



## **Heart Healthy Eating**

Currently over 40% of all deaths in the United States are results of cardiovascular disease, which consist of many familiar conditions, including: myocardial infarctions (heart attack), angina pectoris, congestive heart failure, hypertension, congenital heart defects, artery diseases and rheumatic heart disease. Of these contemporary lifestyle diseases, nutrition can have the greatest impact on circulatory health. The nutritional impact can be negative by promoting atherosclerosis (consuming the typical 'American diet' of high in both sugar & damaged fats) or positively by inhibiting atherosclerosis at various stages of plaque formation.

By following these recommendations from Mark Houston MD, you can dramatically reduce your chance of suffering from a heart related chronic disease.

- Consume 10 servings of fresh fruits and vegetables per day (ideally: 6 veggie & 4 fruit servings) include especially dark colored produce and mix them up in different combinations.
- Up your daily fiber intake to 40-50 grams of crude fiber (oats, cereals, vegetables, etc. . .)
- Reduce refined carbohydrates to about 40% of total calories consumed
- Increase mono-unsaturated fatty acids (MUFA) and poly-unsaturated fatty acids (PUFA) with omega-3 fatty acids (aim for 3 grams of omega-3 fatty acids per day); you can do this through high quality supplements, cold water fish, 2-3 tablespoons of extra virgin olive oil and/or 5-10 olives per day.
- Eliminate trans-fatty acids (highly damaged fats)
- Reduce saturated fats to 10% of total calories consumed
- Consume high-biological-value protein, choose: lean red meat once or twice per week, cold water fish 3X per week, some free-range chicken or beef, whey protein 30 grams 3X per week and fermented soy products 30 grams 3X per week
- Increase your consumption of catechin-polyphenols, through:
  - Green Tea Extract (EGCg) through high quality supplements of 500mg a day or drink 8-12 ounces of green tea a day
  - Red wine: 4-6 ounces per day
  - Grapes (the dark ones) two servings per day or 6 ounces of grape juice daily
- Increase magnesium in your diet (fruits, vegetables and whole grains) or with supplements to 1000mg daily
- Increase potassium in your diet (fruits, vegetables and whole grains) to 100mcq
- Decrease sodium in your diet to 2000mg a day
- Consume 1-2 cloves of fresh garlic a day

Dr. Houston's daily supplement recommendations:

- CoQ10 100mg
- Carnitine 2 grams
- Lipoic acid 100mg
- Biotin 1000 micrograms
- Taurine 2 grams
- Selenium 200 micrograms
- Folate 800 micrograms

- ?NAC (N-Acetyl Cysteine) 2000 mg
- Tocotrienols (mixed) 100mg
- Niacin 200 mg
- Vitamin C 500 mg
- Baby Aspirin (81mg) – one per day; unless contradicted for a medical reason

Mark C Houston MD, MS, SCH, ABAAM, FACP, FAHA graduated from Vanderbilt University Medical School, did postgraduate internal medicine training at the University of California, San Francisco, served as Chief Resident in Medicine at Vanderbilt and is presently triple board certified in internal medicine, hypertension and anti-aging medicine with a Masters of Science Degree in Human Nutrition. His clinical practice at Saint Thomas Hospital in Nashville, Tennessee, he specializes in integrating nutrition with traditional medicine for the treatment of hypertension, dyslipidemia and cardiovascular diseases. Currently, he is a Clinical Professor of Medicine at Vanderbilt University School of Medicine and is Director of the Hypertension Institute, Vascular Biology & the Life Extension Institute and section Chief of the Division of Nutrition and Director of CME. Dr. Houston recent wrote the book “What Your Doctor May Not Tell You About: Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure” available at bookstores everywhere and his website: [www.hypertensioninstitute.com](http://www.hypertensioninstitute.com) for more heart healthy information!

**Heart Healthy Eating**  
**By JJ Virgin, CNS, CHFI**