

# DIET MANUAL

## DIETETICS IN HEALTH CARE COMMUNITIES OF NEW JERSEY DHCC OF NJ

**2018**



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# HEART HEALTHY DIET



## PURPOSE:

A Heart Healthy Diet is designed for individuals who have cardiac problems' Atherosclerotic cardiovascular disease (ASCVD), and also need to control sodium intake.

## DESCRIPTION:

Foods high in fat, cholesterol, sodium and carbohydrate are consumed in moderation.

## INDICATIONS FOR USE:

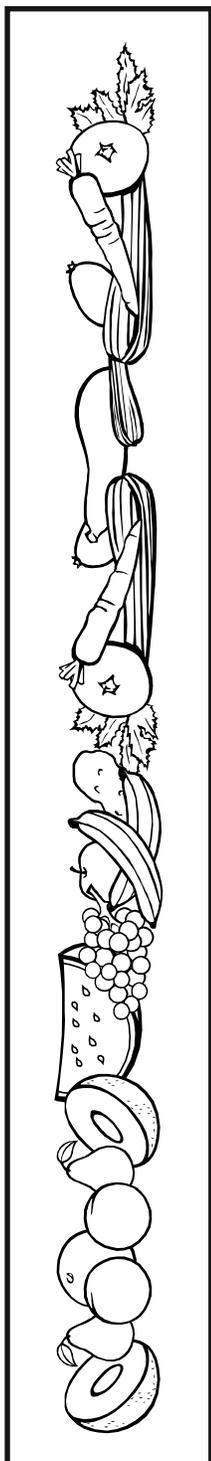
This diet is for individuals at risk or who have cardiovascular disease, coronary artery disease, hyperlipidemia, hypertension, ischemic heart disease, peripheral vascular disease, congestive heart failure (CHF) or conditions with fluid retention.

## NUTRITIONAL ADEQUACY:

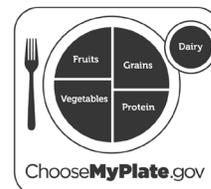
This diet can be planned to meet all nutrient requirements according to the Dietary Reference Intakes (DRIs) established by the Food & Nutrition Board; Institute of Medicine, USDA Dietary Guidelines for Americans 2015-2020.

## MENU PLANNING GUIDELINES:

- Aim to limit egg yolk to 2-3 per week.
- Use 1% or fat-free dairy products.
- Avoid fried foods.
- 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.
- Avoid trans fatty acids. Limit hydrogenated and saturated fats. Most fats should come from healthy oils e.g. soy, olive, canola or flax seed.
- Increase soluble fiber by consuming more legumes, whole grains (bread, pasta, cereal, brown rice), fresh fruits and vegetables. Limit processed foods made from white flour and sugar, and commercial baked goods.
- Include foods rich in Omega 3 fatty acids such as tuna, mackerel, salmon walnut oil, fish oil, olive oil, etc. flaxseed and chia seeds.
- The Dietary Approaches to Stop Hypertension (DASH) diet may help reduce blood pressure, LDL and total cholesterol. (See appendix.)
- Incorporate a Mediterranean Style Eating Plan (see appendix).
- Fluid intake may be restricted for some individuals.
- Read food labels carefully for sodium and fat content.
- Consider cultural and personal food preferences.
- Diet and meal plans may be individualized by the Registered Dietitian Nutritionist.



# FOOD ADVISORY FOR HEART HEALTHY DIET



FOOD GROUPS	FOOD RECOMMENDED	FOODS TO LIMIT/AVOID
<p><b>GRAINS</b> (Breads, Cereal, Rice and Pasta, grains and pseudograins) (5 servings/day) One serving = ~ 150 mg. sodium (Na)</p>	<p>These foods have almost no sodium and do not need to be counted in the 5 servings per day:</p> <ul style="list-style-type: none"> <li>shredded or puffed wheat and puffed rice</li> <li>cooked cereals – regular or quick</li> <li>whole grain pasta, rice or wild rice</li> <li>farro, teff, amaranth, quinoa</li> <li>yeast bread made with no salt</li> </ul> <p>Whole grain bread, English muffin, bagel, roll, pita. Unsalted: tortilla, pretzels, crackers, chips, breadsticks. Graham crackers, unbuttered popcorn.</p>	<p>Instant hot cereals (1 cup cooked instant oatmeal = 420 mg. sodium) Bran and ready-to-eat cereal with more than 200 mg. sodium per serving. Any fried breads. Quick breads made with baking powder or baking soda (biscuit, croissants, fritters, pastries, pancake, waffle, donuts), breads made with saturated trans fats. Crackers with salted tops. Stuffing mixes, packaged convenience mixes with seasoning packets. Breads made with garlic salt or cheese. Regular potato chips, breadsticks, pretzels, or other salted snack foods, croutons.</p>
<p><b>VEGETABLES</b> (2-3 servings/day) 1 serving = ~10-30 mg. sodium (Na)</p>	<p>All fresh, frozen, canned without salt and added fat. Baked sweet potatoes. Reduced sodium tomato or vegetable juice (6 oz. = ~ 20 mg. Na). Instant mashed potatoes without added salt and fat.</p>	<p>Avoid sauerkraut (1/2 c. = ~ 470 mg. Na), pickles, olives, relish, canned or pickled vegetables, frozen vegetables prepared with sauce. Regular vegetable or tomato juice (6 oz. = 490 mg. Na). Avoid au gratin/creamed vegetables. Avoid breaded, deep fried vegetables and potatoes.</p>
<p><b>FRUITS</b> (3-4 servings/day) Very low in sodium</p>	<p>All types. Fresh whole fruits and 100% fruit juices.</p>	<p>Canned fruit in heavy syrup. Juice drinks with added sugar.</p>
<p><b>DAIRY</b> (Milk, Yogurt and Cheese) (2 servings/day) 1 cup = ~120 mg. sodium (Na)</p>	<p>Fat-free milk (1 cup), low fat yogurt (1 cup), low sodium, low fat cottage cheese or ricotta cheese. Low fat (3 gms. or less per ounce) hard cheese, Swiss, Cheddar, Monterey Jack, Mozzarella (1 oz. = ~150-200 mg. Na).</p>	<p>Buttermilk (1 cup = ~ 300 mg. Na) American cheese (1 oz. = ~ 450 mg. Na) Cottage cheese (1/2 cup = ~ 450 mg. Na) Cheese spread (2 Tbs. = ~ 600 mg. Na) Processed cheese (1 oz. = ~ 375 mg. Na) Commercially prepared milkshakes, frappes, malted milk. High fat dairy products such as whole milk, (liquid, condensed, evaporated) cream, half &amp; half, whole milk cottage cheese, all natural cheese (blue, cheddar, etc); regular ice cream, whipped cream.</p>

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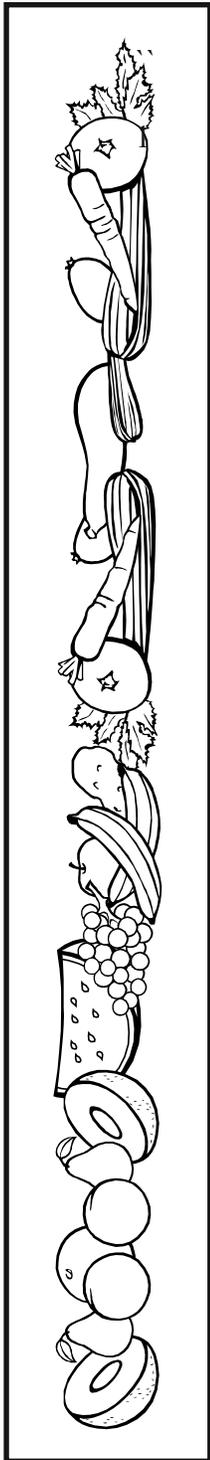
## FOOD GROUPS

## FOOD RECOMMENDED

## FOODS TO LIMIT/AVOID

<p><b>PROTEIN</b> (Meats, Poultry, Fish, Dry Beans, Eggs and Nuts) (5-7 oz./day) 1 oz.= ~ 30-60 mg. sodium</p>	<p>All types of unprocessed lean meats, poultry without skin, fish, eggs, fresh unsalted tofu, walnuts.</p> <p>Fresh or frozen, unsalted fish and poultry are very low in sodium (~50 mg. Na for 3 oz. cooked meat). However, many raw meats now have added broth with sodium salts that make the meat hold moisture and taste juicy and tender. Read all meat labels!</p> <p>Eggs (1 large =~ 60 mg. Na) Unsalted nuts (1 oz. per day) Low salt nut butters, dried peas, soy beans and lentils, beans and legumes. Include fish rich in omega 3, 2 x's wk (salmon, mackerel, herring, lake trout, sardines, albacore tuna.</p>	<p>Kosher meat. Heavily marbled meats, organ meats (liver, kidney, brains, sweet breads), salted, smoked, canned, pickled or dried meat, poultry, and fish. Fried or batter-dipped meat, poultry, and fish. Fast food, frozen dinners, and canned entrees, canned tuna, crabmeat, sardines, salmon, pickled herring, lox, caviar, anchovies, gefilte fish. Deli meats. Salted or fermented tofu. Regular cold cuts, hot dogs, bacon, sausage, Canadian bacon, ham, salt pork, fat back. Regular peanut butter. Egg substitutes. Canned beans, peas, or lentils.</p>
<p><b>FATS, OILS, SWEETS, and OTHERS</b></p> <p>Limit regular non-hydrogenated margarine, mustard, mayonnaise to 4/day.</p>	<p>Herbs and spices with no salt. Salt-free seasonings, such as Mrs. Dash®. Salt-free low fat mayonnaise and salad dressings. Limited amounts non-hydrogenated margarine (30-50 mg. Na/tsp.) or mayonnaise (80 mg. Na/Tbs.). Low fat, reduced sodium soups (50-140 mg. Na). Low fat, frozen yogurt/ice cream (1/2 cup=50 mg. Na). Sherbet (1/2 cup=45 mg. Na).</p> <p>Unsaturated vegetable oils such as olive, canola, safflower. Non-hydrogenated unsalted margarine or vegetable sprays made from one of the oils listed above. Salt free, fat-free sour cream. Low sodium cream soups made with fat-free milk. Gelatin, popsicle, Angel food cake, low sodium, low fat (trans-fat-free) sugar free puddings, and desserts. Vinegar, lemon juice, sugar substitutes, cocoa powder.</p>	<p>Saturated and hydrogenated fats, tropical oils, i.e. coconut or palm oil, butter, lard, bacon, cream, regular mayonnaise, gravy made from fat drippings. Cakes, pies. Cream soups made with whole milk. Milk chocolate candies. Cream cheese.</p> <p><b>Avoid trans fats.</b></p> <p>Limit sugar intake to less than 10% of your calories daily.</p> <p>Avoid sports drinks.</p> <p>*Read nutritional facts labels on commercial beverage products e.g. frappuccino.</p>

# SAMPLE MENU FOR HEART HEALTHY DIET



## BREAKFAST

½ c. orange juice  
½ c. oatmeal  
¼ c. scrambled egg  
1 sl. whole grain toast  
1 tsp. fat or oil  
1 tsp. all natural jam  
1 c. low-fat milk  
coffee, tea  
sugar, pepper

## LUNCH

3 oz. (edible portion) baked chicken (skin removed)  
½ c. baked sweet potato  
½ c. broccoli  
1 c. garden salad / 1 T. dressing (low fat/low sodium, made with canola oil)  
1 sl. whole grain bread  
1 tsp. fat or oil (trans-fat-free)  
1 sm. baked apple  
½ c. low-fat milk  
coffee, tea  
sugar, pepper

## SUPPER

¾ c. vegetable soup (*unsalted*)  
2 oz. albacore tuna salad sandwich made with low-fat or fat-free mayonnaise  
on 2 sl. whole grain bread  
½ c. cucumber and tomato salad (low sodium) made with canola oil or olive oil  
½ c. melon  
½ c. low-fat milk  
coffee, tea  
sugar, pepper

## EVENING SNACK

1 medium fresh fruit  
3 squares graham crackers

***\*Water to be offered with meals.***

*The sodium content of this meal plan is about 1500 mg./day. This allows for about ¼ tsp. of table salt to season your food.*

***OR the meal plan may be individualized to accommodate a regular food item not to exceed 500 mg./day (Read labels carefully for sodium content).***

***OR extra snacks may be added to the meal plan not to exceed 500 mg./day.***