

# **HEART HEALTHY DIET**



## **PURPOSE:**

A Heart Healthy Diet is designed to help manage cardiovascular diseases.

## **DESCRIPTION:**

This diet moderates the amount of saturated fat, cholesterol, sodium, and simple carbohydrates.

## **INDICATIONS FOR USE:**

This diet is for individuals at risk or who have cardiovascular disease, including coronary artery disease, heart failure, hyperlipidemia, ischemic heart disease, peripheral vascular disease.

## **MENU PLANNING GUIDELINES:**

- Aim to limit egg yolk to 2-3 times per week
- Use 1% or fat-free dairy products
- Avoid fried food
- Limit added sugar to less than 10% of daily calories
- Avoid foods with added salt and items packed in salt broth. Avoid salt at table
- Limit total fat to 30% of daily calories. Most fats should come from healthy fats and oils, e.g. soy, olive, canola, avocado, or flax seed
  - Limit hydrogenated and saturated fats to 7-10%
- Avoid trans fatty acids
- Increase soluble fiber by choosing more legumes, whole grains (breads, pasta, cereal, brown rice), fresh fruits and vegetables. Limit processed foods made from white flour, sugar, and commercial baked goods
- Include foods rich in omega-3 fatty acids such as tuna, mackerel, salmon, walnut oil, fish oil, olive oil, flaxseed, chia seeds
- Read food labels carefully for sodium, fat content, and serving size
  - Read all meat labels for added broth with sodium salts
- Consider cultural and personal food preferences
- Diets and meal plans may be individualized by the Registered Dietitian Nutritionist

## HEART HEALTHY DIET

### FOOD ADVISORY:

Food Group	Food Recommended	Food to Limit/Avoid
<p><b>Grains</b> (Bread, Cereal, Rice, Pasta, and Pseudograins)</p> <p>5 Servings/Day</p> <p>1 Serving= ~150mg Sodium (Na)</p>	<p>These foods have almost no sodium and do not need to be counted in the 5 servings per day: shredded or puffed Wheat and puffed Rice, cooked Cereals-regular or quick</p> <p>Whole grain Bread, English Muffin, Bagel, Roll, Pita</p> <p>Whole grain Pasta, Rice or wild Rice, Farro, Teff, Amaranth, Quinoa, yeast Bread made with no salt</p> <p>Unsalted: Tortilla, Pretzels, Crackers, Chips, Breadsticks, Graham Crackers, unbuttered Popcorn</p>	<p>Instant hot Cereals, Bran and ready-to-eat Cereal with more than 200mg sodium per serving</p> <p>Any fried Breads, quick Breads made with baking powder or baked soda (Biscuits, Croissants, Fritter, Pastries, Pancake, Waffle, Donuts), Breads made with garlic salt or Cheese</p> <p>Stuffing mixes, packaged convenience mixes with seasoning packets</p> <p>Regular Potato Chips, Breadsticks, Pretzels, or other salted snack foods, Croutons, Crackers with salted tops</p>
<p><b>Vegetables</b></p> <p>2-3 servings/day</p> <p>1 Serving= ~10-30mg sodium (Na)</p>	<p>All fresh, frozen, or canned without salt and added fat, Potatoes, sweet Potatoes, instant mashed Potatoes without added salt and fat</p> <p>Reduced sodium Tomato or Vegetable juice (6oz. = ~20mg sodium)</p>	<p>Avoid Sauerkraut (½ C. = ~470mg Na), Pickles, Olives, Relish, canned or pickled Vegetables, frozen Vegetables prepared with Butter, Cheese, au gratin or Cream Sauce, avoid breaded, deep fried Vegetables or Potatoes</p> <p>Regular Vegetables or Tomato juice(6oz. = ~460mg Na)</p>

## HEART HEALTHY DIET FOOD ADVISORY(continued)

Food Group	Food Recommended	Food to Limit/Avoid
<b>Fruits</b> 3-4 Servings/day	All types of fresh, frozen, canned, or dried Fruit.  All 100% Fruit Juices	Canned Fruit in heavy syrup, juice drinks with added sugar or high fructose corn syrup
<b>Dairy</b> (Milk, Yogurt, and Cheese)  2 Servings/day  1 Cup = ~120mg Sodium(Na)	Fat-free Milk (1 cup), 1% low- fat Yogurt (1 cup), soy Milk, Nut Milk, and other low-fat protein enriched Milk beverages  Low sodium, 1% low-fat Cottage Cheese or Ricotta Cheese, low-fat (3g or less per ounce) hard Cheese, Swiss, Cheddar, Monterey Jack, Mozzarella  Commercially prepared low-fat Milkshakes and Smoothies, non-fat Ice Cream, fat-free Whipped Topping	Buttermilk (1 c = ~300mg Na), High-fat dairy products such as whole Milk (liquid, condensed, evaporated), Cream, Half & Half,  American Cheese (1oz = ~450mg Na) Cottage Cheese (½ c = ~450 mg Na) Cheese spread (2 Tbsp = ~600mg Na) Processed Cheese (1oz = ~375mg Na) Whole milk Cottage Cheese, all natural Cheese (Bleu, Cheddar)  Commercially prepared Milkshakes, Frappes, malted Milk, regular Ice Cream, Whipped Cream
<b>Protein</b> (Meats, Poultry, Fish, Dry Beans, Eggs, and Nuts)  5-7oz./day 1 Ounce = ~30-60mg Na	All types of unprocessed lean Meats, Poultry without skin  Fresh or frozen, unsalted Fish. Include Fish rich in omega-3, 2x/week (Salmon, Mackerel, Herring, Lake Trout, Sardines, Albacore Tuna)  Eggs	Kosher Meat. Heavily marbled Meats, organ Meats (Liver, Kidney, Brains, Sweet Breads). Salted, smoked, canned, pickled, or dried Meat and Poultry. Fried or batter-dipped Meat, Poultry. Deli Meats. Regular Cold-Cuts, Hot Dogs, Bacon, Sausage.

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<p><b>Protein (continued)</b></p>	<p>Low salt Nut Butters, dried or low sodium canned Peas, soy Beans and Lentils, Beans and unsalted Nuts (1 oz per day), Legumes</p>	<p>Canadian Bacon, Ham salt Pork, Fatback</p> <p>Fried or batter-dipped Fish; canned Tuna, Crabmeat, Sardines, Salmon, pickled Herring, Lox, Caviar, Anchovies, Gefilte Fish</p> <p>Salted or fermented Tofu. Regular Peanut Butter, canned Beans or Lentils</p> <p>Fast food, frozen dinners, and canned entrees</p>
<p><b>Fats, Oils, Sweets, and Others</b></p>	<p>Unsaturated Vegetable oils such as Olive, Canola, Safflower. Non-hydrogenated unsalted Margarine/Vegetable sprays made with one of the oils listed above. Salt-free low-fat Mayonnaise &amp; salad Dressings. Salt-free, fat-free Sour Cream, Low-fat or fat-free Gravies</p> <p>Low-sodium/low-fat soups made with low-fat or fat-free Milk, Broth, Consomme, Bouillon Gelatin, Fruit ice, Popsicles, Angel food Cake, low-sodium, low-fat (trans-fat free) sugar free Puddings and Desserts; Vinegar, Pepper, Herbs, Spices, Lemon Juice, Sugar, Sugar substitutes, Jellies, Syrup, Honey, Cocoa powder, hard Candy, Butter flavor, salt free-seasoning</p>	<p><b>Avoid:</b> Saturated and hydrogenated fats, tropical oils (i.e. Coconut or Palm oil), Butter, stick Margarine, Lard, Bacon, Cream, regular Mayonnaise, Gravy made from fat; Cream Cheese (regular); Cakes, Pies</p> <p>Cream Soups made with whole Milk</p> <p>Milk Chocolate Candies, trans-fats and sports drinks</p> <p><b>Limited Amounts</b> (no more than 4 servings per day): Non-hydrogenated Margarine, Mayonnaise, low-fat, reduced sodium Soups, low-fat frozen Yogurt/ice Cream, Sherbet</p>