

Tips for getting enough milk, cheese and yogurt in to a heart healthy diet

- Add milk to oatmeal instead of water
- Mix milk and yogurt with frozen berries to make fruit smoothies
- Top soups, salads, wraps and grilled vegetables with grated cheese
- Enjoy milk in your tea or café latte
- Make dressings or dips for your salads and veggies with yogurt
- Savour a piece of cheese with fruit for a healthy snack or to complete your meal

Aim for a healthy balance

Your Doctor agrees!
Even though you have heart disease, you can feel good about eating milk, cheese and yogurt as part of your heart healthy well-balanced diet.



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Eat well!

Choose a healthy balance of foods like milk, cheese, yogurt, vegetables, fruit, whole grains, lean meat, poultry, fish, legumes, nuts and seeds. They're full of nutrients to support your health.

Move more!

Make physical activity a priority in your daily routine. The key is to find activities you like so you will get moving more. Work your way up to at least 30 minutes of active time most days.

Living with heart disease or stroke? It's good to know you can still enjoy milk, cheese and yogurt.

Want recipes and health tips?

Check out
Our Dietitians' Favourites at:
dairygoodness.ca/ourfavourites

Sources:

1. de Souza RJ et al. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ* 2015;351:h3978.
2. Chowdhury R et al. Associations of dietary, circulating and supplement fatty acids with coronary risk. *Ann Intern Med* 2014;160:398-406.
3. de Oliveira Otto MC et al. Dietary intake of saturated fat by food source and incident cardiovascular disease: the Multi-Ethnic Study of Atherosclerosis. *Am J Clin Nutr* 2012;96:397-404.
4. Qin L et al. Dairy consumption and risk of cardiovascular disease: an updated meta-analysis of prospective cohort studies. *Asia Pac J Clin Nutr* 2015;24:90-100.
5. Heart and Stroke Foundation of Canada. Position Statement on Saturated Fat Heart Disease and Stroke, September 24, 2015. Available at www.heartandstroke.com.

This information is not intended to replace advice provided by your doctor or registered dietitian.



NUTRITION
DAIRY FARMERS OF CANADA



Living with heart disease or stroke?

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Enjoy heart healthy foods like **milk, cheese and yogurt**

Enjoy heart healthy foods like milk, cheese and yogurt

Do you have heart disease or have you had a heart attack or stroke? Are you missing foods that you once enjoyed? If so, the good news is that you can continue to enjoy milk, cheese and yogurt as part of a heart healthy diet.

You may have been told to limit foods that contain saturated fat. Saturated fat is found in many different foods such as meat, poultry, fish, eggs and dairy foods. Baked goods, fried foods and highly processed foods also contain saturated fat.



Experts recently took a good look at the scientific evidence and concluded that saturated fat does not increase the risk of heart disease.^{1,2}

New research suggests it's not the saturated fat itself, but the type of food the fat is found in that has the greatest impact on your heart health.³

In fact, findings from a recent study indicate that eating **dairy foods such as milk, cheese and yogurt, while they contain saturated fat, could actually lower one's risk of suffering from heart disease and stroke.**⁴

What foods should you limit? Experts generally agree it's best to avoid eating too many fried foods and highly processed foods such as candy bars, cakes, cookies and doughnuts.⁵

The Heart and Stroke Foundation of Canada has a new view on saturated fat

According to the Heart and Stroke Foundation of Canada, nutrition is a constantly evolving science leading to rethinking the way saturated fat is viewed.⁵

Their new heart healthy eating recommendations⁵ encourage you to:

focus on naturally nutritious foods

avoid highly processed foods

The main message is for you to pay attention to the **types** and **amounts** of foods you choose to eat and the **overall quality** of your diet. The new recommendations do not include a limit for saturated fat. Instead, they encourage you to focus on eating a healthy, balanced diet.

You can feel good about eating milk, cheese and yogurt

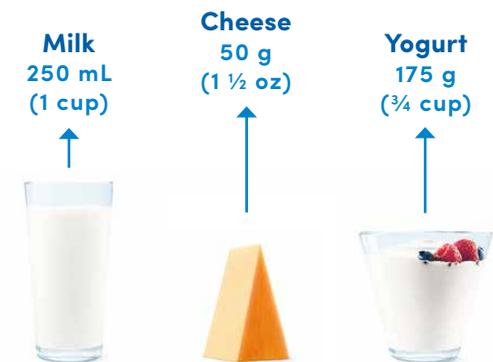
If you are living with heart disease or stroke, you may be wondering what foods to eat. You can feel good about enjoying reasonable amounts of milk, cheese and yogurt as part of a healthy diet—they're loaded with nutrients. Milk, cheese and yogurt provide your body **with up to 16 essential nutrients**. These include calcium, vitamin B12 and protein, just to name a few.

Recommended daily servings of Milk and Alternatives for adults



Canada's Food Guide recommends adults get two to three servings of Milk and Alternatives every day. The number of servings you need depends on your age.

How much is a serving?



There's a wide variety of milk, cheese and yogurt, with different levels of fat content, all of which can fit into a heart healthy diet.