



**Assessing Risk, Negotiating for Behavior
Change, Respecting Culture**

**The Case of Mrs. Montoya:
ECG and Dietary Recommendations**

Updated 2008





U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



National Institutes of Health



National Heart, Lung, and Blood Institute



The Office on Women's Health

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UCLA WOMEN'S HEALTH CENTER

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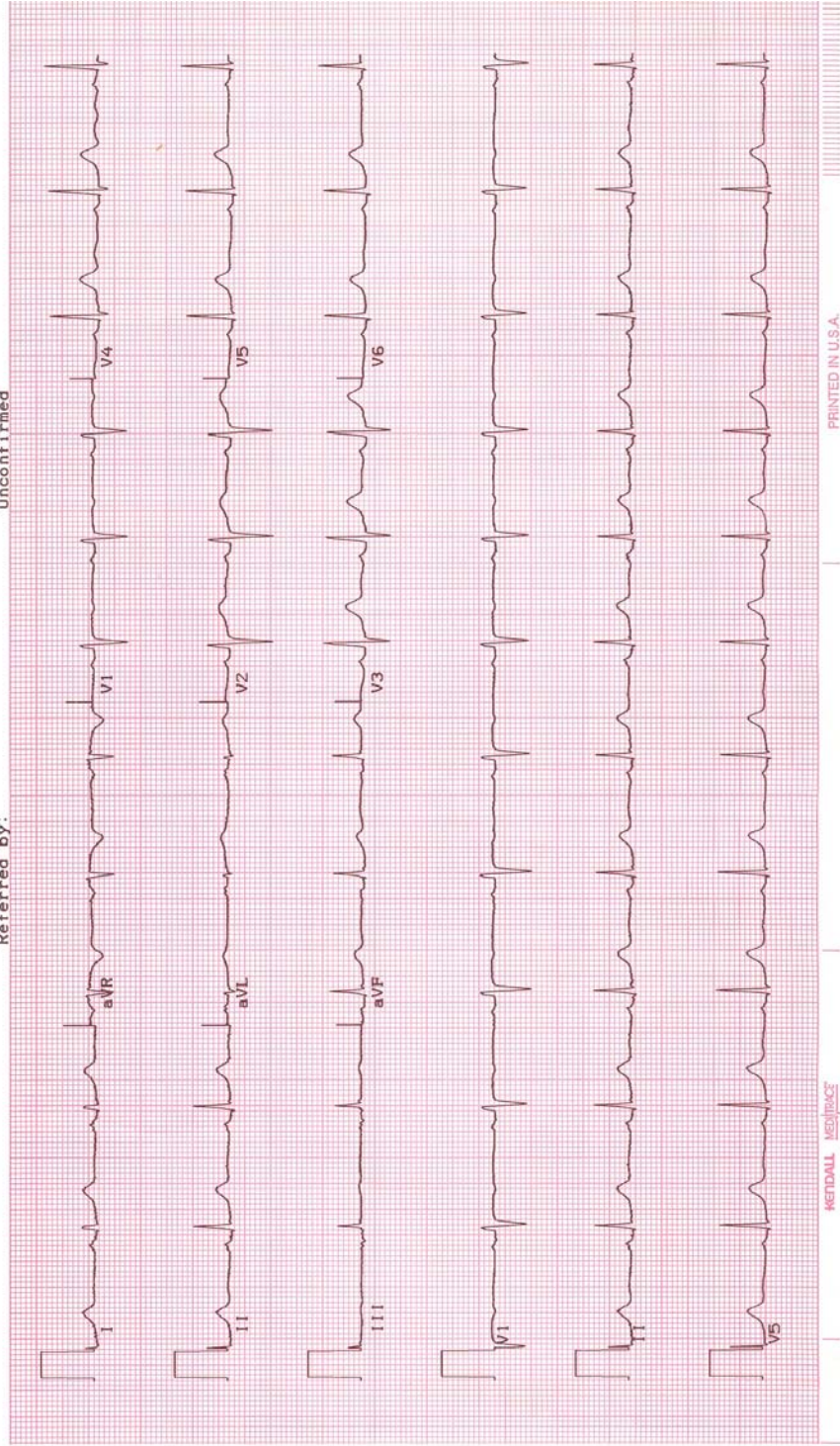
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MONTOYA, ANPARO

Med: 25mm/s
Age: 10mm/mV
Sex: F
Loc: 19
Room: 007B
v206
Ht:
Race:
Room:
Vent. rate 66 BPM
PR interval 152 ms
QRS duration 84 ms
QT/QTc 404/417 ms
P-R-T axes 24 71 40

Referred by:

Unconfirmed



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KENDALL MEDICAL

3-Day Menu Approximately 1600 Diabetic, Low Sodium, Low Cholesterol Diet
Latina/Central American

Breakfast

2 6-inch tortillas
¼ Cup Egg Substitute
½ tsp Margarine (to cook the egg)
1 cup of Papaya
Café (decaf) con leche - 1 cup 1% Skim Milk
1 packet of sugar substitute

Lunch

3 oz Baked Chicken (no skin)
1 cup Lettuce
1 Tomato Sliced
2 Tbsp. Low Fat Vinaigrette salad Dressing
½ Mango
Water or Diet Soda

Dinner

1 Cup of White Rice
1 Tsp. Canola Oil to cook the Rice
4 oz. Sirloin Steak
1 Cup of Chopped Peppers
½ Cup of Diced Onions
1 Tsp. Canola Oil to cook Steak
½ Cup Steamed Chopped Broccoli
1 Cup Sugar Free Jell-O
Water or Diet Soda

Snack

Licuada:

8 oz of Skim Milk
1 packet of sugar substitute
½ cup of fruit of choice

Breakfast

Bolillo (1 ½ oz)

1 oz cheese Low Sodium

1 Guava

Atole:

8 oz of 1% Milk

½ Cup Masa Harina

1 packet of sugar substitute

Vanilla & Cinnamon

Lunch

1 cup of Low Sodium Chicken Broth with:

¼ cup Peas

4 oz Chicken (no skin)

½ cup Chayote & Celery

1 Apple

Water or Diet Soda

Dinner

1 Cup mashed Plantain

1 Tsp. Butter, for plantain

½ Cup Green Beans

5 oz Tuna Steak

2 Tsp. Canola Oil, to sauté tuna

Lemon juice

Chili sauce

½ Mango

Water or Diet Soda

Snack

½ Banana

4 Fat Free Wheat Crackers

2 Tsp. Sugar Free Jelly

8 oz Skim Milk

Breakfast

1 Cup of Egg Substitute
½ Cup Corn
½ Cup Onions
1 oz Queso Chihuahau
Cooking Spray (spray pan, eggs won't stick to it)
½ Banana
4 oz. Skim Milk

Lunch

4 oz of Shrimp
1 Cup of Spaghetti
1 Tomato, Sliced
½ Cup of Onion
1 Tsp. Olive Oil, to Saute Shrimp
1 Chirmoya
Water or Diet Soda

Dinner

Quesadilla:
2 6-inch Tortillas
3 oz. Low Fat Cheese
½ Cup Onions
2/3 Cup of Beans
1 Tsp. Canola Oil, to Mash Beans
3 oz. Grilled Chicken (no Skin)
½ Cup Salsa
1 Cup Verdologas
Water or Diet Soda

Snack

1 Cup Cooked Oatmeal
4 oz. Skim Milk to cook oatmeal
1 packet of sugar substitute

TIPS FOR “HEART HEALTHY” EATING

- Remove fat
- “Bake, Broil, Steam, Boil”
- Avoid frying
- Avoid saturated fats, *trans* fatty acids: *trans* fatty acids are found in foods made with partially hydrogenated vegetable oil, like processed crackers, cookies, doughnuts, and other baked goods, and foods fried in partially hydrogenated vegetable oil
- Use low fat dairy products
- Use cooking spray made with olive oil, canola oil
- Use more herbs & spices instead of salt
- Avoid high sodium foods, such as canned vegetable, broth
- Eat more fresh fruits & vegetables
- Increase intake of whole grains, multi-grain breads, cereals
- Eat foods high in fiber
- Eat small portions: foods should be measured after they are cooked
- Limit sweeteners, including condiments and foods with sugar added to them: honey, syrups, jelly, jam, regular gelatin, fruited or flavored yogurts
- Eat foods high in omega-3 fatty acids or that raise omega-3 fatty acids in the body, such as sardines, walnuts, salmon, halibut, trout, herring, flaxseed oil, canola oil, shrimp, clams, light chunk tuna, and cod fish (Baccalo)
- Exercise: physical activity is recommended for approximately 30 minutes to 1 hour a day