

To reduce your risk from heart disease and stroke, please follow these diet recommendations below . It is an excerpt from the American Heart/Stroke Association on-line publication:

1.) Limit Sodium to Less 1,500 mg Per Day

- Too much sodium in your system causes your body to retain (hold onto) water. This puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise high blood pressure. Having less sodium in your diet may help you lower or avoid high blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.
- Most people consume about 3,400 milligrams of sodium a day — more than twice the 1,500 milligrams recommended by the American Heart Association.
- Approximately 75 percent of the sodium we eat comes from sodium added to [processed foods](#) and restaurant foods. This makes it hard for people to choose foods with less sodium and to limit how much sodium they are eating because it is already added to their food before they buy it.
- Here are the approximate amounts of sodium, in milligrams, in a given amount of table salt:

1/4 teaspoon salt = 575 mg sodium

1/2 teaspoon salt = 1,150 mg sodium

3/4 teaspoon salt = 1,725 mg sodium

1 teaspoon salt = 2,300 mg sodium

2.) Eat Fatty Fish (e.g. Salmon, Tuna, Mackerel) Twice Per Week

AHA recommends eating fish (particularly fatty fish) at least two times (two servings) a week. Each serving is 3.5 oz. cooked, or about $\frac{3}{4}$ cup of flaked fish. Enjoy fish baked or grilled, not fried. Choose low-sodium, low-fat seasonings such as spices, herbs, lemon juice and other flavorings in cooking and at the table.

Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in two kinds of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which have demonstrated benefits at reducing heart disease.

AHA also recommends eating tofu and other forms of soybeans, canola, walnut and flaxseed, and their oils. These foods contain alpha-linolenic acid (ALA), another omega-3 fatty acid. Large-scale epidemiologic studies suggest that people at risk for coronary heart disease benefit from consuming omega-3 fatty acids from marine and plant sources. However, more studies are needed to show a cause-and-effect beneficial relationship between ALA and heart disease.

Increasing omega-3 fatty acid consumption through foods is preferable. However, coronary artery disease patients may not be able to get enough omega-3 by diet alone. These people may want to talk to their doctor about taking a supplement. Supplements also could help people with high triglycerides, who need even larger doses.

For more information, here's the links:

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/About-Sodium-Salt_UCM_463416_Article.jsp

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Fish-101_UCM_305986_Article.jsp