



University Hospitals and Clinics, Patient Education

Living with Your Body



THE HEART HEALTHY DIET



*Healthy food habits can help reduce four of the major risk factors for heart disease: high blood cholesterol, high blood pressure, poor eating habits and excess body weight.

DIETARY GUIDELINES

	CHOOSE	LIMIT
MEATS AND MEAT SUBSTITUTES 6 oz. per day	<ul style="list-style-type: none"> -Fish and shellfish -Chicken, turkey and cornish hen without the skin -Lean beef (round, chuck or loin) -“Choice” or “select” grades of beef -Lean ham, lean pork (tenderloin or loin chop) -Wild game: rabbit, venison, pheasant, duck (without skin) -Lean luncheon meat and hotdogs -Turkey bacon and sausage 	<ul style="list-style-type: none"> -Any fried meats -“Prime” grades of beef, ground beef with more than 15% fat, and ribs -Organ meats such as liver, brains, kidney, chitterlings, gizzard, heart and sweetbreads -Poultry with skin -Regular luncheon meats, bologna, hotdogs, sausage, bacon, ham hock, fat back, canned or potted meat
DAIRY 2-3 servings per day	<ul style="list-style-type: none"> -Fat free (skim), ½%, or 1% milk and nonfat or low-fat yogurt and cheeses -Fat-free cream cheese and sour cream 	<ul style="list-style-type: none"> -2%, whole and chocolate milk -Regular cheese -Regular yogurt -Regular sour cream
BREADS AND STARCHES 6-11 servings per day	<ul style="list-style-type: none"> -Sliced bread -Ready-to-eat and cooked cereal -Standard rice, pasta and potatoes 	<ul style="list-style-type: none"> -Breads made with eggs, butter, shortening or whole milk such as biscuits, croissants and pastries -Instant pasta, rice and potatoes -Salted snack items such as chips, crackers and pretzels
FRUITS 2-4 servings per day	<ul style="list-style-type: none"> -All fresh and frozen fruits -Canned fruit in light or no-sugar-added syrup 	<ul style="list-style-type: none"> -Canned fruit in heavy syrup -Dried and candied fruits -Avocados and olives
VEGETABLES 3-5 servings per day	<ul style="list-style-type: none"> -All fresh and frozen vegetables -Canned with no added salt -Dried vegetables -Vegetable juice 	<ul style="list-style-type: none"> -Fried vegetables -Standard canned vegetables -Vegetables prepared with salt, butter, cheese or cream sauce

SOUPS	<ul style="list-style-type: none"> -Reduced-sodium canned or dried soup -Homemade soup prepared without salt 	-Standard canned or dried soup
BEVERAGES	<ul style="list-style-type: none"> -Plain or flavored water, fruit juices, decaffeinated coffee or tea 	<ul style="list-style-type: none"> -Soft drinks, Alcoholic beverages-If you drink alcohol, do so in moderation. Have no more than one drink per day(women) or two drinks per day (men) of wine, beer, or liquor. One drink is equal to: 12 oz. beer, 1 ½ oz. 80-proof (bourbon, gin, rum, scotch, tequila, vodka, whiskey), or 4 oz. wine
FATS AND OILS 5-8 servings per day	<ul style="list-style-type: none"> -Margarines with liquid vegetable oil listed as the 1st ingredient and no more than 2 grams of saturated fat per tablespoon -Liquid or tub margarines that are low in saturated fat and trans fat -Reduced-fat and no-fat salad dressings and mayonnaise -Oils such as canola, olive, peanut, corn, safflower, sesame, soybean and sunflower 	<ul style="list-style-type: none"> -Butter, lard and shortening -Standard mayonnaise and salad dressings -Oils such as palm, palm kernel and coconut -Standard sour cream and cream cheese -Milk chocolate
DESSERTS sparingly	<ul style="list-style-type: none"> -Reduced-fat or fat-free ice cream, sherbet or yogurt -Flavored gelatin or fruit with light whipped topping -Cookies, cakes, puddings prepared with skim milk or 1% milk, and unsaturated oil -Angel food cake 	<ul style="list-style-type: none"> -Candy made with milk chocolate, coconut oil, or palm oil -Regular ice cream and frozen dessert -Commercially prepared pies, cakes, doughnuts and cream pies

HEALTHY EATING TIPS

Fat and Cholesterol

- Limit foods high in saturated fat, *trans* fat and/or cholesterol, such as full-fat milk products, fatty meats, tropical oils, partially hydrogenated vegetable oils and egg yolks. *Trans* fats have been shown to raise LDL “bad” cholesterol and total cholesterol.
- French fries, donuts and crackers are major sources of *trans* fat in the diet.
- Choose fats with 2 grams or less saturated fat per serving, such as liquid and tub margarines, canola oil and olive oil.
- Use about 5-8 teaspoon servings of fats and oils per day.
- Limit your average daily cholesterol intake to less than 300mg.
- Limit your consumption of eggs to less than 4 per week. One egg yolk contains 213mg of cholesterol.
- Use two egg whites, or one egg white plus 2 teaspoons of unsaturated oil, in place of one whole egg in cooking. You can also use cholesterol-free commercial egg substitutes.
- Choose fish high in omega-3 fatty acids such as mackerel, lake trout, herring, sardines, albacore tuna and salmon.
- Trim off the visible fat before cooking meat and poultry.
- Use cooking methods that require little or no fat—boil, broil, roast, grill, bake, poach, steam, saute’, stir-fry or microwave.

Sodium

- Eat less than **2400mg of sodium per day.**
- Limit foods with more than 350mg of sodium per serving.
- Choose snacks and crackers with no added salt or unsalted tops.
- Choose standard cooked cereal, rice, pasta and potatoes rather than the instant varieties to reduce sodium intake.
- Cook with salt-free seasonings such as herbs and spices.
- Read the labels on standard canned or processed food. Many processed foods have a high sodium content.

SNACKS

*Fruits and juices

*Low-fat cookies

*Plain unsalted popcorn

*Hard candy, gum drops

*Raw vegetables and low-fat dips

*Low-fat crackers

*Unsalted pretzels

SUGGESTED RECIPE SUBSTITUTIONS**INSTEAD OF:**

Butter

1 Egg

Whole milk

 $\frac{1}{2}$ C. Shortening

Cream

1 oz. chocolate

Ham hock, bacon,
turkey, and/or
sausage.

Margarine or Oil (baked goods)

TRY:

Margarine

 $\frac{1}{4}$ C. Egg substitute or 2 egg
Whites

1% or Skim milk

 $\frac{1}{3}$ C. canola oil or 1 stick of
Margarine (if margarine used,
omit the salt)Evaporated milk or nonfat
yogurt3 Tbsp. powdered cocoa plus 2
Tbsp. oilLiquid smoke, fresh lean pork,
low-sodium bouillon cubes.

Applesauce

DINING OUT TIPS

Fast food

Select: small servings; salad bars, small single grilled hamburgers, chili, plain baked potato, thin crust cheese and/or vegetable pizza, and grilled chicken.

Avoid: fried foods, cheese, french fries, standard salad dressing, mayonnaise, and sour cream

Steak and seafood

Select: mackerel, lake trout, herring, albacore tuna, salmon, halibut, filet mignon without bacon, sirloin, and chicken

Avoid: fried food, white cream sauces, sour cream, standard salad dressings, rib meat and “prime” cuts of beef

Italian

Select: chicken, fish, veal and pasta

Avoid: sausage, fettuccine, white cream sauce, egg noodles, scallopine, and parmigiana

Chinese

Select: chicken, fish, vegetables and clear soups

Avoid: fried rice, sweet and sour sauce, egg rolls, fried wontons, shrimp toast, duck, fried pork, chow mein noodles, and fried noodles

Mexican

Select: chicken, vegetables, bean dishes, soft tortillas, salsa, and rice

Avoid: sour cream, cheese, guacamole, fried tortillas, and refried beans

For additional information on this topic and heart healthy recipes go to:

www.americanheart.org

www.deliciousdecisions.org

www.justmove.org

www.diabetic.org

www.cookinglight.com