



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: CARDIAC DIET/HEART HEALTHY DIET Order As: CARDI

GOALS OF DIETARY MANAGEMENT:

The goal of dietary management, alone or in conjunction with lipid lowering medications, is to reduce any tendency to atherosclerosis and to modify its progression in patients with the disease. The goal is to keep total dietary fat to 30% of calories consumed. For persons above the desirable body weight, caloric restriction is recommended.

DIET PRINCIPLES:

LOW CHOLESTEROL

Limit or avoid foods high in cholesterol, such as egg yolk, dairy products containing butterfat baked goods and desserts containing egg yolk and dairy products, organ meats. Cholesterol is limited to 300 milligrams per day.

LOW SATURATED FAT

Limit or avoid foods high in saturated fats: animal fats, vegetable fats such as palm oil, coconut oil, cocoa butter and vegetable shortening.

LOW SALT

Salt, MSG, baking soda, baking powder and seasoning salts should not be used.

NUTRITIONAL ADEQUACY:

Diets of 1200 calories or more can be planned to meet the RDA if the guidelines for selection are followed. A sample meal pattern is included. Supplementation may be added to help reach nutritional adequacy within the prescribed diet order.

SAMPLE MENU

Breakfast

Orange Juice
Egg Substitute
Or 2 Whole Eggs/Wk
Cornflakes
Bread
Margarine
Jelly
1 Cup Non-Fat Milk

Lunch

Unsalted Soup
3 Oz. Lean Beef
Baked Potato
Carrots
Bread
Margarine
Apple
1 Cup Non-Fat Milk

Dinner

3 Oz Baked Chicken - No Skin
Rice
Broccoli
Roll
Margarine
Fruited Gelatin
Coffee/Tea