

MAYAEID
NUTRITIONIST

Optimized Nutrition for a Healthy Heart

Hosted by Maya Eid, Certified Nutritionist

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CIBC | 03/06/25



What we will learn:

- The #1 dietary factor for heart health with recipes and guidance to implement it
- The best anti-inflammatory foods and recipes (plus the worst)
- Science-backed lifestyle tips for a healthier heart
- Foods to improve cholesterol levels (and some cholesterol myth-busting)

Disclaimer: The information and content in this presentation is not intended to replace an individual relationship with a qualified health care professional and is not intended as medical advice.





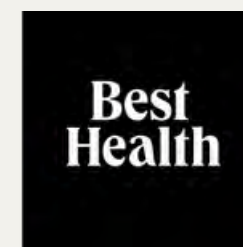
Experience & Interest

- Certified Nutritional Practitioner
- Food Freedom & Mindful Eating Coach
- Sustainable Health Habits for Working Professionals
- Promoting Health-Behaviours
- Nutrition coach for 9+ years

Hi, I'm Maya.

Your No-Nonsense Nutritionist

featured in:



healthline



Cardiovascular Disease (CVD)

The term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, heart failure, and peripheral artery disease.

DID YOU KNOW...

CVDs are responsible for approximately 33% of all deaths worldwide, making them the leading cause of death globally.

PMID: 38273998



Risk factors for CVD

Leading risk factors for heart disease and stroke are high blood pressure, high low-density lipoprotein (LDL) cholesterol, diabetes, smoking and secondhand smoke exposure, obesity, unhealthy diet, and physical inactivity.

pop quiz!

What percentage can we reduce our heart attack risk by making healthy lifestyle changes like quitting smoking, eating better, and exercising?

- a) 30%
- b) 50%
- c) 90%
- d) 100%

PMID: 15364185



pop quiz!

What percentage can we reduce our heart attack risk by making healthy lifestyle changes like quitting smoking, eating better, and exercising?

a) 30%

b) 50%

c) 90%

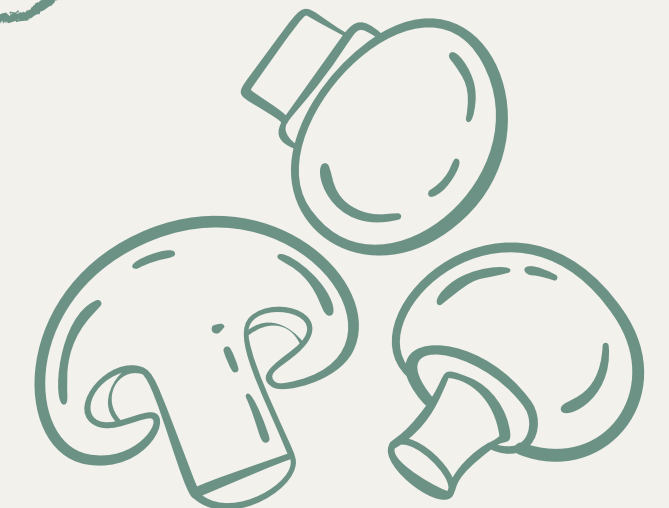
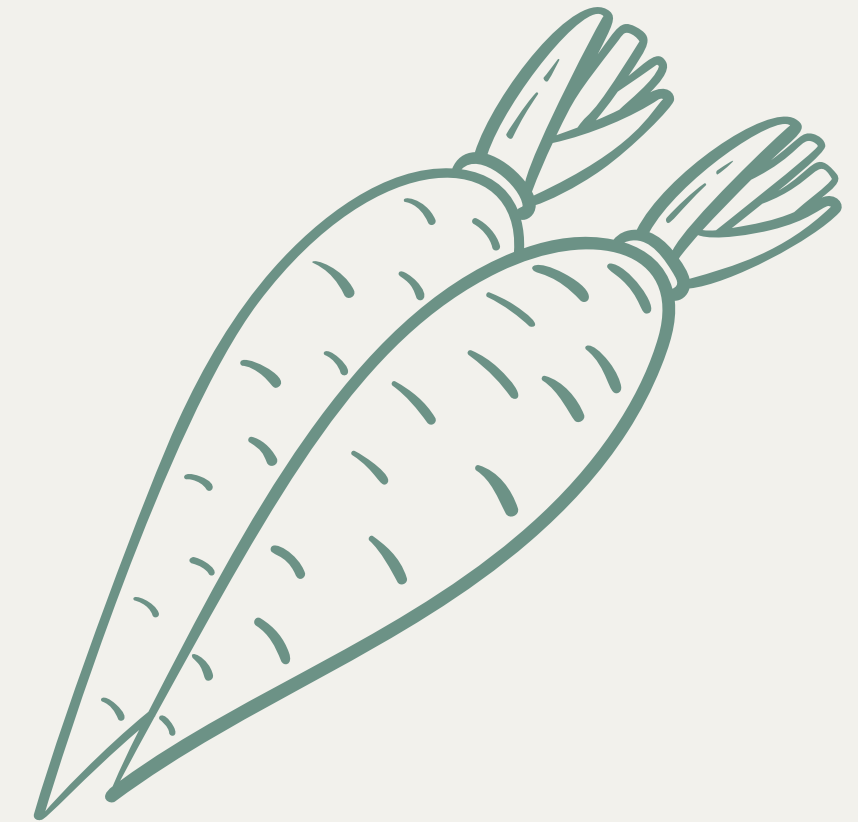
d) 100%

PMID: 15364185



TIP #1

**prioritize veggies
and fibre**



HEART HEALTH STATS

**Across 31 meta-analyses,
higher fibre intake was linked
to a lower risk of CVD.**

PMC: 5731843

Fibre

what is it?

- Dietary fibre, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb.
- It passes relatively intact through your stomach, small intestine and colon and out of your body.
- Research shows that fibre can lower blood sugar as much as some diabetes medications, lower cholesterol, and promote a healthy weight.





pop quiz!

How many main types of fibre are there?

a) 2

b) 4

c) 6



pop quiz!

How many main types of fibre are there?

a) 2

b) 4

c) 6



Fibre

SOLUBLE VS INSOLUBLE

- SOLUBLE FIBRE: dissolves in water to form a gel-like material. **Helps lower blood sugar.** It's found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.
- INSOLUBLE FIBRE: promotes the movement of material through your digestive system (helps with constipation) and **increases stool bulk.** It's found in wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes.



Fibre

DAILY RECOMMENDATIONS

- The Canadian Diabetes Association states that the average Canadian is only getting 4.5-11g daily.
- Aim to get >25g-38g of fibre daily at a minimum.

33 BEST HIGH-FIBER FOODS



 **Lentils**
15.6g/Cup 7.9g/100g

 **Whole Grain Pasta**
6.3g/Cup 8g/100g

 **Okra**
8.2g/Cup 3.2g/100g

 **Pears**
5.5g/Pear 3.1g/100g

 **Oats**
16.5g/Cup 10.6g/100g

 **Broccoli**
2.4g/Cup 2.6g/100g


 **Avocados**
10g/Cup 6.7g/100g

 **Quinoa**
1.6g/Cup 2.8g/100g


 **Lima Beans**
13g/Cup 7g/100g

 **Coconuts**
7g/Cup 9g/100g

 **Popcorn**
1.2g/Cup 14.5g/100g

 **Flaxseeds**
2.8g/Tbsp 27g/100g

 **Artichoke**
6.9g/Artichoke 5.4g/100g


 **Dark Chocolate**
3.1g/Ounce 10.9g/100g

 **Carrots**
3.4g/Cup 2.8g/100g



 **Raspberries**
8g/Cup 6.5g/100g

 **Banana**
3.1g/Banana 2.6g/100g

 **Pearled Barley**
3.8g/Cup 6g/100g

 **Edamame**
8g/Cup 5g/100g

 **Kidney Beans**
11.3g/Cup 5.4g/100g

 **Millet**
17g/Cup 8.5g/100g

 **Split Peas**
16.3g/Cup 8.3g/100g

 **Strawberries**
3g/Cup 2g/100g

 **Chia Seeds**
10g/Ounce 34g/100g

 **Brussels Sprouts**
3.3g/Cup 8.3g/100g

 **Black Beans**
15g/Cup 8.9g/100g


 **Figs**
1.6g/Fig 2.9g/100g

 **Almonds**
11g/Cup 12.5g/100g

 **Sweet Potatoes**
3.8g/Medium size 2.5g/100g

 **Kale**
2.6g/Cup 2g/100g

 **Beets**
3.8g/Cup 2.8g/100g

 **Apples**
4.4g/Apple 2.4g/100g

 **Chickpeas**
12.5g/Cup 7.6g/100g



SAMPLE DAY OF 36G OF FIBRE

BREAKFAST: SMOOTHIE

	Fibre (g)
1/2 cup of raspberries	4.2
2 tbsp ground flax	3.8
2 cups spinach	1.4
1 cup almond milk	1.0
Breakfast Total	10.4

LUNCH: PROTEIN + STEAMED VEG

	Fibre (g)
1 cup steamed swiss chard	3.7
1 cup steamed cauliflower	3.4
Lunch Total	7.1

SNACKS:

	Fibre (g)
Almonds (15)	2.1
2 tbsp hummus	10
Cucumber/Carrots for dipping	4.4
Snacks Total	7.5

DINNER: QUINOA SALAD

	Fibre (g)
1/2 cup cooked quinoa	2.6
1/4 cup black beans	3.0
1/4 red pepper	0.5
1/4 avocado	3.4
1/8 cucumber	0.5
5 cherry tomatoes	1.0
1 tbsp tahini	0.7
Dinner Total	11.7

TOTAL FIBER CONSUMED:

36.7G

Note: Only foods that had fibre were included.

WHY INCREASE FIBRE



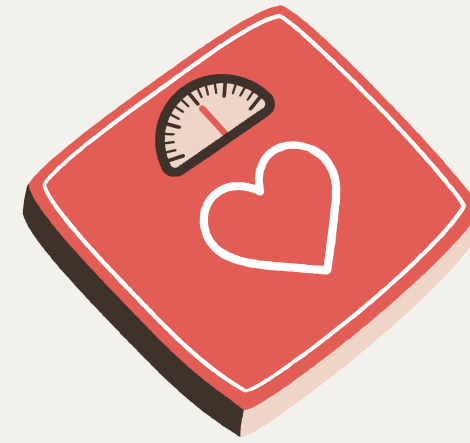
LOWERS CHOLESTEROL

Lowers LDL ("bad")
cholesterol



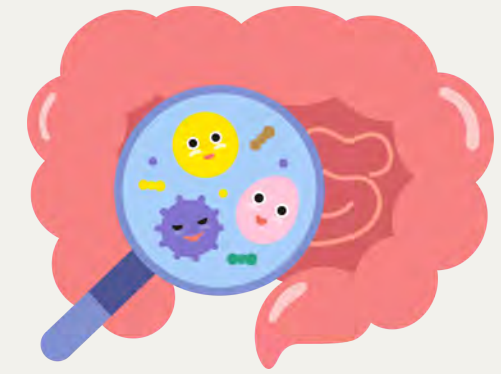
LOWERS BLOOD SUGARS

Slows the
absorption of sugar



HELPS HEALTHY WEIGHT

Satiates more than
low-fibre foods



GUT BACTERIA

Impacts how your
body metabolizes
food



15g of fibre per serving
makes 2 servings

Cinnamon Pear Overnight Oats

INGREDIENTS

- 1 cup Rolled Oats
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 2 Pears (chopped)

DIRECTIONS

1. Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
2. Divide the oats evenly between bowls or containers and enjoy!



12g of fibre per serving
makes 2 servings

Penne with Bursted Cherry Tomato Sauce

INGREDIENTS

- 4 ozs Chickpea Pasta (dry)
- 1/4 cup Extra Virgin Olive Oil
- 3 cups Cherry Tomatoes
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (chopped)
- 1 tbsp Nutritional Yeast or Parmesan

DIRECTIONS

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast or parmesan. Enjoy!



12g of fibre per serving
makes 2 servings

Shrimp & Black Bean Quinoa Bowl

INGREDIENTS

- 1/2 cup Quinoa (dry)
- 10 ozs Shrimp (peeled, deveined)
- 2 tsps Taco Seasoning
- 2 tsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup Black Beans (cooked)
- 2 stalks Green Onion (thinly sliced)
- 1/3 cup Red Onion (diced)
- 1/3 Cucumber (medium, quartered)
- 1 Lemon (juiced)

DIRECTIONS

1. Cook the quinoa according to the package directions.
2. In a bowl, mix together the shrimp, taco seasoning, and half of the oil. Season with salt and pepper. Warm a pan over medium heat. Add the shrimp and cook for two to three minutes per side, until pink and cooked through.
3. Divide the quinoa, shrimp, black beans, green onion, red onion, and cucumber between bowls. Top with the remaining oil and lemon juice. Adjust the seasoning to your taste and enjoy!

ACTION STEP #1

eat >25g of fibre per day

ACTION STEP #2

consume 5 servings of veggies/day

How to eat more veggies

- Try replacing pasta & noodles with spaghetti squash or zucchini noodles.
- Batch cook roast veggies at the beginning of the week for an easy side.
- Clean and cut up veggie sticks to snack on throughout the week.
- Add a handful of mixed greens to the base of a meal.
- Add a handful of spinach or kale to smoothies, eggs, or saucy meals.
- Chop up veggies into tiny pieces to add into sauces (try carrots, onions, garlic, or celery).
- Visit your local farmer's market

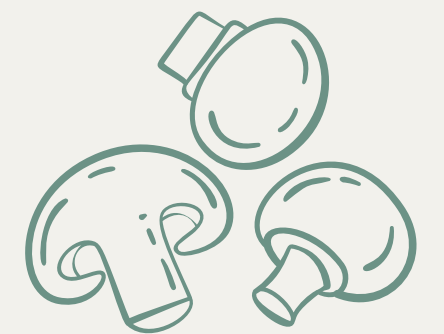
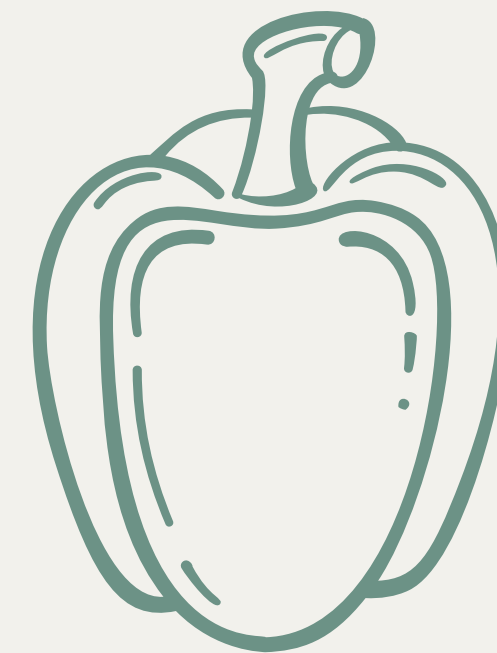


REFLECT

1. Do I hit the minimum daily fibre intake?
2. How many servings of veggies do I get daily (on average)?

TIP #2

eat an anti-inflammatory diet



HEART HEALTH STATS

High levels of inflammation were associated with an increased chance of having a heart attack or stroke.

- John Hopkins Medicine

What to eat more of

ON AN ANTI-INFLAMMATORY DIET

- Colourful fruits & vegetables
 - Leafy greens (like spinach, kale, chard and collard greens)
 - Cruciferous vegetables
- Healthy fats (like avocado, coconut oil and olive oil & wild-fish, eggs)
- High-quality protein (grass-fed beef, pasture-raised chicken) & plant-based proteins (beans, legumes)
- Nuts & seeds
- Unrefined whole grains
- Fermented foods
- Polyphenol rich foods



Research positions the Mediterranean diet as a highly effective dietary approach for reducing the risk of cardiovascular diseases.

Meta-Analysis > [Curr Probl Cardiol.](#) 2024 May;49(5):102509.

doi: 10.1016/j.cpcardiol.2024.102509. Epub 2024 Mar 1.

Long-term impact of mediterranean diet on cardiovascular disease prevention: A systematic review and meta-analysis of randomized controlled trials

Mediterranean diet checklist

- Did I have 7+ servings of veggies/fruits today?
- Did I have whole grains today?
- Did I have a few servings of olive oil today?
- Did I have a few servings of nuts/seeds today?
- Did I have high-quality protein at each meal?
- Did I include legumes?
- Did I limit my sweets this week?

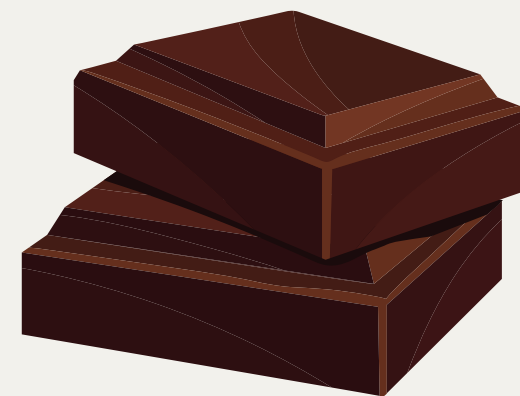
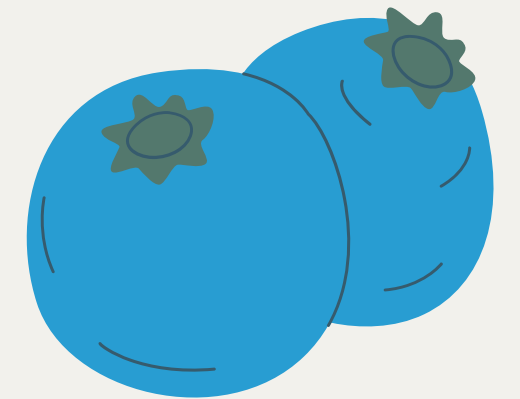


The power of polyphenols

Polyphenols are a category of plant compounds that offers various health benefits.

Some of the best-studied polyphenol-rich foods are tea, especially green tea; blueberries; extra-virgin olive oil; citrus fruits; hibiscus tea; dark chocolate; coffee; turmeric; and other herbs and spices.

Polyphenol-rich foods have been shown to have a number of beneficial anti-inflammatory benefits for the heart.



Herbs & Spices

Turmeric, dried
1 teaspoon
= 47mg Polyphenols



Basil, fresh
2 Tablespoon chopped
= 12mg Polyphenols



Capers
1 teaspoon
= 540mg Polyphenols



Spearmint, fresh
2 Tablespoons
= 28mg Polyphenols



Cinnamon, Ceylon
1 teaspoon
= 233mg Polyphenols



Oregano, dried
1 teaspoon
= 125mg Polyphenols



Cloves
1 teaspoon
= 321mg Polyphenols



Pepper, black
1 teaspoon
= 23mg Polyphenols



Coriander, dried
1 teaspoon
= 54mg Polyphenols



Nutmeg
1 teaspoon
= 42mg Polyphenols



Cumin
1 teaspoon
= 65mg Polyphenols



ACTION STEP #3

add an anti-inflammatory,
polyphenol-rich food into your diet
everyday.

What to less of

ON AN ANTI-INFLAMMATORY DIET

- Refined sugar and high fructose corn syrup
- Processed red meat
- Highly processed oils like sunflower oil, canola oil, soybean oil
- Fried foods
- A diet high in carbohydrates, without the protein and fat to balance it
- Alcohol, in excess



ACTION STEP #4

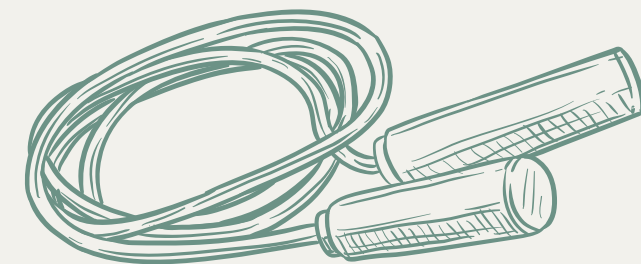
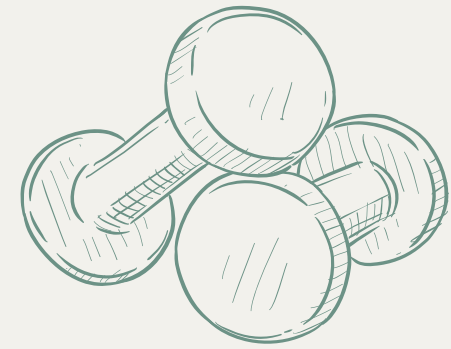
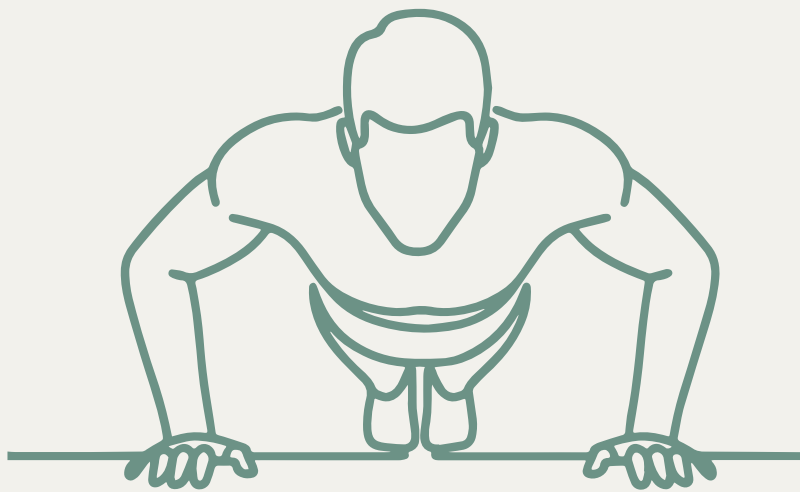
remove an inflammatory food from
your routine for the week.

REFLECT

1. Am I close to the Mediterranean Diet with the way I eat?
2. What can I add or remove from my diet?

TIP #3

move your
body more





Exercise is proven to

Lower blood pressure, lessen risk of developing diabetes, maintain healthy body weight, and reduce inflammation throughout the body.



You don't have to be perfect with this

IT DOESN'T TAKE A LOT TO SEE THE BENEFITS

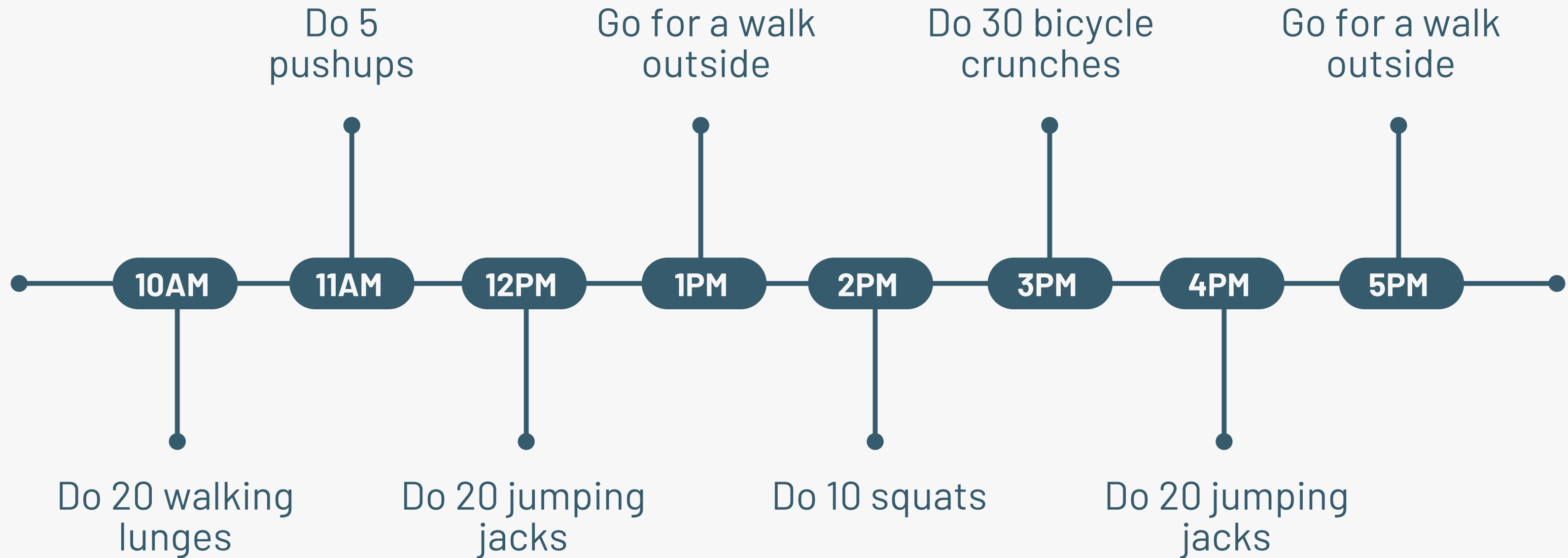
- In one study, where 90,000 people were split into 4 groups based on activity level, just moving from the least-active group to the not-quite-as-inactive group **dropped the risk of heart disease by almost 30 percent.**
- Aim for a minimum of 30 minutes a day, 5x per week, with both cardio and strength training.



How to stay active and move more

- Start small, even just 5 minutes a day.
- "Stack" your movement onto other activities.
- Brushing your teeth? Add in a wall sit.
- Waiting for the coffee to brew? Do some lunges.
- Have a work call? Do it walking.
- Take your movement outside.
- Schedule it.
- Have an accountability buddy.

LET'S GET MOVING



ACTION STEP #5

move your body for ___ minutes
this week.

REFLECT

1. What is a reasonable goal over the next week for moving my body?
2. Can I schedule my movement or invite an accountability buddy?

TIP #4

use meditation
for your heart
health



“Meditation can be a useful part of cardiovascular risk reduction.”

- Cardiologist Dr. Deepak Bhatt, Harvard Medical School professor

- It appears to produce changes in brain activity. It also can lower your heart rate, blood pressure, breathing rate, oxygen consumption, adrenaline levels, and levels of cortisol, a hormone released in response to stress.
- People who practice meditation are significantly less likely to have a heart attack or stroke or die within five years.



ACTION STEP #6

practice 4+ minutes of
meditation today

REFLECT

1. What is my highest stress time of day?
2. Could I schedule in 4-5 minutes of meditation before or after?

TIP #5

understand
cholesterol



Cholesterol is a type of “fat-like” waxy substance

OUR BODIES NEED IT TO FUNCTION PROPERLY

- It's needed to make hormones
- It's in every single cell, building healthy cell membranes in your brain, nerves, muscles, skin and organs
- It makes bile acid to digest fats
- It helps convert sunlight into vitamin D in the body



True or False?

Cholesterol only comes from the foods we eat.



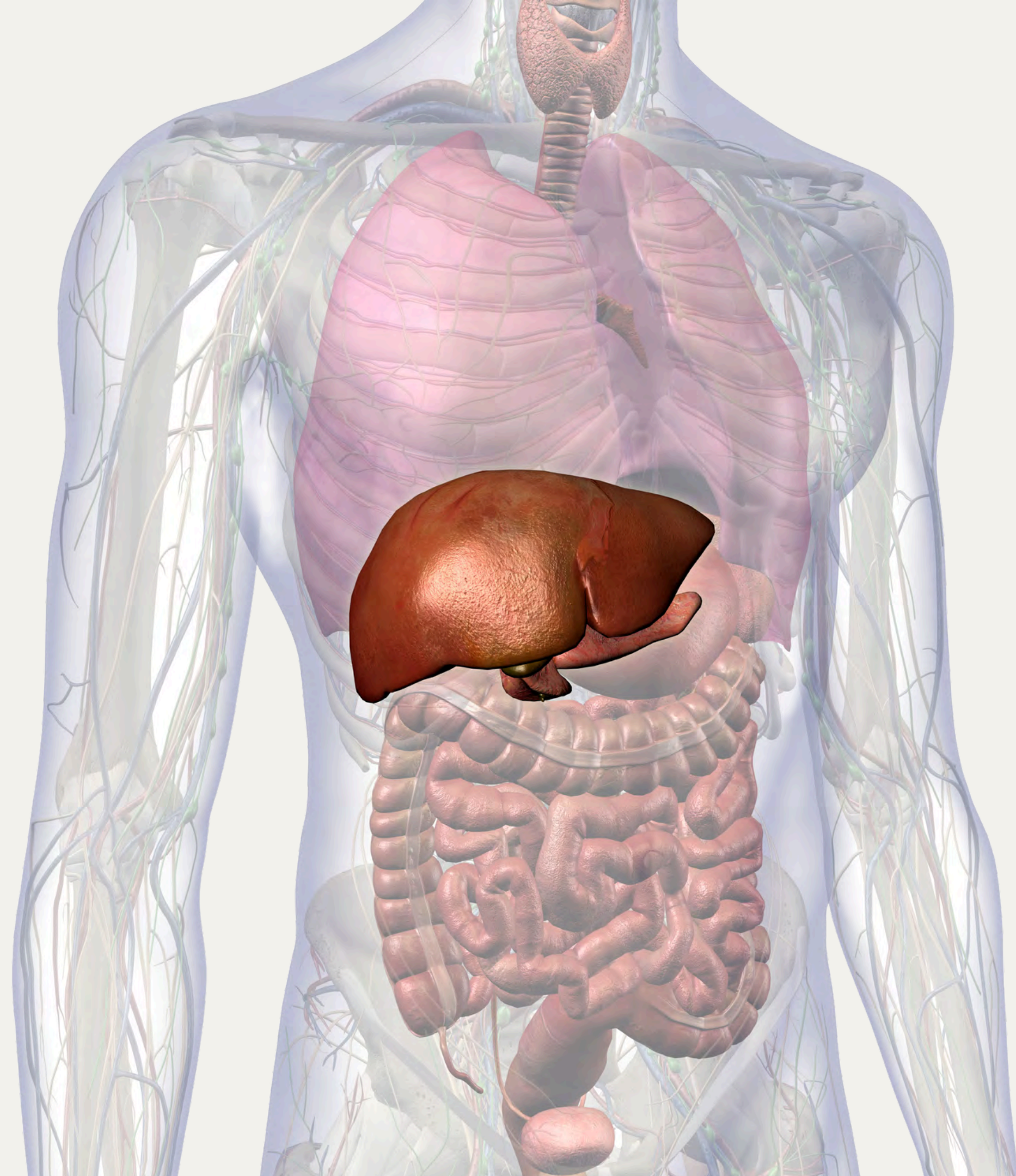
False!

Cholesterol doesn't just come from the foods we eat...

OUR BODIES CAN MAKE IT!



**~80% of your
cholesterol is made in
THE LIVER**



Should you avoid high-cholesterol foods?

For about 50 years now, people have been told that the cholesterol we eat in our food increases the cholesterol levels in our blood, and this can lead to heart disease, heart attack and stroke.

BUT, THAT'S A MYTH.

Dietary cholesterol is NOT linked to the risk of heart disease. High-cholesterol foods like eggs have been shown to be safe and healthy.



Sources of dietary cholesterol

MANY HIGH-CHOLESTEROL FOODS ARE ALSO AMONG THE MOST NUTRIENT-DENSE FOODS ON THE PLANET!

- Whole eggs (choline, B vitamins)
- Sardines (calcium, Omegas)
- Grass-fed meats (iron, zinc, B vitamins)
- Organ meats (iron, zinc, B vitamins)
- Full-fat dairy products, if tolerated (calcium, vitamin A)
- Shellfish (zinc, selenium)



So, what causes high cholesterol?

- Foods with added sugars (cookies, cakes, ice cream, pastries)
- Fried foods (artificial trans fats)
- Fast foods
- Packaged foods (partially hydrogenated oils, margarine, shortening)
- High-heat cooking of cholesterol-rich foods can cause the formation of oxysterols



What foods lower high-cholesterol?

- Foods rich in soluble fibre (found in large quantities in beans, legumes, whole grains, flax, apples and citrus)
- Mediterranean-style diet (rich in olive oil, fruits, vegetables, nuts, whole grains, beans, lentils, and fish, and low in red meat and most dairy)
- Green tea
- Avocados
- Herbs and spices (cinnamon, turmeric, ginger, etc)





Lifestyle modifications

- Maintain a healthy-for-you weight (even a modest weight loss of 5-10% is effective if you carry excess weight)
- Increase physical activity
- Cut out smoking and heavy alcohol consumption
- Work on reducing stress
- Address potential under active thyroid (hypothyroid, borderline/subclinical)

Dattilo AM, Kris-Etherton PM. Effects of weight reduction on blood lipids and lipoproteins: a meta-analysis. *Am J Clin Nutr.* 1992 Aug; 56(2):320-8. doi: 10.1093/ajcn/56.2.320. PMID: 1386186.

Paoli A, Pacelli QF, Moro T, Marcolin G, Neri M, Battaglia G, Sergi G, Bolzetta F, Bianco A. Effects of high-intensity circuit training, low-intensity circuit training and endurance training on blood pressure and lipoproteins in middle-aged overweight men. *Lipids Health Dis.* 2013 Sep 3;12:131. doi: 10.1186/1476-511X-12-131. PMID: 24004639; PMCID: PMC3846819.

LET'S RECAP

- ✓ Focus on **25-38g of fibre** and lots of veggies
- ✓ Eat an **anti-inflammatory** diet
- ✓ Include **polyphenol-rich** foods like spices, teas and berries
- ✓ Consume a **whole foods, low-sugar** diet for improved cholesterol
- ✓ **Move your body** for 150 minutes/week
- ✓ Practice **mindfulness** and **meditation** to reduce stress

THANK YOU FOR ATTENDING!

Your feedback matters!
Please fill out this 30 second survey



PLUS! GET FREE ACCESS TO:

The Balanced Meals Guide
14 Healthy Evening Snack Recipes

mayaeid.com/freebies-for-cibc