




# HEALTH EDUCATION

## YOUR GUIDE TO HEALTHY LIVING

### Includes:

- ✓ Nutritional Education
- ✓ Blood Pressure Education
- ✓ Managing & Diagnosing Diabetes
- ✓ Cholesterol Education

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This information is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.



Many people do not understand what foods are carbohydrates or contain starch. We are here to help guide your journey to healthy eating.

Let this information serve as a roadmap. Some foods fall into two categories (e.g., eggs are both protein and fat, beans are both carb and protein, etc.). “Red” items are not prohibited, just less healthy than those in “Green” and should be eaten in moderation.



## High Glycemic Index Carbohydrates

White Sugar  
White Flour  
White Bread, Bagels  
Bleached Pasta  
White Potatoes  
Chips, Corn  
Ramen Noodles  
White Rice  
Cornflakes, Cereals  
Soft Fruits  
Juice & Soda's  
Cow's Milk  
Oatmeal & Grits  
Lima & Pinto beans  
Milk Chocolate  
Candies, Cookies, Cakes



## Low Glycemic Index Carbohydrates

Agave  
Whole Grain Flour  
Whole Grain Bread  
Whole Grain Pasta  
Yams, Sweet Potatoes  
Brown Rice, Quinoa  
Air-Popped Corn  
Peas, Lentils  
Rice Bran  
Juices with Pulp  
Nut or Seed Milk  
Grapefruit, Berries  
Crunchy Fruits  
Unprocessed Oats  
Navy, Black, Kidney beans  
60%+ Dark Chocolate



## Proteins

Nuts, Seeds  
 Nut butters  
 Chickpeas Hummus  
 Egg whites  
 Chicken  
 Turkey  
 Lean Beef  
 Bison  
 Trimmed Pork  
 White Fish  
 Tofu  
 Greek Yogurt  
 0% dairy  
 Low-fat dairy  
 Cottage Cheese



## Net 0 Calories

(Keto Friendly)

Water  
 Coffee, Tea  
 Watercress  
 Lettuce, Arugula  
 Swiss Chard  
 Cucumbers  
 Pickles  
 Zucchini  
 Radishes  
 Artichoke  
 Asparagus  
 Celery  
 Brussels Sprouts  
 Cabbage  
 Onions  
 Mushrooms  
 Okra



## Ideal Fats

Avocado  
 Coconut  
 Olives  
 Sardines  
 Salmon



## Other Fats

Butter & Margarine  
 Full-fat Dairy  
 Fatty Meats  
 Bacon  
 Boxed Foods  
 Fried Foods



# Healthy Fats

These foods contain **healthy** fats that are good for your heart.  
Remember, even with healthy fats you need to watch your portion size.



Nuts



Salmon



Avocado



Sardines

Peanut  
Butter



White Tuna



Olive  
Oil



Olives



# Less Healthy Fats

These foods contain **unhealthy** fats,  
which are **not** good for your heart.

French  
Fries



Candy  
Bars



Macaroni  
& Cheese

Potato  
Chips



Ice Cream



Butter &  
Margarine



Cheese



Bacon



# ACHIEVING IDEAL CHOLESTEROL LEVELS

- Ideal Vitamin-D level
- Consume Omega-3 and fish oil
- 30-45 minutes daily fitness
- Increase Dietary Fiber



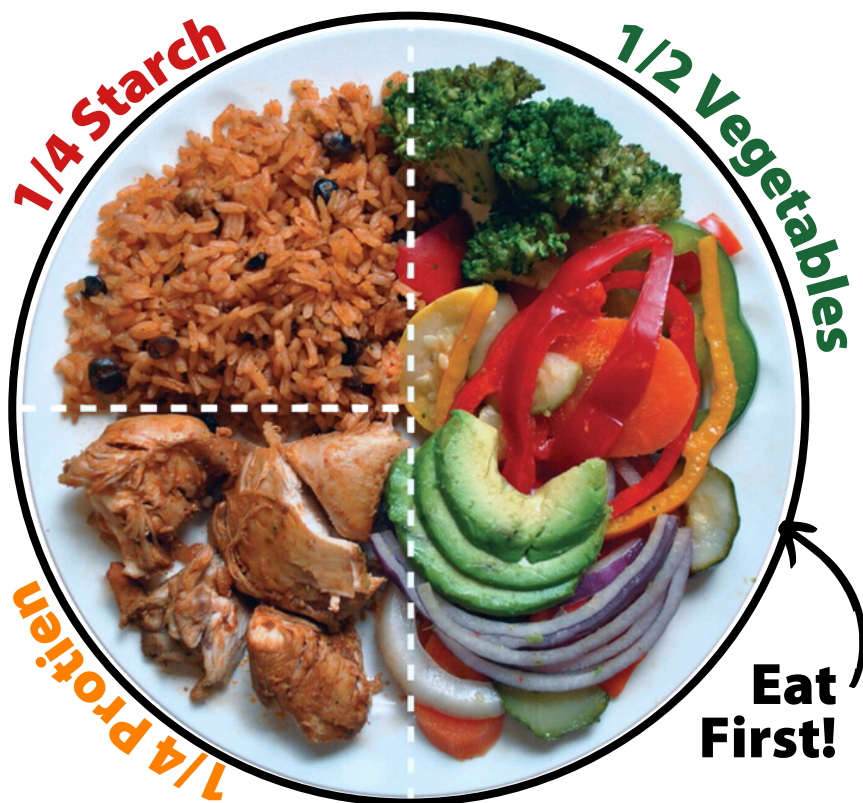
**Note: Fiber supplements can trap medications, reducing absorption. Take 2 hours before meds, or 4 hours after meds. Increase water intake when using.**





# IDEAL PLATE & EATING ORDER

Example of a Healthy Plate



- Eating vegetables, fiber, and proteins first **fills the stomach!** Any carbs that come after must generally wait for the food in front to process.
- This is how Italians, the French, and other cultures get away with carb-centric foods (e.g., pasta, pizza, croissants, chocolate, wine, etc.)

**TIP: Try a salad as the first course of every meal.**

# WHY YOU SHOULD EAT THE RAINBOW

EATING A VARIETY OF FOOD TYPES AND COLORS ENSURES  
THAT YOU ARE RECEIVING DIVERSE NUTRIENTS

## GREEN



Vitamin K, Potassium,  
Lutein, Zeaxanthin,  
Vitamin C, Folate,  
Chlorophyll

## RED



Vitamin C,  
Anthocyanins,  
Phenolics, Lycopene,  
Calcium, Vitamin D,  
Flavanol, Resveratrol,  
Folate

## BLUE



## PURPLE



## YELLOW



## ORANGE



B-Carotene/Vitamin A,  
Vitamin C, Potassium,  
Folate, Bioflavonoids

## WHITE



Potassium, Allium,  
Allicin, Anthocyanidins



# CARBOHYDRATE PORTION CONTROL

## Right Size



Half a  
muffin

Two small  
tortillas

The smaller  
piece  
of pizza

Single Scoop

Half of  
a roll

Small fry

## Too Much





# PARTIES, GATHERING, AND HOLIDAYS

Finding ways to eat mindfully during get-togethers with friends & family can be stressful, but remember...

**It is not the amount of food,  
it is the order and the quality of food**



**TIP: Have salad and/or lean protein before you get there**

- Increases fullness & reduces appetite
- Limits the effects of any carbohydrates eaten later, at the gathering



**Low Glycemic**



**High Glycemic**



# HIGH BLOOD SUGAR SYMPTOMS



Wounds, Infections, and Amputations

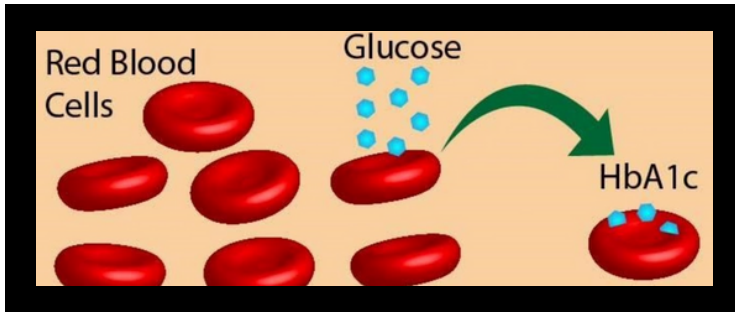
**Major Consequences:**  
Sepsis, Dialysis, Blindness,  
Blood Clots (e.g., Stroke,  
Heart Attack)



# Diagnosing Diabetes

## Diagnosing by Fasting Blood Sugar

- Euglycemia (normal): **60- 100 mg/dL**
- High Blood Sugar or Pre-Diabetes: **100- 125 mg/dL**
- Diabetes: fasting above **126 mg/dL** or any non-fasting above **200 mg/dL with symptoms**

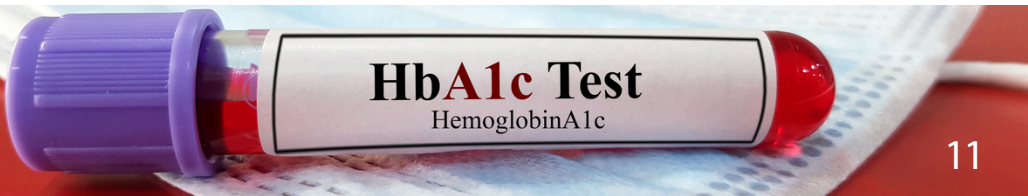


## Diagnosing by A1c

**Diabetes | A1c above 6.3%**

**Pre-Diabetes | 5.7% - 6.3%**

**Normal | Below 5.7%**



# Tips for Taking Your Blood Pressure at Home

How you sit and take your blood pressure can result in an inaccurate measurement. Here are some tips to ensure the most accurate at-home blood pressure readings.

**LIMIT  
EXERTION  
BEFORE  
TESTING**

**USE CORRECT  
CUFF SIZE**

Cuff too small adds  
2-10 mm Hg

**DON'T HAVE A  
CONVERSATION**

Talking or active  
listening adds  
10 mm Hg

**PUT CUFF ON  
BARE ARM**

Cuff over  
clothing adds  
5-50 mm Hg

**SUPPORT ARM  
AT HEART LEVEL**

Unsupported arm  
adds 10 mm Hg

**EMPTY  
BLADDER FIRST**

Full bladder adds  
10 mm Hg

**KEEP LEGS  
UNCROSSED**

Crossed legs add  
2-8 mm Hg

**SUPPORT  
BACK/FEET**

Unsupported  
back and feet  
adds 6 mm Hg

Sources: 1. Pickering, et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part 1: Blood Pressure Measurement in Humans. Circulation. 2005;111: 697-716; 2. Handler J. The importance of accurate blood pressure measurement. The Permanente Journal/Summer 2009/Volume 13 No. 3 51

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# Things that increase Blood Pressure

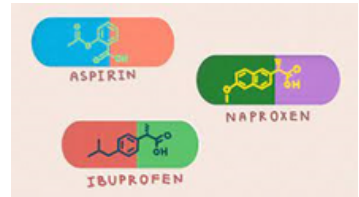
**Not  
Taking  
Medications**



**Caffeine**



**Too Much  
Salt &  
Canned  
Foods**

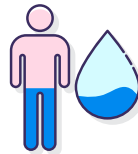


**Overuse of Some Pain  
Meds (e.g., NSAIDS)**

**Stress,  
Pain &  
Anxiety**



**Dehydration**



**Insomnia**



**Excess Alcohol**



**Nicotine**



# How too much salt affects your body



**Too much salt (sodium)**

**Raised Blood Pressure**



**Heart disease  
Heart failure**

**Damaged blood vessels**

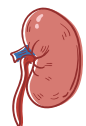


**Dementia  
Stroke**

**Hormonal changes**



**Inflammation**



**Kidney disease  
Kidney stones**

**Effects on immune system**



**9 out of 10  
Americans consume  
too much sodium.**

## Where does sodium come from?



**More than  
70%**

**comes from  
processed and  
restaurant foods**



**About  
11%**

**is added while  
cooking or  
eating**



**More than  
14%**

**occurs  
naturally**

**3,400 milligrams**  
Amount of sodium an American  
consumes on average a day

**1,500 milligrams**  
Recommended by the AHA  
for ideal heart health

Eat less than 1,500mg of  
sodium per day to stay healthy.  
Always check the label.

# Stress Management & Fitness

Managing your stress levels and exercising are excellent ways to maintain a healthy lifestyle

Stress affects more than your mind. Here are five ways a stress management routine could help your body.



**1 BETTER SLEEP**

**2 LOWER BLOOD PRESSURE**

**3 IMPROVE DIGESTION**

**4 REDUCE MUSCLE TENSION**

**5 BOOSTED IMMUNE SYSTEM**

## 10 EXERCISES FOR HIGH BLOOD PRESSURE

Take a walk

Go for a bike ride

Engage in workouts

Try Pilates

Incorporate strength training

Hiking

Practice Yoga and relaxation techniques

Explore Tai Chi

Enjoy Swimming

Get grooving with dancing





# Know your blood pressure

Helpful resource to understand your numbers

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120 - 129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	higher than 180	and/or	higher than 120

Date taken: \_\_\_\_\_ My blood pressure is \_\_\_\_\_ / \_\_\_\_\_

Learn about high blood pressure  
at [ManageYourBP.org](https://ManageYourBP.org)





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