

Know the facts, and  
start making a  
happier & healthier  
you!



# *What is a Stroke?*

Stroke is a “brain attack.” It is a disease that affects the arteries of the brain. A stroke occurs when a blood vessel bringing blood to the brain gets blocked or ruptures so brain cells don’t get the flow of blood that they need. Deprived of oxygen, nerve cells cannot function and damage occurs within minutes. When these nerve cells die, the parts of the body they control can lose function either temporarily or permanently.

Other names for a stroke include:

- ❖ Cerebral Vascular Accident (CVA)
- ❖ Ischemic Stroke
- ❖ Transient Ischemic Attack (TIA)
- ❖ Intracranial Hemorrhage (ICH)
- ❖ Subarachnoid Hemorrhage (SAH)
- ❖ Cerebral Thrombosis

## *Types of Stroke*

1. An Ischemic Stroke is a stroke caused by a blocked artery. Arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. About 87% of all strokes are ischemic. This type of stroke can sometimes be treated with clot busting drugs or interventional treatments.
2. A Hemorrhagic Stroke is a stroke caused by bleeding into the brain tissue. This occurs when a blood vessel in the brain breaks leaking blood into the brain. Hemorrhagic strokes account for thirteen percent of all strokes, yet are responsible for more than thirty percent of all stroke deaths.
  - ❖ *Intracerebral hemorrhage (ICH)* occurs within the brain’s tissue. They are usually sudden with severe headache, partial or total loss of consciousness, vomiting/severe nausea, sudden numbness or weakness of the face, arm or leg (especially on one side of the body). Medicine may be used to reduce the brain swelling/pressure that follow. Sometimes surgery is needed to remove the blood clot, depending on the cause.
  - ❖ *Subarachnoid hemorrhage (SAH)* occurs around the brain’s surface and under its protective layer. This type of bleed usually results from an aneurysm. An aneurysm is a blood filled pouch that balloons out from an artery wall
3. A TIA, or Transient Ischemic Attack, is also called a “mini stroke” and occurs when a blood clot blocks an artery for a short time. The symptoms of a TIA are like the warning signs of a stroke but they usually only last a few minutes. About 10% of strokes are preceded by TIAs and are a very strong predictor of stroke risk. TIAs are a medical emergency and should be treated immediately. The prevalence of transient ischemic attacks (TIA) increases with age. Up to 40 % of all people who suffer a TIA will go on to experience a stroke.

4. A Cerebellar stroke takes place in the cerebellum which controls many of our reflexes and much of our balance and coordination.
5. A Brain Stem Stroke is especially devastating. The brain stem controls all of our involuntary “life support” functions such as breathing rate, blood pressure and heartbeat. Since impulses generated in the brain must travel through the brain stem on their way to the arms and legs, patients with a brain stem stroke may also develop paralysis in one or both sides of the body

## *Warning Signs & Symptoms of a Stroke*

Few Americans know the symptoms of stroke. Learning them—and acting **FAST** when they occur—could save your life or the life of a loved one. Remember that: ***Stroke Strikes Fast. You Should Too. CALL 9-1-1.***

Common warning signs of a stroke are **sudden** and can include:

- ❖ Sudden weakness or numbness of the face arm, or leg, especially on one side of the body
- ❖ Sudden confusion, trouble speaking or understanding
- ❖ Sudden trouble seeing in one or both eyes
- ❖ Sudden trouble walking, dizziness, loss of balance or coordination
- ❖ Sudden, severe headache with no known cause

***Use the B.E.F.A.S.T. Method for Recognizing and Responding to Stroke Symptoms:***

- ❖ “B” stands for Balance. Does the person appear to be off balance, have an unsteady gait? If so, CALL 911 Immediately
- ❖ “E” stands for Eyes. Blindness or sudden loss of vision in one eye
- ❖ “F” stands for Face. Ask the person to smile. IF the face is droopy on one side, that is a sign of stroke. CALL 911 Immediately
- ❖ “A” stands for Arm. Ask the person to raise both arms. If one arm drifts down or is not able to be raised, that is a sign of a stroke. CALL 911 Immediately
- ❖ “S” stands for Speech. Ask the person to say a simple phrase such as “The sky is blue in Richmond.” If the person’s speech is slurred or not able to be understood, or they are unable to communicate. CALL 911 Immediately
- ❖ “T” stands for Time. Diagnosis and treatment of an ischemic stroke must be within 3 hours of the time of onset of symptoms. CALL 911 Immediately

**If you recognize any of these symptoms in yourself, or someone around you, a stroke could be happening..... CALL 911 IMMEDIATELY**

## *Who is at Risk?*

Certain risk factors make it more likely that you will develop clogged arteries and have a stroke. Some risk factors for stroke can be controlled, while others cannot.

Major risk factors for a stroke that you *CAN* control include:

- ❖ Smoking
- ❖ High blood pressure—the single most important risk factor
- ❖ High blood cholesterol
- ❖ Overweight & Obesity
- ❖ Physical inactivity
- ❖ Diabetes (high blood sugar)
- ❖ Atrial Fibrillation—significant risk factor for stroke
- ❖ Transient Ischemic Attack (TIA)
- ❖ Carotid Artery Disease (CAD)—arteries in the neck supplying blood to the brain. Plaque (fatty build up) or clots can block blood flow resulting in a stroke.
- ❖ People with heart disease have a higher risk for stroke

## *Risk factors that CANNOT be changed*

Check the ones that apply to you:

- Age—stroke risk increases with age
- Family History of Stroke—the risk of stroke is greater with close blood relatives with a history of stroke
- Race—African Americans have a higher risk of death and disability due to a high rate Of hypertension. Hispanics have a higher risk of stroke as a complication of diabetes
- Prior Stroke—There is a higher risk of a second stroke after having been diagnosed with a stroke in the past
- Gender—While men have more strokes than women at younger ages, research shows that more than one half of all deaths due to stroke involve women

## *Reducing Stroke Risk*

1. Know your blood pressure. If it is elevated, work with your doctor to keep it under control. Most doctors consider a normal BP to be 120/80.
  - a. High blood pressure is a leading cause of stroke. Have your blood pressure checked at least once a year—more often if you have a history of high blood pressure
2. Find out if you have atrial fibrillation (AFib). If you have AFib, work with your doctor to manage it.
  - a. Atrial fibrillation can cause blood to collect in the chambers of your heart. This blood can form clots and cause a stroke. Your doctor can detect AFib by carefully checking your pulse, or order and EKG.
3. If you smoke, stop. Smoking doubles the risk for stroke.
  - a. If you stop smoking today, your risk for stroke will begin to decrease
4. If you drink alcohol, do so in moderation
  - a. Drinking a glass of wine or beer or one drink each day lowers your risk for stroke (provided that there is no other medical reason you should avoid alcohol)
5. Know your cholesterol number. If it is high, work with your doctor to control it.
  - a. Lowering your cholesterol may reduce your stroke risk
  - b. High cholesterol can also indirectly increase stroke risk by putting you at greater risk of heart disease—an important stroke risk factor
  - c. Often times, high cholesterol can be controlled with diet and exercise, some individuals may require medication
  - d. Normal LDL less than 100mg/dL
6. Control your diabetes. If you are diabetic, follow your doctor's recommendations carefully
  - a. Diabetes puts you at an increased risk for stroke. Your doctor can prescribe a nutrition program, lifestyle changes and medicine that can help control your diabetes
  - b. The typical target for HbA1c is less than or equal to 7%
7. Include exercise in the activities you enjoy in your daily routine
  - a. A brisk walk, swim or other exercise undergoing activity for as little as 30 minutes a day can improve your health in many ways, and may reduce your risk for stroke
8. Enjoy a lower sodium (salt), lower fat diet
  - a. By cutting down on sodium and fat in your diet you may be able to lower your blood pressure and, most importantly, lower your risk for stroke
9. Ask your doctor if you have circulation problems. If so, work with your doctor to control them
  - a. Fatty deposits can block arteries that carry blood from your heart to your brain
  - b. Sickle cell disease, severe anemia, or other diseases can cause a stroke if left untreated
10. If you have any stroke symptoms, seek immediate medical attention

## *High Blood Pressure*

High blood pressure (BP) or hypertension (HTN) is the single most important risk factor for stroke. Many people believe control of high blood pressure is a key reason for the decrease in death rates for stroke.

It is estimated that the prevalence of high blood pressure in adults over the age of 20 is approximately 72 million in the United States alone.

High blood pressure can be caused by the fatty buildup of cholesterol that clogs the arteries making the heart pump harder to get the blood flowing through the narrowed artery. Think of a clogged pipe in your house. The water drains slowly or not at all.

If you have high blood pressure you may already be on medications to assist in bringing down your pressure.

- ❖ Always take your medications as directed
- ❖ DO NOT STOP taking it (without consulting and approval from your physician) even if you do not feel any differently
- ❖ Check your blood pressure often and if it remains high, work with your physician to get it to a lower, more normal level. This may take several visits and several medications or changing of medications to get you there. But it is important you get your pressure controlled
- ❖ Up to 95% of high blood pressure is from unknown causes, but the condition is easily detectable and treatable
- ❖ Diet, exercise, and weight loss can assist in controlling your blood pressure, as well as medications
- ❖ Normal blood pressure is 120/80. High blood pressure is 140/90 or higher
- ❖ If you are diabetic, you are considered to have high blood pressure if your blood pressure is 130/85

## *High Cholesterol*

About 36 million American adults have total cholesterol levels above 240mg/dL

- ❖ Your total cholesterol should be below 200mg/dL
- ❖ Your triglyceride level should be below 150mg/dL
- ❖ Your HDL, or good cholesterol, should be 40mg/dL or higher
- ❖ Your LDL, or bad cholesterol, should be less than 100mg/dL

Diet, exercise, and weight loss can help control your cholesterol levels. In addition to medications and in some instances instead of medications

## *Atrial Fibrillation*

Atrial fibrillation is a condition that causes the upper chambers of the heart, the atria, to quiver instead of beating effectively to move blood. This causes blood flow to slow and pool and can increase the risk of clotting. If a clot breaks loose from the atria and enters the bloodstream, it can lodge in an artery leading to the brain and can cause a stroke.

About 15%-20% of people who have had a stroke have this heart arrhythmia. People with atrial fibrillation have an increased stroke risk of about 5% per year.

Treatment for atrial fibrillation includes medications such as Coumadin or warfarin, Xarelto, Eliquis, Pradaxa.

## *Diabetes*

Diabetes is an independent risk factor for stroke. Many people with diabetes also have high blood pressure, high cholesterol, and are overweight.

People with type one diabetes have to take insulin. People with type 2 diabetes may be able to control it by following a well-balanced meal plan, getting some regular physical activity and maintaining a healthy weight. Some people with type 2 diabetes may also need to take pills or insulin.

If you have diabetes, your physician will perform a blood test every 3-6 months (hemoglobin A1c) which will let them know how well your diabetes has been controlled in the last 90 days. The goal for most non-pregnant adults is to have a number less than 7.0%

# ***Know Your Diabetes Risk***

Type 2 diabetes means your body is not making enough insulin or is not using your insulin properly. Insulin is what normally controls the level of sugar in your blood. Having diabetes can lead to abnormally high levels of sugar in the blood.

## **Why should I be concerned to know if I have type 2 diabetes?**

Type 2 diabetes rarely occurs alone. People who are newly diagnosed with Type 2 diabetes often already have high blood pressure and/or abnormal cholesterol levels. If left untreated, high blood sugar will harm large and small blood vessels and can lead to organ damage.

## **What are the risk factors of type 2 diabetes?**

Diabetes is more common in African Americans, Latino Americans, Native Americans, Asian Americans, and Pacific Islanders (however, Type 2 Diabetes is seen across all race/ethnic groups).

- ❖ Age over 45 (the older one gets the higher the risk—however children as young as 8 years of age are being diagnosed with type 2 diabetes)
- ❖ First degree relative (sibling or parent) with type 2 diabetes
- ❖ Overweight, especially being overweight around the “belly” (apple shape).
- ❖ Sedentary (inactive lifestyle)
- ❖ Women who had gestational diabetes or gave birth to at least one baby weighing more than 9 pounds
- ❖ High blood pressure, abnormal
- ❖ High Cholesterol
- ❖ Other Cardiovascular Diseases

The more risk factors you have, the more at risk you are of developing or having type 2 diabetes

Uncontrolled diabetes is the leading cause of blindness, renal (kidney) failure, and limb amputations (not associated with injuries)

The leading cause of death in the United States is heart disease. 68% of those people had diabetes

Two out of three people with diabetes die from heart disease and stroke

It is estimated that once a person is diagnosed with type 2 diabetes, he or she likely had diabetes for at least 5-7 years before being diagnosed

Ask your primary healthcare provider for further evaluation to see if you have diabetes or are at risk. Prevention and early diagnosis and treatment help prevent the complications of uncontrolled diabetes. If your diabetes is well managed, you can live a long and healthy life free from diabetes complications.

# ***Acute Coronary Syndrome/Myocardial Infarction***

Acute Coronary Syndrome, also known as a heart attack, or unstable angina. This event is when blood flow stops going to the heart muscle. Do not delay seeking medical attention. They need to act fast and seek medical attention as soon as possible. When the heart muscle is not being supplied with enough blood, this can cause the heart tissue to die, may it be just a few cells or a large section of the heart. The blockage that is causing the decrease in blood flow can be a complete block, or come and go. Those who have chest pain, like an elephant sitting on the chest may have a complete blockage. Those who have chest pain that resolves with rest and gets worse with activity may not have a complete block. Both events need rapid care, and the earlier one seeks medical attention the better.

## ***Signs & Symptoms of Acute Coronary Syndrome, Angina, Heart Attack***

“Movie Heart Attack” sudden clutching of the chest, and then collapse, there is no denying what is going on. However, not everyone gets this type of symptoms to alert them that “hey, something is going on!” Some symptoms to also look for:

- ❖ Chest discomfort: pain in the center of the chest. Last for minutes or comes and goes. Also can be described as pressure, squeezing, fullness, or indigestion.
- ❖ Pain in areas of the upper body, pain in one or both arms, back, neck, jaw, or stomach (indigestion)
- ❖ Shortness of Breath: can be with or without chest pain/discomfort
- ❖ Other signs: cold sweats, nausea, lightheadedness, fatigue, anxiety
- ❖ If you have a medical history of diabetes, you must listen to your body! Your symptoms may not include chest pain or discomfort, many experience the other symptoms or shortness of breath
- ❖ If you are experiencing any of these signs and symptoms it is important to CALL 9-1-1

## *Who is at risk?*

Certain risk factors make it more likely that you will develop clogged arteries and have a heart attack. Some risk factors for Acute Coronary Syndrome can be controlled while others cannot.

Major risk factors for a heart attack that you **CAN** control include:

- ❖ Smoking
- ❖ High blood pressure (hypertension)—the single most important risk factor. Although one many not know their blood pressure is up unless checked. High blood pressure is known as the “silent killer.” Left untreated you are causing the heart to work harder, and should your arteries have plaque buildup it makes the heart work even harder to get the blood through the small opening
- ❖ Cholesterol—LDL (Bad Cholesterol), HDL (Good Cholesterol), triglycerides and total cholesterol
- ❖ Diabetes
- ❖ Overweight & Obesity
- ❖ Physical Inactivity
- ❖ People with heart disease have a higher risk for stroke

## *Risk factors that cannot be changed*

Check the ones that apply to you:

- Age—age alone increases your risk for heart disease
- Gender—generally considered a man’s disease; women have been known to develop about 10 years later in life
- Family history of heart disease
- Race—African Americans are at greater risk

## *Reducing Your Risk*

1. Know your blood pressure. If it is elevated, work with your doctor to keep it under control
2. If you smoke, STOP. Goal—counseling, nicotine products, oral smoking cessation meds should be considered. If you stop smoking today, your risk for heart disease will begin to decrease
3. If you are overweight, or have a sedentary lifestyle (physical inactivity) discuss with your doctor “starter exercises” to aid in getting into shape. You may also talk with your nutritionist while in the hospital to aid in helping you make the right dietary choices for you
4. Know your cholesterol number. If it is high, work with your doctor to control it
5. Control your diabetes. If you are diabetic, follow your doctor’s recommendations carefully
6. Enjoy a lower sodium (salt), lower fat diet
7. Lastly, if you exhibit any signs and symptoms of a heart attack, seek medical attention immediately!!! Call 9-1-1

## *First Step in Getting Healthy—Eating Right*

Heart Healthy, Low-Fat, Vegetarian Menu:

Breakfast Options:

1 Whole Wheat English Muffin  
1 Small banana  
1tbsp. unsalted peanut butter  
½ cup. Blueberries  
8 oz. skim milk

**OR**

1 cup oatmeal made with skim milk  
¾ cup fresh raspberries  
8 oz. skim milk

**OR**

Smoothie:  
½ cup kale  
½ cup spinach  
¾ cup raspberries  
½ cup Greek yogurt  
1 cup skim milk  
1 oz. chia seeds

Morning Snack Options:

4 carrot sticks  
4 celery sticks  
1tbsp. low-fat Ranch

**OR**

5 unsalted crackers  
1tbsp. low-fat peanut butter

**OR**

6 oz. Greek yogurt  
½ cup sliced fresh peaches

Lunch Options:

2 slices 100% whole wheat bread  
5 soy deli slices  
1 tomato slice  
2 large lettuce leaves  
1 slice low-sodium Swiss cheese  
1tbsp. mustard  
Fruit plate: ½ cup sliced peaches, ½ sliced orange, ¾ cup berries, 8 oz. skim milk

**OR**

¼ cup tuna salad (made with low-fat mayo) over bed of lettuce  
5 fat-free/low sodium saltine crackers  
1 small apple  
½ cup low-sodium broth-based soup  
8oz. skim milk

**OR**

Veggie Pita:  
1 whole wheat pita  
2tbsp hummus  
2 tomato slices  
6 rings sliced red onion  
½ cup baby spinach  
½ cup bell pepper  
¾ cup strawberries  
8 oz. skim milk

Dinner Options:

Portobello mushroom burger:  
1 Portobello mushroom in marinade (suggested: chopped onion, canola oil, balsamic vinegar)  
100% whole wheat bun  
1 slice low-fat provolone cheese  
1 (2.2 oz.) ear corn on the cob  
1 tsp. margarine  
1 watermelon wedge  
12 oz. unsweetened tea or water

**OR**

Stuffed Pepper:

1 whole bell pepper  
½ cup cooked brown rice  
½ cup black beans (low sodium)  
¼ cup low-sodium tomato sauce  
¼ cup chopped onion  
½ cup cooked edamame  
12 oz. unsweetened tea or water

**OR**

1 cup regular tofu

Side salad:

1 cup spinach  
1/8 cup chickpeas  
1 tbsp. olive oil and vinegar dressing  
¾ cup strawberries (can add to top of salad if preferred)  
½ cup cooked quinoa  
1 tsp. margarine  
12 oz. unsweetened tea or water

Evening Snack Options:

½ cup nonfat frozen yogurt  
¼ cup fresh blueberries

**OR**

2 tbsp. raisins  
¾ oz. unsalted mini pretzels

**OR**

1 small apple  
1 oz. unsalted walnuts

Meal combination information:

Range of 1500-2100 calories/day—No more than 30% calories from fat  
At least 25g fiber each day—Less than 2g sodium each day  
Average of 20% calories from lean protein

## *Eating Right Continued*

Diabetic Vegetarian Menu:

Breakfast Options:

1 small orange (1)  
½ cup bran cereal (1)  
8 oz. almond milk (1)  
1 slice whole wheat toast (1)  
1 tbsp. peanut butter

**OR**

1 whole wheat English muffin (2)  
1 extra small banana (1)  
1tbsp. almond butter  
1 hard-boiled egg  
8oz. skim milk (1)

**OR**

Smoothie:  
½ cup kale  
½ cup spinach  
¾ cup raspberries (1)  
½ cup Greek yogurt (1)  
1 cup skim milk (1)  
1 oz. chia seeds

Morning Snack Options:

2 tbsp. raisins (1)  
¾ oz. mini pretzels (1)

**OR**

5 unsalted crackers (1)  
1 tbsp. low-fat peanut butter  
8oz. skim milk (1)

**OR**

6 oz. Greek yogurt (1)  
½ cup sliced fresh peaches (1)

Lunch Options:

2 slices 100% whole wheat bread (2)  
5 soy deli slices  
1 tomato slice  
2 large lettuce leaves  
1 slice Swiss cheese  
1 tbsp. mustard  
¾ cup blueberries (1)  
8 oz. skim milk (1)

**OR**

½ cup tuna salad over bed of lettuce  
5 fat-free/low sodium saltine crackers (1)  
1 small apple (1)  
½ cup broth-based soup (1)  
8 oz. skim milk (1)

**OR**

Veggie Pita:

1 whole wheat pita (2)  
2 tbsp. hummus  
2 tomato slices  
6 rings sliced red onion  
½ cup baby spinach  
½ cup bell pepper  
¾ cup strawberries (1)  
8 oz. skim milk (1)

Dinner Options:

Portobello mushroom burger:

1 Portobello mushroom in marinade (suggested: chopped onion, canola oil, balsamic  
Vinegar)  
100% whole wheat bun (2)  
1 slice low-fat provolone cheese  
1 (2.2 oz.) ear corn on the cob (1)  
1 tsp. margarine  
1 watermelon wedge (1)  
12 oz. unsweetened tea or water

**OR**

Stuffed Pepper:

1 whole bell pepper  
1 cup cooked brown rice (2)  
½ cup black beans (1)  
¼ cup tomato sauce  
¼ cup cooked edamame (1)  
½ cup chopped onion  
12 oz. unsweetened tea or water

**OR**

1 cup regular tofu side salad:

1 cup spinach  
¼ cup chickpeas (1)  
1 tbsp. olive oil and vinegar dressing  
¾ cup strawberries (can add to top of salad if preferred) (1)  
½ cup cooked quinoa (1)  
½ cup black beans (1)  
1 tsp. margarine  
12 oz. unsweetened tea or water

Evening Snack Options:

½ cup nonfat frozen yogurt (1)  
¼ cup fresh blueberries (1)

**OR**

½ cup low-fat cottage cheese (1)  
½ cup sliced fresh peaches (1)

**OR**

1 small apple (1)  
1 oz. unsalted walnuts

Meal combination info:

Range of 1500-2100 calories/day—At least 25g fiber each day  
Average of 20% calories from lean protein—4 carbohydrate servings/meal (60 grams)  
½ carbohydrate servings/snack (15-30grams)

## *Eating Right Continued*

### Diabetic Menu-Regular Diet

#### Breakfast Options:

1 small orange (1)  
½ cup bran cereal (1)  
8oz. skim milk (1)  
1 slice whole wheat toast (1)  
1tbsp. peanut butter

**OR**

1 whole wheat English muffin (2)  
1 extra small banana (1)  
1tbsp. almond butter  
1 hard-boiled egg  
8oz. skim milk (1)

**OR**

Smoothie:  
½ cup kale  
½ cup spinach  
¾ cup raspberries (1)  
½ cup Greek yogurt (1)  
1 cup skim milk (1)  
1oz. chia seeds

#### Morning Snack Options:

2tbsp. raisins (1)  
¾ oz. mini pretzels (1)

**OR**

5 unsalted crackers (1)  
1tbsp. low-fat peanut butter  
8oz. skim milk (1)

**OR**

6oz. Greek yogurt (1)  
½ cup sliced fresh peaches (1)

Lunch Options:

2 slices 100% whole wheat bread (2)  
3oz. deli meat  
1 tomato slice  
2 large lettuce leaves  
1 slice Swiss cheese  
1tbsp. mustard  
¾ cup blueberries (1)  
8oz. skim milk (1)

**OR**

½ cup tuna salad over bed of lettuce  
5 fat-free/low sodium saltine crackers (1)  
1 small apple (1)  
½ cup broth-based soup (1)  
8oz. skim milk (1)

**OR**

Pita Sandwich:

1 whole wheat pita (2)  
2tbsp. hummus  
3oz. low-fat deli turkey  
2 tomato slices  
6 rings sliced red onion  
½ cup Baby spinach  
½ cup bell pepper  
¾ cup strawberries (1)  
8oz. skim milk

Dinner Options:

Turkey burger:

4oz. lean ground turkey  
(season with garlic and herbs of choice)  
100% whole wheat bun (2)  
1 slice low-fat provolone cheese  
1 (2.2 oz.) ear corn on the cob (1)  
1tsp. margarine  
1 watermelon wedge (1)  
12oz. unsweetened tea or water

**OR**

Stuffed Pepper:

1 whole bell pepper  
1 cup cooked brown rice (2)  
½ cup black beans (1)  
3oz. tomato sauce with meat  
¼ cup chopped onion  
½ cup cooked edamame (1)  
12oz. unsweetened tea or water

**OR**

4oz. garlic/herb baked chicken breast

Side salad:

1 cup spinach  
¼ cup chickpeas (1)  
1tbsp. olive oil and vinegar dressing  
¾ cup strawberries (can add to top of salad if preferred) (1)  
½ cup cooked quinoa (1)  
½ cup black beans (1)  
1tsp. margarine  
12oz. unsweetened tea or water

Evening Snack Options:

½ cup nonfat frozen yogurt (1)  
¼ cup fresh blueberries (1)

**OR**

½ cup low-fat cottage cheese (1)  
½ cup sliced fresh peaches (1)

**OR**

1 small apple (1)  
1oz. unsalted walnuts

Meal combination info:

Range of 1500-2100 calories/day – At least 25g fiber each day  
4 carbohydrate servings/meal (60grams) - 1-2 carbohydrate servings/snack (15-30grams)

## *Eating Right Continued*

Heart Healthy, Low-fat Menu- Regular Diet

Breakfast Options:

1 whole wheat English muffin  
1 small banana  
1tbsp. unsalted peanut butter  
½ cup blueberries  
8oz. skim milk

**OR**

1 cup oatmeal made with skim milk  
¾ cup fresh raspberries  
8oz. skim milk

**OR**

Smoothie:  
½ cup kale  
½ cup spinach  
¾ cup raspberries  
½ cup Greek yogurt  
1 cup skim milk  
1oz. chia seeds

**OR**

Moring Snack Options:

4 carrot sticks  
4 celery sticks  
1tbsp. low-fat Ranch

**OR**

5 unsalted crackers  
1tbsp. low-fat peanut butter

**OR**

6oz. Greek yogurt  
½ cup sliced fresh peaches

Lunch Options:

2 slices 100% whole wheat bread  
3oz. low-sodium deli meat  
1 tomato slice  
2 large lettuce leaves  
1 slice low-sodium Swiss cheese  
1tbsp. mustard  
Fruit plate: ½ cup sliced peaches, ½ sliced orange, ¾ cup berries  
8oz. skim milk

**OR**

¼ cup tuna salad (made with low-fat mayo) over bed of lettuce  
5 fat-free/low sodium saltine crackers  
1 small apple  
½ cup low-sodium broth-based soup  
8oz. skim milk

**OR**

Pita Sandwich:

1 whole wheat pita  
2tbsp. hummus  
3oz. low-sodium deli meat  
2 tomato slices  
6 rings sliced red onion  
½ cup baby spinach  
½ cup bell pepper  
¾ cup strawberries  
8oz. skim milk

Dinner Options:

Turkey burger:

4oz. lean ground turkey (season with garlic and herbs of choice-no salt)  
100% whole wheat bun  
1 slice low-fat provolone cheese  
1 (2.2oz.) ear corn on the cob  
1tsp. margarine  
1 watermelon wedge  
12oz. unsweetened tea or water

**OR**

Stuffed Pepper:

1 whole bell pepper  
½ cup cooked brown rice  
½ cup black beans (low sodium)  
3oz. low-sodium meat sauce  
¼ cup chopped onion  
½ cup cooked edamame  
12oz. unsweetened tea or water

**OR**

4oz. garlic/herbed baked chicken breast

Side salad:

1 cup spinach  
1/8 cup chickpeas  
1 tbsp. olive oil and vinegar dressing  
¾ cup strawberries (can add to top of salad if preferred)  
½ cup cooked quinoa  
1 tsp. margarine  
12oz. unsweetened tea or water

Evening Snack Options:

½ cup nonfat frozen yogurt  
¼ cup fresh blueberries

**OR**

2 tbsp. raisins  
¾ oz. unsalted mini pretzels

**OR**

1 small apple  
1oz. unsalted walnuts

Meal Combination Info:

Range of 1500-2000 calories/day—No more than 30% calories from fat  
At least 25g fiber each day – Less than 2 grams sodium each day

# ***Workout Routine That Can Be Done At Home!!***

***Total Body Workouts 15-30 minutes***

***Equipment used can be found around your house:***

***Stairs, sturdy kitchen chairs, plastic milk jugs with screw on tops, and a timer***

## Workout 1 Strength & Cardio

Walk up and down the stairs 15-60 seconds

Air Squats: 15-30 repetitions



Pushups (These can be done in a modified position or regular pushup position) 8-12 repetitions



Modified



Regular

Tricep Dips (Use a sturdy chair that will support your weight, or stairs) 8-12 repetitions



Walk up and down the stairs 15-60 seconds, 15-30 seconds of Jumping Jacks. (If you cannot jump, you may do a side squat)



Do 10 repetitions each leg

Wall Sit: 15-30 seconds



Side Row (I call this my lawn mower exercise. You should act if you are pulling the cord on your lawn mower. This is where you will use your milk jugs. You can add water to the jug to find the desired weight. A gallon jug completely full is 8.33 lbs.) 10-15 repetitions on each side



Hammer Curls (2 milk jugs required for this exercise. Hold milk jugs by handles and palms facing each other. Start with arms straight and bend elbows curling jugs upward. Arms should stay close to the side. Arms can alternate or do both together) 8-12 repetitions.



Repeat entire workout 1-2 times if desired

## Workout 2 Cardio Day

Step Ups on stairs (alternate the legs stepping up on the stairs or a bench) 15-30 seconds



Air Squats 15-30 seconds



Jumping jacks or side squats (as mentioned above) 15-45 seconds



Walk/Jog/Run for 1 minute

Step Up on stairs 15-30 seconds

Air squats 15-30 seconds

Jumping Jacks or side squats 15-45 seconds

Walk/Jog/Run 1 minute

Repeat workout 3-5 times

### Workout 3 Strength

Incline pushups (these can be done using your kitchen counters. Place hands a little more than shoulders width apart. Lower chest to the counter, keeping your body straight like a board. Your heels will come off the floor naturally and that is fine. Push yourself back up) 8-12 repetitions.



Sumo Squats (legs are a little wider than hip width apart and feet will be slightly pointed out. Bending your knees, lower your hips straight down, back is straight and chest is up. To make this more of a challenge, add the milk jug with water to give you more weight) 10-15 repetitions



Wall Sit (pictured in workout 1) 15-30 seconds

Side Row-do both arms at the same time (pictured in workout 1) 8-15 repetitions

Sumo Squats 10-15 repetitions

Wall Sit 15-30 seconds

Hammer Curls 8-12 repetitions

Sumo Squats 10-15 repetitions

Wall Sit 15-30 seconds

Tricep Extensions (arms are straight overhead. Hold milk jug above head, with desired weight, bending elbows so milk jug comes down behind your head. Push arms back up to the starting position where arms are straight again) 8-12 repetitions.



Sumo Squat 10-15 repetitions  
Wall Sit 15-30 seconds

Repeat workout 1-2 times

Workouts are intended to start with lowest repetition/seconds first and then each week builds up to the highest repetition/seconds. Please consult your primary care physician before starting an exercise routine if you have any major health issues. These workouts are designed to do in the comfort of your own home to build a happier and healthier YOU!

## References

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