

FAMILY HEART HEALTH & NUTRITION GUIDE

Guía de Nutrición y Salud Familiar | Kardiology for Kidz

Authored by Saisha Srivastva (Founder & Director, Katy, TX)

1. Parent-Friendly Heart-Healthy Eating Habits (Alimentos Saludables)

Eating a colorful variety of nutrient-rich foods protects your arteries and keeps blood pressure in a healthy range:

Food Group	Examples / Ejemplos	Heart Benefit / Beneficio
Berries & Fruits	Strawberries, Blueberries, Oranges	Rich in antioxidants & Vitamin C to protect blood vessels
Leafy Greens	Spinach, Kale, Broccoli, Romaine	High in Vitamin K & nitrates to lower blood pressure
Whole Grains	Oatmeal, Whole Wheat, Brown Rice	Soluble fiber helps reduce bad LDL cholesterol
Healthy Fats	Avocados, Olive Oil, Walnuts, Almonds	Monounsaturated fats improve arterial flexibility
Lean Proteins	Salmon, Trout, Beans, Lentils	Omega-3 fatty acids reduce systemic inflammation

2. Low-Sodium Grocery List & Smart Swaps (Lista de Compras)

High-Sodium Item to Limit [LIMIT]	Heart-Smart Low-Sodium Swap! [CHOICE]
Canned soups (>500mg sodium per serving)	Low-sodium broth or fresh homemade soup
Salty potato chips & processed snacks	Unsalted almonds, walnuts, or fresh apple slices
Heavy garlic salt & bottled dressings	Fresh garlic, lemon juice, herbs & olive oil
Sugary sodas & energy drinks	Fruit-infused sparkling water or fresh lemonade

3. Daily Family Exercise & Active Living Tips (Consejos de Ejercicio)

- * **30-60 Mins Daily Play:** Encourage kids to engage in active outdoor games, soccer, or dancing.
- * **Post-Dinner Family Walks:** A 15-minute evening family stroll lowers blood sugar and aids digestion.
- * **Limit Screen Time:** Keep recreational screen time under 2 hours daily to encourage movement.

4. Step-by-Step Family Pulse Check Guide (Cómo Medir el Pulso)

Step 1: Rest quietly for 5 minutes sitting in a comfortable chair.

Step 2: Place your index and middle fingers on your wrist (just below the thumb).

Step 3: Count the beats you feel for 60 seconds (or count for 15 seconds and multiply by 4).

Normal Resting Pulse Rates: Children (Ages 6-12): 70-110 bpm | Adults (Ages 18+): 60-100 bpm