

ASSESSMENT

Patient Name: _____

Healthcare Professional Name: _____

Categories and Recommended Daily Intake	Habit Questions Please note that a "No" response indicates a need for improvement	Yes	No
F FATS Daily recommended fat intake is 20-35% of daily calorie intake Choose unsaturated fats Limit saturated and trans fats to <7%	Do you avoid consuming fatty cuts of meat (>4 oz. beef, pork, lamb or bacon)? Do you regularly consume lean meat or poultry more than 3 times a week? Do you consume fish at least twice a week? Do you avoid consuming fried foods such as doughnuts, French fries or battered fish and chips? Do you avoid using lard and/or shortening in your cooking and baking? Do you regularly consume low fat (skim, 1%, 2%) dairy products rather than full fat (>3.25%)? Do you regularly consume nuts such as almonds and walnuts? Do you regularly consume vegetable oils or soft non-hydrogenated margarine instead of butter?	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
F FIBRE 21 to 38 g/day	Does your breakfast usually include a high-fibre cereal or oatmeal (at least 4g fibre/serving)? Do you regularly consume whole grain or whole wheat bread, pasta and brown rice?	☐ ☐	☐ ☐
F FRUIT & VEGETABLES 7 servings/day 1 serving = ½ cup	Do you regularly consume legumes such as split-peas, chickpeas, black beans, kidney beans, pinto beans? Do you regularly consume 4 or more servings of fruit/vegetables a day? Do you choose dark green and orange vegetables?	☐ ☐ ☐	☐ ☐ ☐
F FUNCTIONAL FOODS Omega-3 Fatty Acids EPA and DHA: 2-4g/day Plant Sterols: 2g/day Dietary/Soluble Fibre: 10g/day Nuts: 30-67g/day Soy Protein: 25g/day	Do you consume fatty fish at least twice a week (salmon, mackerel, sardines, herring or trout)? Do you consume plant sterol-fortified foods such as soft non-hydrogenated margarine and juice)? Do you regularly consume whole grains such as oats, whole grain bread, and pasta and brown rice? Do you include ground flaxseed in your diet? Do you consume a handful of nuts per day (a 1 oz. serving of nuts like walnuts or almonds)? Do you regularly take fish oil supplements? Does your breakfast usually include a high-fibre cereal or oatmeal (at least 4g of fibre/serving)?	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐
A ALCOHOL Women: 1 drink/day Men: 2 drinks/day	Women Do you average less than 1 drink of beer (12 oz.), wine (5 oz.) or liquor (1.5 oz.) a day or 9 per week? Men Do you average less than 2 drinks of beer (12 oz.), wine (5 oz.) or liquor (1.5 oz.) a day or 14 per week?	☐ ☐	☐ ☐
C CALORIE CONSCIOUS Women: 1650/day Men: 2150/day Note: Actual recommended calorie intake depends on height, weight and activity level.	Do you usually consume less than 2 sugary soft drinks or juices a day? Do you usually consume 2 or less servings of sweet snacks each day (such as desserts, cookies, pastries or ice cream)? Do you eat at restaurants less than 3 times per week? Do you read nutrition labels when choosing foods? Do you pay attention to portion sizes?	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
E EXERCISE 150 minutes/week	Do you exercise at least 150 minutes per week? Do you sit for less than 8 hours a day?	☐ ☐	☐ ☐
S SODIUM 1500-2300 mg/day	Do you avoid consuming prepared foods, such as processed meats, canned goods, or snack foods such as potato chips, salted pretzels and nuts? Do you avoid adding salt when cooking or at the table? Do you limit fast food and try to make healthier choices when eating out?	☐ ☐ ☐	☐ ☐ ☐
S SMOKING	Are you a non-smoker?	☐	☐
S STRESS	Do you feel your daily stress levels are manageable? Do you practice stress-reduction techniques to help reduce the level of stress you feel?	☐ ☐	☐ ☐

PRESCRIPTION

- **FATS:** Try reducing your overall fat intake and choosing “healthy” fat options more often. Choose leaner cuts of meat, lower fat dairy products, and healthier spreads and dressings.

Choose more often (in moderation):

- ☐ Oils (canola, olive); soft, non-hydrogenated margarine
- ☐ Prepare salad dressings with oil & vinegar or lemon juice
- ☐ Skim, 1% or 2% milk; lower fat cheese (15-20% milk fat or less)
- ☐ Reduced-fat options such as light mayonnaise, cream cheese and sour cream
- ☐ Avocado, ground flaxseed, small handful of unsalted, dry-roasted nuts daily
- ☐ Lean cuts of meat with fat trimmed or without skin. Two or more servings of fresh or frozen fish per week

Choose less often:

- ☐ Butter, lard, shortenings, hard margarines
- ☐ Cream cheese and sour cream
- ☐ Creamy, full-fat salad dressings
- ☐ Whole milk, high-fat cheese (more than 20% milk fat), ice cream
- ☐ Fatty cuts of prime rib, regular ground beef, bacon, spareribs, duck, goose, organ meats, wieners and sausages
- ☐ Processed luncheon meat
- ☐ Breaded and fried fish
- ☐ Limit serving size of meat

- **FIBRE, FRUIT and VEGETABLES:** Fruit, vegetables and whole grain products are rich in vitamins, minerals and heart healthy fibre. Try to consume a whole grain, a fruit and a vegetable at every meal.

Choose more often:

- ☐ Whole grain and high-fibre breads and cereals with at least 2-3 grams of fibre per serving, oatmeal, oat bran, psyllium
- ☐ Whole grain pasta, brown rice, barley, quinoa
- ☐ Dark green, orange and red fruits and vegetables

Choose less often:

- ☐ White bread, jumbo bagels, cookies, cakes, pies, pastries, store bought muffins, doughnuts and scones, high-fat granola cereals/bars
- ☐ Vegetables prepared with creamy, high-fat sauces
- ☐ Deep fried vegetables like french fries or onion rings

- **FUNCTIONAL FOODS:** Viscous fibre, soy protein, nuts, plant sterols and unsaturated fatty acids are associated with cholesterol-lowering benefits and are part of a heart-healthy diet.

Choose more often:

- ☐ Fatty fish rich in omega-3 polyunsaturated fatty acids (mackerel, salmon, herring, sardines, trout)
- ☐ Plant-sterol fortified foods such as soft non-hydrogenated margarine and juice
- ☐ Handful of unsalted, dry-roasted nuts daily; 1 oz. of walnuts, almonds, hazelnuts or pistachios
- ☐ Whole grain and high-fibre breads and cereals with at least 2-3 grams of fibre per serving
- ☐ Oatmeal, oat bran, psyllium, dried beans, nuts, barley, ground flaxseed
- ☐ Dark green, orange and red fruits and vegetables

- **ALCOHOL:** If you don't currently drink, don't start. If you do drink, limit your intake to less than 1 drink per day for women (or 9 per week) and 2 drinks per day for men (or 14 per week).

- **CALORIE CONSCIOUS:** Excess calories can turn into excess weight. Read nutrition labels. Make each calorie count. Rethink your drink. Avoid over-consumption. Control portions.

Choose more often:

- ☐ Water
- ☐ Fruits and vegetables; consume vegetables first, fruit second
- ☐ Smaller portions; use smaller plates and dishes when serving food
- ☐ Keep a food journal and track calories

Choose less often:

- ☐ Pop, sugary fruit drinks, juices
- ☐ Potato chips, cookies, chocolate bars, candy
- ☐ Restaurant meals and all-you-can-eat buffets
- ☐ Foods containing little nutritional value

- **EXERCISE:** Exercise should become a habit for life! Try working up to 150 minutes or more of physical activity per week. Start slowly and remember it all adds up – 10 minutes, 3 times a day adds up to 30 minutes! Reduce your sitting time during the workday by standing or taking walking breaks.

- **SALT:** Sodium in your diet can contribute to high blood pressure. Limit intake of salty and processed foods and reduce the amount of salt you add while cooking and at the table.

Choose more often:

- ☐ Lemon juice
- ☐ Herbs and spices, flavoured vinegar
- ☐ Foods prepared at home; avoid adding salt while cooking and at the table
- ☐ Choose products with low sodium or no added sodium, read food labels to ensure DV (Daily Value) of 5% or less sodium

Choose less often:

- ☐ Packaged and processed foods, processed luncheon meats
- ☐ Snack foods such as crackers, nachos, potato chips, pretzels
- ☐ Cheeses, gravies, seasonings, sauces (soya sauce, fish sauce)
- ☐ Canned and ready to consume soups and frozen meals
- ☐ Eating at restaurants and eating fast food

- **SMOKING:** Smoking can lead to an increased risk of cardiovascular disease. ☐ I am interested in a smoking cessation program.
- **STRESS:** Stress can have an impact on heart health. Sleep, regular physical activity and stress-reducing activities (e.g. meditation) can help make a difference.

References:

1. Anderson T. et al. 2012 Update of the Canadian Cardiovascular Society Guidelines for the Diagnosis and Treatment of Dyslipidemia for the Prevention of Cardiovascular Disease in the Adult. Can J Cardio. 2013.
2. Health Canada. Eating Well with Canada's Food Guide: A Resource for Educators and Communicators. 2013.