

PATIENT EDUCATION

Heart Healthy Eating

(This meal plan emphasizes intake of plant-based foods like vegetables, fruits, whole grains and beans.)

General Guidelines

Increased blood lipid levels are related to an increased risk of coronary heart disease. A modest weight loss of only 5-10% has been shown to lower blood lipid levels. Part of your cholesterol-lowering treatment program includes the following dietary changes:

- **Eat a minimum of 5 servings of vegetables and fruit per day.**
- **Monounsaturated Fats:** Heart healthy fats found in canola, olive and high oleic sunflower oil, avocado, nuts and seeds.
- **Omega-3 Fats:** Heart healthy fat found in cold water fish (salmon, mackerel, trout) walnuts, ground flaxseed, and chia seeds.
- **Plant Sterols:** If LDL Cholesterol is high, include plant sterols daily. These are found in special margarine spreads as well as other foods. Recommended daily intake is 2-3 grams per day.
- **Water Soluble Fiber:** Include water soluble fiber daily in your diet (oats, barley, beans, fruits and vegetables). A high intake of water-soluble fiber has been shown to decrease cholesterol. Recommended daily intake is 8-10 grams per day.

Limit or Avoid

- **Saturated Fats – Less than 12 grams per day:** Found in animal fats like meat and dairy foods and in some vegetable products such as coconut oil, cocoa butter, palm oil, and palm kernel oil.
- **Trans Fats – 0 grams per day:** Partially “hydrogenated” fats found in many processed foods.
- **Sodium – Limit to 2000 mg per day, with a goal of 1500 mg per day.**
 - **Limit sodium intake to 600 mg per meal and snacks to under 200 mg:** Avoid the salt shaker at the table and in cooking and baking. Salt is a mineral made of sodium and chloride. Avoid salty foods and many processed and convenience foods.
- **Sugar – Limit added sugars to no more than 6 tsp. (24 grams) for women and 9 tsp. (36 grams) for men a day.** Added sugars include cane sugar, honey, maple syrup, corn syrup, molasses, agave nectar, and more.
- **Caffeine – Limit to 1 to 2 cups per day (8-16 oz per day).**

FOOD GROUP	Best Choices	Limit Choices	Stop & Think
<p align="center">BEVERAGES</p>	<ul style="list-style-type: none"> • Decaffeinated coffee/tea • Mineral water 	<ul style="list-style-type: none"> • 16 oz. unsweetened caffeinated beverages (coffee, tea or pop) per day • Pop: diet, decaffeinated 	<ul style="list-style-type: none"> • Sugar-sweetened beverages (pop, coffee, tea) • Any beverage that contains avoided fats or salt • Eggnog • Alcohol: check with your physician. Moderation is recommended
<p align="center">BREADS & STARCHES</p> <p align="center">Aim for 2 grams fiber/serving</p>	<p>Whole grain bread products such as ...</p> <ul style="list-style-type: none"> • 100% whole wheat • 7 or 12 grain • Pumpnickel or Rye • Stoneground • Choose bread with 150 mg sodium or less per slice 	<ul style="list-style-type: none"> • Bagels (white or egg) • Hamburger/hot dog buns • Tortillas • Cracked Wheat • Refined wheat • White breads • White breads enriched with fiber • English muffins (white) 	<ul style="list-style-type: none"> • Pop Tarts • Toaster pastries • Donuts, rolls & other bakery items
<p align="center">CEREALS</p> <p align="center">Aim for 2 grams fiber/serving</p>	<ul style="list-style-type: none"> • Bran cereals • Oatmeal • Cheerios • Wheat Chex • Oat bran • Shredded Wheat 	<ul style="list-style-type: none"> • Instant oatmeal (packets) • Low-fat granola cereals • Other unsweetened dry or cooked cereals 	<ul style="list-style-type: none"> • Sweetened cereals • Granola containing coconut
<p align="center">CRACKERS</p>	<ul style="list-style-type: none"> • Whole grain, reduced fat varieties • Graham crackers • Rye crackers 	<ul style="list-style-type: none"> • Animal crackers • White saltines with unsalted tops • Low salt, baked snack chips 	<ul style="list-style-type: none"> • High fat crackers • Salted crackers • Cheese crackers • Regular saltines • Snack chips

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<p>DESSERTS & SWEETS</p> <p>Daily Sugar recommendation: No more than:</p> <ul style="list-style-type: none"> • Women: 6 tsp. (24 grams) • Men: 9 tsp. (36 grams) 	<p><i>*Use fruit as dessert</i></p>	<ul style="list-style-type: none"> • Sugar free, low fat or fat free ice cream products • Angel food cake • Homemade or commercial desserts with recommended fats, oil and milk products • Low sugar or lite jams and jellies and syrups • Sugar free products 	<ul style="list-style-type: none"> • Most cakes, cookies, pies, frostings, puddings, and candies • Ice cream and ice cream drinks • Sugar, regular syrup and jellies • Solid milk chocolate (as in candy)
<p>FRUITS & VEGETABLES</p> <p>5 or more servings per day of fruits & vegetables</p>	<ul style="list-style-type: none"> • Frozen and fresh vegetables (read label for added sodium) • <i>Low sodium</i> vegetable juices or V8 juice • <i>Low sodium</i> tomato paste and tomato sauce • <i>Low sodium</i> canned vegetables • Fresh fruits, except coconut • Frozen fruits with no added sugar 	<ul style="list-style-type: none"> • Avocado • Canned fruit, packed in juice • 100% Fruit juice • Dried fruit, no added sugar 	<ul style="list-style-type: none"> • Fruit canned in syrup • Deep fried vegetables • Vegetables in cream, butter, or high fat cheese sauces • <i>Regular</i> tomato or V-8 juice • Sauerkraut • <i>Regular</i> (salted) canned vegetables • Coconut
<p>MILK</p>	<ul style="list-style-type: none"> • Skim milk • Artificially sweetened fat-free cocoa • Plain or artificially sweetened nonfat or low-fat yogurt • Unsweetened soy, almond or rice Milk 	<ul style="list-style-type: none"> • Chocolate skim milk • 1% milk • Sugar-sweetened yogurt (with or without fruit) 	<ul style="list-style-type: none"> • Whole milk or whole milk products • 2% milk • Coconut • Premium chocolate milk • Buttermilk • Malted milk
<p>POTATOES, PASTA & RICE</p>	<ul style="list-style-type: none"> • Sweet potatoes, yams • Whole wheat pasta • Brown and wild rice • White baked, boiled, mashed potatoes 	<ul style="list-style-type: none"> • Instant mashed potatoes • White pasta • White rice 	<ul style="list-style-type: none"> • Pasta or rice prepared with whole eggs, cream sauces or regular cheese • Convenience (boxed or frozen) potato, macaroni or rice products

<p style="text-align: center;">MEAT & SUBSTITUTES</p> <p style="text-align: center;"><i>(6 oz./day maximum)</i></p> <p>Bake, broil, grill or pan fry in small amount of canola or olive oil, or non-stick spray</p> <p style="text-align: center;"><i>2 egg whites = 1 egg in recipes</i></p>	<p>Limit your intake of meat, seafood, and poultry to no more than 6 ounces (cooked weight) per day.</p> <ul style="list-style-type: none"> • All chicken and turkey (without skin) & lean pork • Wild Salmon • Fish, unbreaded • Shrimp, crab & lobster • <i>Wild Game</i>: wild duck, rabbit, pheasant, venison • Meatless dishes: recipes with dried beans, peas, tofu (soybean curd), lentils and other soy products • Tuna canned in water with half the salt (or low-sodium) • Peanut butter • Egg whites or low-cholesterol egg substitutes • Low sodium, fat free, and 1% natural cheeses: cottage cheese (nonfat or 1%), cheeses made with part-skim milk, such as mozzarella, reduced-fat farmer's, string, or ricotta • Unsalted nuts/seeds 	<ul style="list-style-type: none"> • Lean, well-trimmed beef should be limited to 3 servings per week • Limit egg yolks to 5-7 per week. • Low sodium cheeses labeled with less than 5 grams of fat per ounce • Farmed Salmon 	<ul style="list-style-type: none"> • Prime grade and other heavily marbled and fatty meats such as short ribs, spare ribs, rib eye roast or steak • Frankfurters, sausage, bacon and high-sodium, high-fat luncheon meats • Mutton • Caviar • Commercially fried fish • <i>Domestic</i> duck, goose; jerky and venison sausage • Organ meats: liver, gizzard, heart, brains, kidney • Salted, smoked, pickled, cured, or canned meat, poultry, or fish such as ham, herring, sardines, anchovies, corned beef, and meats Koshered by salting • Processed cheeses (Velveeta) • Whole-milk-type cheeses, including Colby, Cheddar, Muenster, Monterey Jack, Havarti, Brie, Camembert, American, Swiss, and Blue • Creamed cottage cheese; cream cheese; processed cheese and cheese spreads • Salted nuts, Cashews and Macadamia nuts
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FOOD GROUP	Best Choices	Limit Choices	Stop & Think
SOUPS	<ul style="list-style-type: none"> • Low-fat, unsalted sodium homemade or canned soups 	<ul style="list-style-type: none"> • Store bought reduced sodium/low-fat soups or bouillon 	<ul style="list-style-type: none"> • Cream soups made with whole milk, cream, or cheese • Bouillon cubes or granules • Regular (salted) canned or dried soups
FATS & OILS	<ul style="list-style-type: none"> • Canola oil, olive oil, high oleic sunflower oil • Tub spreads, squeeze or spray bottle, with liquid oil listed as the first ingredient, no partially hydrogenated oils and 2 grams of sat. fat or less/serving. • Tub spreads containing plant sterols • Salad dressing made with a recommended oil or a low or non-fat salad dressing • Nondairy creamers made with a recommended oil, fat free half & half • No-fat sour cream and cream cheese • Fat Free whipped topping • Nonstick Spray • Avocado • Unsalted nuts <p>Limit added fats and oils to no more than 6 teaspoons per day (includes fats used in cooking, baking, salads, and spreads on bread).</p>	<ul style="list-style-type: none"> • Vegetable oils: safflower, sunflower, corn, soybean, sesame, peanut, cottonseed • Stick margarines • Salad Dressing: Miracle Whip type • Salad Dressing: French type, Italian, 1000 Island, Ranch • Low fat sour cream and cream cheese • Lite whipped topping 	<ul style="list-style-type: none"> • Solid fats and shortenings; butter, lard, salt pork, bacon drippings, palm oil, coconut oil. • Gravy containing meat fat, shortening, or suet • Spreads in which are greater than 2 grams saturated fat per serving • Non-dairy creamers containing coconut or palm oil • Whipped toppings • Commercially fried foods • Salad dressings made of unknown oils, sour cream, or cheese, such as Blue Cheese, Roquefort, & Green Goddess® • Real Mayonnaise • Olives, packaged sauces or gravies, chip dips • Cream, all kinds: Half & Half, light, heavy, or whipping • Sour cream or cream cheese

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<p style="text-align: center;">CONDIMENTS & MISC.</p>	<ul style="list-style-type: none"> • Cocoa • Fresh horseradish, cream of tartar, vinegar, yeast, “no salt added” catsup, dry mustard • Herbs and spices, spice blends without sodium • Black pepper 	<ul style="list-style-type: none"> • Baking soda or baking powder used as medicine • Regular (salted) catsup or mustard • Store bought salsa • Sugar substitutes 	<ul style="list-style-type: none"> • Carob powder made with hydrogenated fats • Salt, lite salt, seasoned salt, sea salt, monosodium glutamate (MSG), prepared horseradish, meat sauces, tenderizers, salsa • Soy sauce and low sodium soy sauce, chili sauce, tartar sauce, cooking wine, BBQ sauce, Worcestershire sauce • Dill pickles, bacon-flavored bits • Use salt substitutes only with your physician’s approval

Artificial sweeteners should be used in moderation. The FDA has established an acceptable daily intake {ADI} for each artificial sweetener, which is the maximum amount considered safe to consume each day over the course of a lifetime. ADIs are intended to be about 100 times less than the smallest amount that might cause health concerns. The ADI for the sweeteners in diet pop ranges from approximately 6-19 cans of diet pop/day, depending on the sweetener, or the equivalent of 9-12 packets of an artificial sweetener. Although this large amount is considered safe, moderation in use of all artificial sweeteners is advised.

Notes:



All information is for educational purposes only. If you have any questions, please contact your primary care provider or registered dietitian.

CentraCare Heart & Vascular Center Nutrition Counselors: 320-251-2700, ext. 52444
