this exercise, tensing and relaxing the other muscle groups in your body (**arms, shoulders, legs, and feet**).

Creating SMART Health Goals

What is one thing you can do to eat healthier?

Create a SMART Plan to achieve your health goals:

- Specific: *What will I do? Where will I do it? How often will I do it?*
- Measurable: *How can I track it? What progress do I want to see?*
- Attainable: *What might get in the way of my plan? What can I do about it?*
- Relevant and Realistic: *Is it a priority for me? If it's not, change my goal.*
- Time-bound: *When will I do it? For how long?*

Next Session: Being Physically Active

- Please join us to learn about how to make physical activity part of your daily routine.
- I will call you to discuss your health goals, referral needs, and any other questions you might have.

Additional Resources – Healthy Eating

- [Life's Essential 8, How to eat better \(heart.org\)](https://www.heart.org/healthycare/healthy-living/healthy-eating/healthy-eating-8-ways-to-eat-better)
- [Understanding Food Nutrition Labels | American Heart Association](https://www.heart.org/healthycare/healthy-living/healthy-eating/understanding-food-nutrition-labels)
- [healthy-eating-active-living-guide.pdf \(nyc.gov\)](https://www.nyc.gov/health/eating-active-living-guide.pdf)
- [**Plan Your Plate:** Shifting to a Healthy Eating Style](#)
- [**Sweet Stuff:** How Sugars and Sweeteners Affect Your Health](#)
- [**The Skinny on Fat:** The Good, the Bad, and the Unknown](#)
- [**The Salty Stuff:** Salt, Blood Pressure, and Your Health](#)
- [**Rough Up Your Diet:** Fit More Fiber Into Your Day](#)
- [**Better Nutrition Every Day:** How to Choose Healthier Foods and Drinks](#)