

Healthy Heart Diet

This handout describes guidelines to follow for a heart healthy diet for people who have diabetes.

If you have diabetes

- You need to watch what you eat to help manage your blood sugar
- Ask your dietitian for tips
 - How to eat a healthy diet for your heart
 - How to eat well and manage your blood sugar

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

Healthy Heart Diet Cont'd

- **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
- **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)

Healthy Heart Diet Cont'd

- **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
 - **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