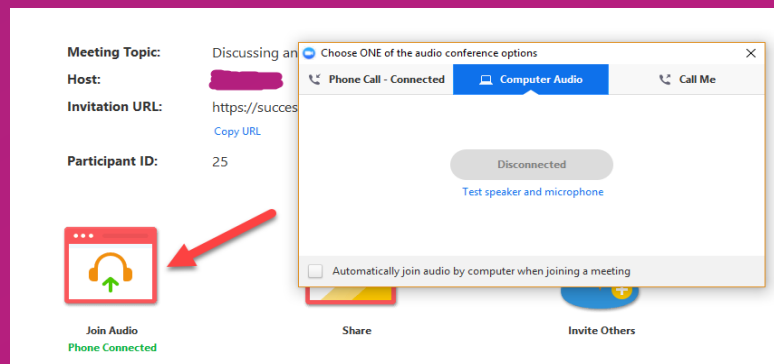




## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

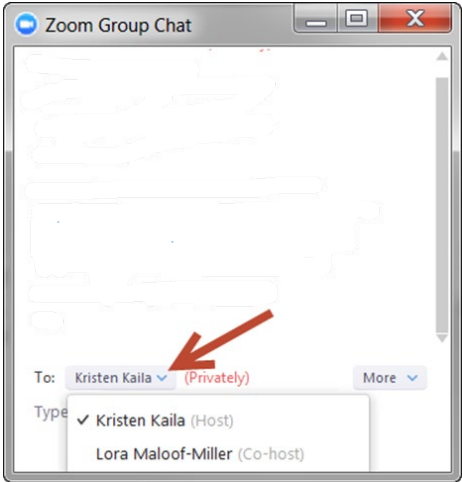
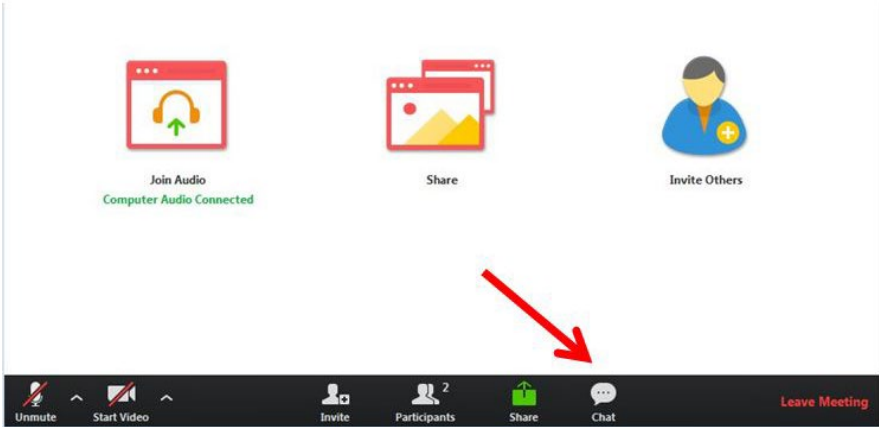
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 917 5284 9372**

# Chat function



# Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



# Cooking for a Healthy Heart

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

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*Las dispositivas están disponibles en español si las solicita.*

## Overview

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Heart healthy foods

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Shopping and meal prep

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Easy ways to add vegetables to meals

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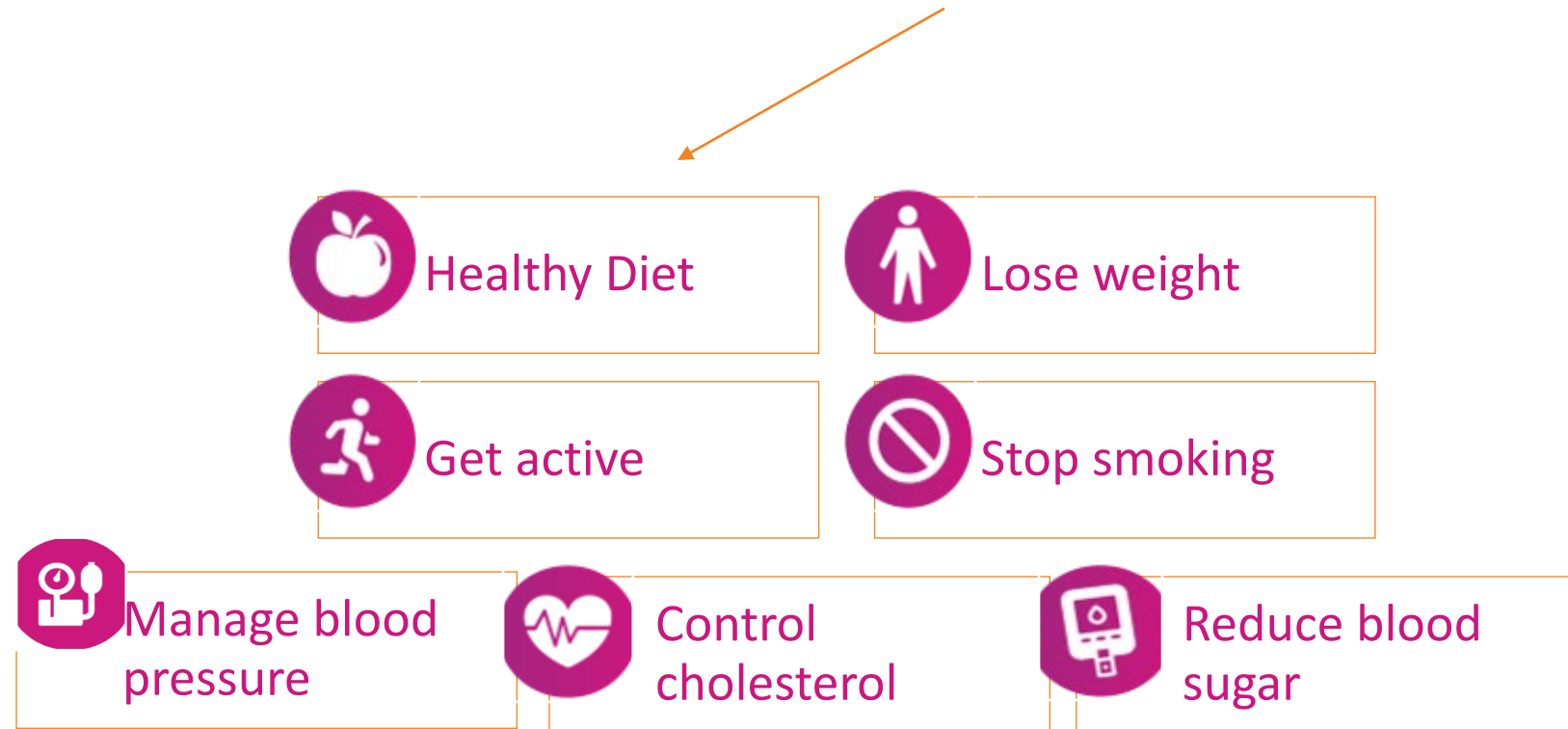
Healthy plate/portion sizes

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Cooking for one and dining out

# What You Can Do Today to Take Steps Toward a Healthy Heart

People can reduce risk factors through lifestyle changes to help achieve ideal cardiovascular health.



# The Standard American Diet (SAD)

More than half of the Standard American Diet is made up of ultra processed foods such as package snack cakes, potato chips, frozen pizzas, soft drinks, candy, and fast foods.



# The solution: unprocessed and minimally processed foods!

Many studies have found that a diet high in whole foods are associated with a reduced risk of diseases such as:

- Cardiovascular disease
- Many types of cancer
- Type 2 diabetes







# Heart Healthy Foods

# Heart Healthy Foods

When you eat a heart-healthy diet, you can prevent or reverse heart disease.

A balance of:

- Limit saturated fat
- Watch out for sodium (salt) – it seems to be in everything
- Get more fiber in your diet
- Dairy
- Vary your protein

## Video: Hummus

<https://centene.qumuccloud.com/view/NDS11Ytg4E9IHLkOmHwjFW>



# Fruits, Vegetables and Whole Grains



- Kale, bok choy, collard greens, spinach
- Red cabbage, red onions,
- Carrots
- Bell peppers



- Grapes, kiwi, apple
- Banana, orange, mango
- Cherries, strawberries
- Blueberries



- Oatmeal
- Barley
- Brown Rice
- Bulgur
- Millet
- Popcorn
- Whole wheat

# Cooking Demo: Carrot and Seed Salad

<https://centene.gumuccloud.com/view/4G6VQrqON6O56RxczZzdnE>



# Dairy

- Recommended intake ages 30-50+ years: **3 cups**

## **1 cup examples:**

- 1 cup of milk, yogurt, or soymilk (soy beverage)
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese





# Protein



Recommended intake is typically 5 to 6-ounce equivalents for those age 31-50+

## Examples of one-ounce equivalents:

- 1 ounce of meat, poultry or fish
- ¼ cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds

# THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

## LOVE IT

UNSATURATED  
(POLY & MONO)



- Lowers rates of cardiovascular and all-cause mortality
- Lowers bad cholesterol & triglyceride levels
- Provides essential fats your body needs but can't produce itself

## LIMIT IT

SATURATED



- Increases risk of cardiovascular disease
- Raises bad cholesterol levels

## LOSE IT

ARTIFICIAL TRANS FAT,  
HYDROGENATED OILS  
& TROPICAL OILS



- Increases risk of heart disease
- Raises bad cholesterol levels

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT  
[HEART.ORG/EATSMART](https://www.heart.org/eatSMART)



# Tips for People Who Like Meat

A portion of meat is the size of a deck of cards.

Choose lean cuts of meat.

Trim fat.

Use healthy cooking methods.

Minimize processed red meat.





# Shopping and Meal Prep

# Chop and store now, save time later

Save time. Wash and prep.  
Store in individual well sealed containers.

Prep once, eat all week.

Passive cooking techniques.

Look for:

- zero-prep items
- pre-chopped
- frozen





# What's on your Plate?

# What is a serving size?



## FINGERTIP

### 1 TEASPOON

Butter, margarine, mayonnaise, oils



## THUMB

### 1-2 TABLESPOONS

Peanut butter, hard cheese, salad dressing, sour cream, cream cheese



## 1 HANDFUL

### 1-2 OUNCES

Nuts, pretzels, crackers



## PALM

### 3-4 OUNCES

Meat, fish, poultry, pasta, potatoes, cooked vegetables



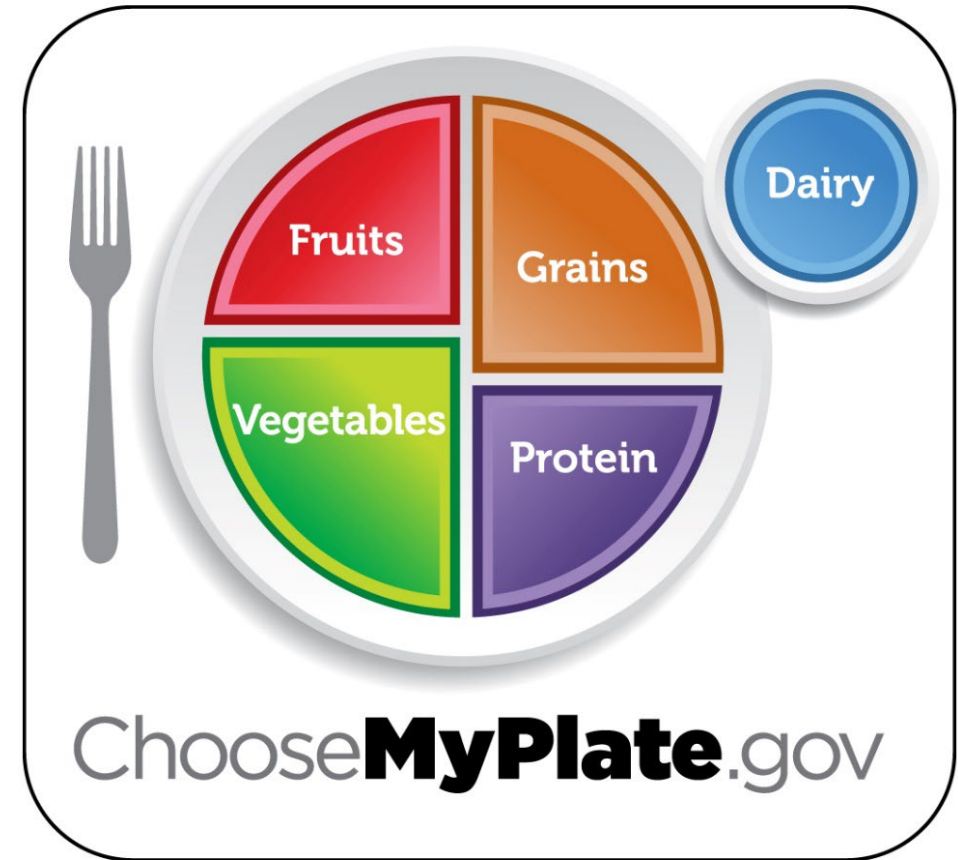
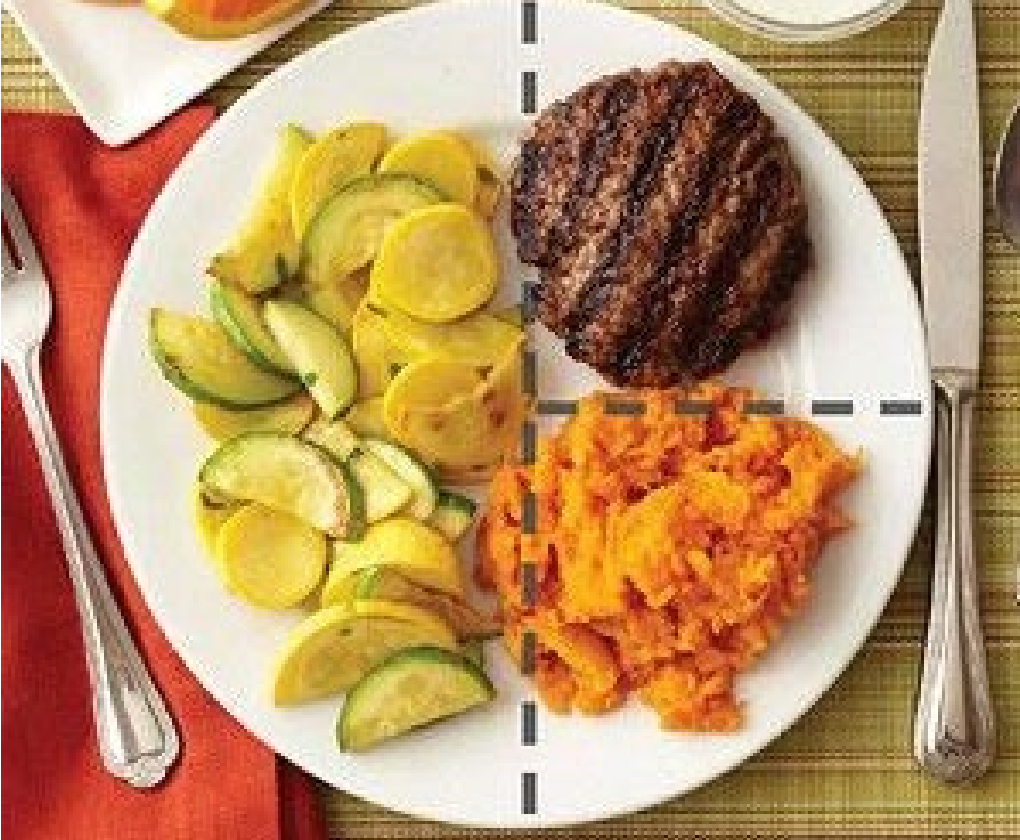
## FIST

### 1 CUP

Fresh fruit, raw vegetables, salads, cereal, soup



# Making a Great Meal





# Shortcuts to include more fruits and vegetables in your diet

Breakfast – Berries in yogurt, add veggies to omelets, smoothies

Add extra vegetables to recipes

Vegetables can be noodles

Breads and muffins with vegetables

Snack ideas: fruit, pre-cut vegetables



# Cooking Demo: Bruschetta

<https://centene.gumuccloud.com/view/eo0tsz1J5KaOW3jav51hqu>







# Cooking for One & Dining Out

# Cooking for one



## Cook

Cook one big meal at the beginning of the week.



## Eat

Eat fragile foods first.



## Master

Master the art of making less.



## Make

Make meals simple.

## Make better food choices when dining out

- ✓ Study the menu (and nutritional menu if it is available).
- ✓ Choose drinks that are low in sugar and fat.
- ✓ Start a meal with a healthy soup or salad.
- ✓ Choose an entrée wisely.
- ✓ Take it home.



# What did we learn today?

- ✓ Use shortcuts, easy prep-ahead ideas to increase your intake of fruits and vegetables.
- ✓ Look at fruits and vegetables in a different way.
- ✓ Transition from highly processed to more whole foods.
- ✓ When dining out, use the tips to make healthier choices.
- ✓ Be intentional about food choices.



# Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
  - Weight management
  - Nutrition
  - Smoking Cessation
  - Exercise
  - Stress Management





Highly interactive, individually-tailored applications

- Built-in progress tools and in-the-moment coping tools
- Online community support
  - anxiety, stress and depression
  - Alcohol and drug abuse
  - Pain management
  - PTSD and insomnia
  - Mindfulness



HN members can enroll at: [mystrength.com/go/healthnet](https://mystrength.com/go/healthnet)  
Community members: [www.mystrength.com](https://www.mystrength.com) Access Code: HNcommunity

# Telephonic Support/Lifestyle Management Health Coaching



## Personalized support

Work one on one with a health coach:

**Learn** what to expect when trying to make a healthy change.

**Understand** what motivates you.

**Decide** exactly what you want to focus on.

**Set** specific health goals.

**Track** your progress – Your coach will help you stay with it!



## Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

# Healthy Discounts

With Decision Power® Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



## Weight management

- Weight Watchers
- Jenny Craig



Chiropractic/  
acupuncture  
services and  
more  
ChooseHealthy



Eye care  
EyeMed



Hearing aids  
and screenings  
•Connect Hearing  
•Beltone



Fitness club  
discounts  
ChooseHealthy



# Online Health Challenges



## Ongoing monthly challenges

Stress  
Steps  
Sleep



## March Health Challenge

Healthier You

Non-HN members register or log on: [sharecare.com](https://sharecare.com)

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)



# Upcoming Wellness Webinar

## Mind-Body Connection

March 15, 2023

12pm-12:45pm pacific time



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# THANK YOU FOR YOUR TIME TODAY!

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