

Healthy heart diet

This handout describes guidelines to follow for a heart healthy diet.

Eat a heart healthy diet

- Eat this
 - Fruits and vegetables
 - Fish, chicken, soy products
 - Polyunsaturated vegetable oils
 - Low fat food
 - Low sugar food
 - High fiber food

- Eat only a little of this
 - Salt
 - Snack foods
 - Fatty foods
 - Packaged foods

Watch what you eat

- **Protein (meats, fish, poultry)**
 - **Eat this**
 - Chicken, turkey, veal, and beef that is not fatty
 - Fish that is fresh, frozen, or packed in water
 - Tofu and other soy products
 - **Stay away from**
 - Bacon, sausage, or most pork
 - Duck or goose
 - Skin or fat on chicken or turkey
 - Lunch meats like salami or bologna
 - Kidney or liver
 - Tuna or other fish packed in oil
 - Lobster, shrimp, crab, or oysters should not be eaten very often

- **Fats and oils**
 - **Eat this**
 - Soft margarine
 - Canola, safflower, sunflower, soybean, olive, corn, and sesame oils
 - **Stay away from**
 - Butter
 - Peanut or coconut oils
 - Palm or cottonseed oils
 - Red meats
 - Lard
 - Solid margarine
 - Gravies, bacon drippings, or cream sauces
 - Most salad dressings

Healthy heart diet (cont)

•Eggs

- **Eat this**
 - Egg whites any time
- **Stay away from**
 - No more than 4 egg yolks (yellow part) a week

•Fruits

- **Eat 3 servings a day of this**
 - Fresh fruit
 - Canned and frozen fruit only if no extra sugar or syrup
- **Stay away from**
 - Coconuts
 - Canned or frozen fruit with extra syrup or sugar added

•Vegetables

- **Eat this**
 - Most vegetables have no limit on how much you can eat
 - Best way to cook is boiled, steamed, or braised
- **Stay away from**
 - Avocados or olives
 - Potatoes, corn, lima beans, or dry peas, but they can be used as a substitute for bread or cereal

•Nuts

- **Eat this**
 - Small amount of nuts only (1 tablespoon a day)

•Breads, cereals and grains

- **Eat this**
 - Whole-grain bread (1 large roll or 1 slice is a serving size)
 - Soda crackers and Melba toast (3 or 4 is a serving size)
 - Noodles and rice (1/2 cup is a serving size)
 - Hot cereal (1/2 cup is a serving size)
 - Cold cereal (3/4 cup is a serving size)
 - Use margarine for a spread, not butter
- **Stay away from**
 - Sweet rolls, donuts, or other breakfast pastries
 - Baked goods made with shortening, eggs, butter, whole milk, or cream

•Milk or dairy

- **Eat this**
 - Skim milk
 - Low fat cheeses (mozzarella, farmer's cheese, non creamed cottage cheese)
 - Low fat yogurt

Healthy heart diet (cont)

- **Stay away from**
 - Whole milk or cream
 - Ice cream
 - Whole milk puddings, yogurt, or cheeses
- **Desserts**
 - **Eat this**
 - Ice milk and sherbert
 - Gelatin flavored with sugar substitute
 - Pudding made with skim milk
 - Egg white souffles
 - Popcorn with no butter added
 - **Stay away from**
 - Most candies
 - Jellies or jams with sugar
 - Syrups
- **Fluids**
 - **Drink this**
 - Fruit juices
 - Black coffee
 - Sodas with sugar substitutes
 - **Stay away from**
 - Alcohol, no more than 2 drinks a day (a drink is 1 ounce liquor, 5 ounces beer, or 3 ounces dry wine)
 - Coffee with cream or milk
 - Whole milk or milkshakes

Watch out for cholesterol

- 300 mg or less a day for most people
- 200 mg or less a day if you have high cholesterol (ask your doctor)

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
