

Healthy Heart for *Life* Program



Donald J. Voelker, MD, FACC, FSCAI, FSCCT, FASA

700 West Grove El Dorado, Arkansas 71730

(870) 875-5540

www.themedcenter.net



*****Please talk with your doctor before making any changes to your diet, medications or exercise program*****

Dr. Voelker's "SAVE YOUR LIFE" Eating Plan

- Eat T-Bone of the deep and lots of it. FISH, FISH & FISH.
- If you see a pig swimming in the ocean, only then can you eat it.
- Grill, Broil or Bake! No Frying!
- Eat GREEN! Spinach, Broccoli, Celery, Lettuce, Cabbage, etc.
- Drink GREEN! Green Tea
- Keep hydrated. Drink 8 glasses of water each day.
- No EMPTY calories, such as sugared soda, Coke, Pepsi, etc.
- Read Food Labels.
- Avoid Trans Fats. (Anything containing partially hydrogenated oils.)
- Eat Breakfast.
- Watch your portion or serving size.

Healthy Protein Choices

- Salmon, preferably wild caught
- Tuna
- Halibut
- Haddock
- Orange Roughy
- Sardines
- Mackerel
- Grass-fed Buffalo
- Turkey breast (no skin)
- Chicken breast (no skin)
- Lentils
- Edamame (soybeans)
- Beans

Unlimited Foods

- Broccoli
- Cauliflower
- Squash
- Carrot
- Cucumber
- Cabbage
- Onion
- Radish
- Asparagus
- Zucchini
- Tomato
- Brussels Sprouts
- Spinach
- Celery
- Kale
- Collard Greens
- Mushroom

Fruit Choices

- Apples
- Banana
- Prune
- Blueberries

Whole Grain Choices

- 100% Whole Grain Bread (1 slice is 1 serving)
- Brown Rice, Wild Rice or Black Rice
- Whole Oats
- Barley

Dairy Choices

- Skim Milk
- "Egg Beaters"
- Egg Whites
- Fat Free Cottage Cheese
- Fat Free Yogurt (low sugar)

Oils

- Olive Oil
- Enova Cooking & Salad Oil
- Safflower Oil

AVOID

- Pork
- Beef
- Cheese (except fat-free)
- Mayonnaise
- Butter
- Margarine
- Palm Oil
- Fried Foods (French Fries, Onion Rings, Chips, etc.)
- Partially Hydrogenated Oils
- Bakery Cakes, Rolls, Pies etc.
- White Bread
- White Potatoes
- White Flour Pasta

Some Suggested Healthy Products

- Kashi GOLEAN Hi Fiber Cereal
- Kashi GOLEAN Instant Hot Cereal
- Sturms Healthy for Your Heart Whole Grain Oatmeal
- ENOVA Cooking & Salad Oil
- Chicken of the Sea wild caught Salmon Steak (also honey barbeque glaze)
- Bumble Bee Albacore Tuna Steak (lemon & cracked pepper, mesquite barbecue)
- Wish Bone Salad Spritzers, Balsamic Breeze
- Kraft Fat Free Shredded Cheddar Cheese
- Fat Free Evaporated Skim Milk (use in coffee instead of cream)
- Muir Glen Organic Canned Soup (Southwest Black Bean, Classic Minestrone, Country Vegetable)

Recommended Daily Supplements

- Multiple Vitamin
- B-25 Complex
- Vitamin C 500mg
- Omega 3 Fish Oil 1-2 grams

- D-3 1000 mg

******Please talk with your doctor before making any changes to your diet, medications or exercise program.******

Facts and Statistics

- Obesity is calculated using the Body Mass Index (BMI) formula:
25 - 29.9 = Overweight
> 30 = Obese
> 40 = Morbidly Obese
- Being obese is linked with a 9-year reduction in life expectancy.
- 80% of people with Type 2 Diabetes are Obese.
- Heart Disease can be slowed and begin to reverse with INTENSIVE life style changes.
- People who carry weight in the abdominal area (belly fat) are at higher risk for heart disease and diabetes.
- Lifting weights just twice a week can keep down belly fat.
- Trans fats make you fatter than other fats and the weight settles more in the abdominal area.
- People who get 7-8 hours of sleep each night are 11 pounds lighter on average than those who get 5-6 hours.
- Move 10,000 steps a day. Wear a pedometer and you will be more likely to reach or exceed this goal.
- People who drink 8 glasses of water per day eat nearly 200 fewer calories per day than people who drink less.
- People who eat legumes (beans) at least 4 times per week cut their risk of developing cardiovascular disease by 22% (Tulane University).

BMI CALCULATION

Multiply your weight (in pounds) by 703

Divide this by your height (in inches) twice.

Example: 124 lbs x 703 = 87,172

87,172 ÷ 64 (height in inches) = 1362

1362 ÷ 64 = 21.28 BMI

Dr. Voelker's Tips & Thoughts

- Remember, "Food is Fuel for your Body."
- Your body is a closed system. The fatty foods you eat today stay inside your body and arteries.
- Set goals, short and long term and tell your family and friends.
- Serve your main course on a salad plate. You will be less likely to overeat.
- Watch your portion or serving size.
- Get Moving. Walk or exercise at least 20 minutes a day. Park at the far end of the parking lot, take the stairs, turn off the TV.
- Eat small meals throughout the day. Avoid starving as it slows your metabolism.
- Don't eat after 8 pm.
- Eat breakfast. Studies show people who eat breakfast consume less calories in a day.
- Fruit is good for you. But, fruit has a lot of fruit sugar, making it difficult to lose weight. Choose apples or bananas.
- Walnuts and Almonds are good for your heart. However, they are high in Fat and should be limited while trying to lose weight.
- Red wine may be good for your heart but alcohol is high in calories and consumption should be limited while trying to slim down.
- Remember, for every pound you lose your overall health improves.
- To lose weight and keep it off a permanent lifestyle change is necessary.
- Choose foods high in fiber. You will feel fuller on fewer calories and keep your digestive system moving.
- Keeping an accurate and honest food diary may help you learn more about your eating habits and food choices.
- To lose weight, you must burn more calories than you take in!

Dr. Voelker on SNACKS

- Most prepackaged snacks are high in calories, fat, sugar & salt.
- Fat-Free cookies and cakes are high in calories & carbohydrates.
- You must arm yourself for the day by bringing your own snacks with you to work.
- Eat your snack and if you still feel hungry wait 15 minutes before eating more. It takes time for the signal that you are satisfied to reach your brain.
- Often we are not hungry but dehydrated. Drink a glass of water, green tea, etc., before each snack or meal and frequently throughout the day.

Some healthy snack suggestions:

- Place 1 slice of Kraft Fat-Free Cheese on Quaker Rice Cake (plain or white cheddar) and heat in microwave for 10 seconds. Top with tablespoon of Salsa (Sam's Choice Southwest Black Bean & White Corn). ENJOY!
- Chicken of the Sea wild caught Tuna or Salmon cups (Cajun, teriyaki, honey BBQ or mandarin orange) served with Whole Wheat Melba Toast (Old London).
- Carrot and Celery sticks (or can use pre-prepared veggie tray and throw away the full fat dip that is enclosed) dipped in Fat-Free Cream Cheese or Fat-Free Ranch Dip or Dressing.
- EAS Myoplex Lite Ready to Drink in French Vanilla, Chocolate Fudge or Cappuccino flavors (best if refrigerated).
- Sliced apples or pears dipped in Fat-Free Caramel Sauce.
- 99% or 98% Fat-Free Turkey Jerky (Jack Links or Bridgford brand).
- Kashi GOLEAN High Protein & High Fiber Cereal with Skim Milk
NOTE: I carry Fat-Free Evaporated Skim Milk in the can. It does not need refrigeration until opened. I also use this in my coffee.
- Dannon Light & Fit Smoothie
- Edamame, lightly salted

For people who are lactose intolerant or cannot eat dairy products, try:

- Rice Dream Vanilla Rice Drink with Plant Sterols instead of milk. Use on Kashi GOLEAN cereal or to make fruit smoothies.

Dr. Voelker's "Brain Booster"

Blueberry Protein Smoothie

- 16 oz (2 cups) Soy Slender Vanilla Soy Milk
- 2 cups Frozen Wild **Blueberries**
- 2/3 cup 100% Soy Protein Booster by Naturade
- 2 tablespoons Maximum Greens (GNC)
- 2 tablespoons Maximum Fruit (GNC)
- 2 scoops Super Foods Supreme (GNC)

May also add:

- 1 (3.3 oz) Dan Active Probiotic Drink Vanilla
- 1 container Activia Light Vanilla Yogurt

Blend Soy Milk, **Blueberries**, (Dan Active & Activia) in BLENDER.
Add Soy Protein Booster, Maximum Greens, Maximum Fruit, and
Super Foods Supreme.

BLEND WELL.

Pour into tall glass.

ENJOY!

Makes 2 servings.

Per 1 serving: **Calories** = 375
Protein = 30 grams
Fat = 4.5g
Fiber = 14g
Sugars = 15g
Carbs = 34g

Dr. Voelker's Fountain of Youth Smoothie

ANTIOXIDANTS ARE NATURE'S REAL FOUNTAIN OF YOUTH.
ANTIOXIDANTS STOP THE FREE RADICAL MOLECULES
THAT DAMAGE YOUR CELLS. **EXERCISE**, ALONG WITH A
DAILY DIET FULL OF **ANTIOXIDANTS**, CAN HELP STOP
HEART DISEASE, CANCERS AND WRINKLES.

1 cup frozen blueberries

(ranked highest in antioxidants, Tufts University, Boston, MA!)

½ cup frozen mango (known as the king of fruits!)

1 kale leaf (has 45 different flavonoids)

1 tablespoon 100% cacao powder - NOT alkali processed
(packed with polyphenols!)

½ cup pomegranate juice

(an ancient fruit listed in the Book of Exodus; contains 36 antioxidants and
12 known anti-inflammatory phytochemicals)

½ cup resveratrol/resvinatrol juice

(highlighted on Barbara Walters TV special on longevity. Is a natural phenol.)

2 teaspoons stevia or splenda

**COMBINE ALL. BLEND IN BLENDER. ADD MORE JUICE IF TOO THICK.
MAKES THREE 8 OZ SERVINGS CALORIES: 140 PER SERVING**

RECOMMENDED JUICES

Sambazon Acai with Blueberry & Pomegranate

POM Pomgranate Blueberry 100% Juice

Genesis Today Pomegranate & Berries with Resveratrol

Only Natural 100% Acai

Resvinatrol Complete (ResvinatrolComplete.com)

**READ LABELS! MANY JUICES ARE MAINLY APPLE JUICE & CONTAIN A LOT OF SUGAR!
INGREDIENTS LISTED FIRST ARE IN THE GREATEST AMOUNT, LAST ON THE LIST = LEAST.
Various juices listed above can be purchased at Wal-Mart, Brookshire's, Olde Towne Store, & GNC.**

