

Limiting overall fat intake and eliminating trans fat is part of a heart healthy diet

**Trans fat =
“partially hydrogenated oil”**



Check food labels and restaurant menus for these

COMMON SOURCES OF TRANS FAT IN YOUR DIET

- Shortenings and margarines
- French fries, fried chicken, chicken nuggets, fish fillets, taco shells
- Hamburger buns, pizza dough, crackers, cookies, cakes, pies, muffins, pastries, donuts
- Salad dressing, croutons, hot chocolate, icing, pancake and other baking mixes
- Potato or tortilla chips, microwave popcorn, candy

In keeping with the mission to protect and promote the health of the citizens of Albany County, the use of artificial trans fats in food service establishments in Albany County is being eliminated in 2009.

Trans fat is the most dangerous type of dietary fat. It increases LDL ("bad") cholesterol, and decreases HDL ("good") cholesterol in the body, thereby promoting heart disease.

The elimination of trans fat will not change the flavor of your favorite restaurant items, but instead will promote a healthier dining experience!

**For more information call (518) 447-4580
www.albanycounty.com/notransfat**



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January 2009

Your Guide to a Heart Healthy Lifestyle



**What you and your family need
to know about staying active,
eating well, and maintaining
your health**



Get Moving

And keep moving



Any amount of physical activity is better than no physical activity.

Aim for 2 hours and 30 minutes of moderate physical activity each week.

Split activity into several short periods, like 10 minutes 3 times a day.

Walking is great exercise and it's free!

Maintain a Healthy Weight

It's a lifestyle, not a diet



Eat a diet of mostly fruits, vegetables, nonfat or low fat milk, and whole grains.

Limit sugary beverages and fried foods.



Avoid foods high in salt and cholesterol.

Limit overall fat intake, and avoid all trans fat (partially hydrogenated oils).

Know Your Numbers

And keep them in a healthy range

Blood pressure below 120/80

HDL ("good") cholesterol above 60

LDL ("bad") cholesterol below 100

Body Mass Index (BMI) below 25



$$\text{BMI} = \frac{\text{weight in pounds}}{(\text{height in inches})^2} \times 703$$

Some simple steps:

Take the stairs.

Do an extra lap around the grocery store or the mall.

Do some housework. Mop the floor, rake the leaves, shovel the snow!

Walk with a friend, family member, neighbor or pet.

Some simple steps:

Turn off the TV and computer while eating.

Grill, broil, or sauté instead of frying.

Cook with small amounts of unsaturated oils (canola, olive, sunflower) or use pan sprays.

Choose smaller servings. If you eat out, take half of your meal home.

Some simple steps:

If you smoke, quit now.

Call the New York State Smokers' Quitline
1-888-NY-QUITS

Get your numbers checked regularly.

Ask your health care provider how to keep your numbers in a healthy range.