

*So your Cardiologist
has referred you to
Linda*

Your Cardiologist has asked me to address your nutrition and lifestyle choices and has given me specific instructions on your individual needs. I will help you make small achievable changes, over time, so you can improve your cardiovascular health and still enjoy your eating experience.

If you are saying

- What changes does my cardiologist want me to make?
- I just don't know where to begin.
- How does nutrition help my heart?
- Can I still eat my favorite foods?
- Can you help me cook meals that are healthy and convenient?
- Can I still enjoy eating out?
- Can I drink alcohol?
- How many grams of fat or sodium am I supposed to have?
- What should I look for on a label?
- Can I have any fat at all?
- I want to know what to do so I can live in the best possible health.

Then..... Linda Farr RD/LD is the nutrition expert to help you implement practical diet and lifestyle changes tailored to your individual needs.

*Linda's Comprehensive
Strategies for
Diet and Lifestyle Changes*

Linda Farr RD/LD will help you gradually implement the important changes that will lead to long term healthy diet and lifestyle patterns.

DIET CHANGES

Linda will evaluate your current eating habits and calculate your calorie and protein needs, to help you attain your desirable weight. She will develop a personalized meal plan that focuses on increasing the nutrient rich foods in your diet—fruits and vegetables, whole grains, fiber, and fish. You will learn how to select lean meat, poultry, & dairy products, and how to limit your intake of saturated and trans fats and cholesterol. You will also learn about the health effects of monounsaturated, omega 3 and polyunsaturated fats, sodium, alcohol, fish oil, plant stanols/sterols, nuts, soy protein, B-vitamins and antioxidants. Other topics covered during follow-up sessions could include meal timing, menu planning, label reading, portion sizes, dining out tips and how to limit your sodium and fluids if recommended by your doctor.

PHYSICAL ACTIVITY

Exercise should always be approved by your doctor first. It is generally recommended that you incorporate moderate intensity physical activity for at least 30 minutes most, if not all, days of the week. This should reduce the risk of a cardiovascular event, decrease LDL and triglycerides, and increase HDL. Linda is not an exercise expert or trainer and will not prescribe exercise. She will only encourage physical activity as recommended by your doctor.

*Linda's
Nutritional Focus for
Cardiovascular Disease
Education*

- 1. CONSUME A HEART HEALTHY DIET.**
- 2. REDUCE INTAKE OF ADDED SUGARS.**
- 3. AIM FOR A HEALTHY BODY WEIGHT**
- 4. AIM FOR A DESIRABLE LIPID PROFILE.**
- 5. AIM FOR A NORMAL BLOOD PRESSURE.**
- 6. AIM FOR A NORMAL BLOOD GLUCOSE LEVEL.**
- 7. GET REGULAR PHYSICAL ACTIVITY, AS MEDICALLY PERMITTED.**
- 8. AVOID USE OF & EXPOSURE TO TOBACCO**

Your diet, weight, physical activity and exposure to tobacco smoke all affect your cholesterol level—and these factors can be controlled.

Best Choices

- ◆ Lean meats, poultry and fish
- ◆ Meat substitutes like dry peas and beans, and tofu
- ◆ Fat free or 1% milk and yogurt
- ◆ Reduced fat, low fat, or part-skim cheeses with less sodium
- ◆ A variety of fruits and vegetables
- ◆ Whole grain and high fiber breads, cereal, rice, pasta and other grains
- ◆ Unsaturated liquid vegetable oils
- ◆ Soft tub margarine with unsaturated liquid vegetable oils as the first ingredient and added plant stanol esters
- ◆ Nuts and seeds

How To Schedule an Appointment

1. Call Linda Farr at (210) 735-2402
9:30 – 6 Monday – Thursday
9:30 – 4 Friday
2. Schedule an appointment that fits your availability. Parking is free.
3. Payment may be made by cash or check.

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Linda Farr

Registered & Licensed
Dietitian

*“The Nutrition Expert
to Trust”*



*Nutrition Therapy
For Cardiovascular
Disease*

*Including Hypertension, Heart
Failure, and Lipid
Metabolism Disorders*

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