

Heart-Healthy Eating

20-25% Calories from Fat
<7% Calories from Saturated Fat
<200 mg Cholesterol

Goal:

To prevent heart disease in high-risk adults by lowering the amount of cholesterol in the blood.

Diet for: _____

Dietitian: _____ **Phone number:** _____

For additional class information, call your local Health Education Department.

Reference: National Cholesterol Education Program, 1993 - Step II Diet, ADA Manual of Clinical Dietetics, 1992.

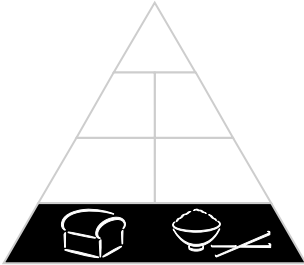


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Bread, Cereal, Rice, and Pasta

EAT 6-11 SERVINGS/DAY

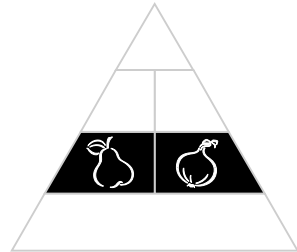


1 SERVING EQUALS:

- 1 slice bread
- ½ hamburger bun, bagel, or English muffin
- 1 tortilla, 4-6 crackers
- ½ cup cooked cereal, rice, or pasta
- 1 ounce ready-to-eat cereal

Fruits and Vegetables

EAT 5-9 SERVINGS/DAY

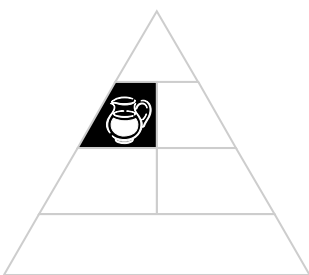


1 SERVING EQUALS:

- medium piece of fruit
- ½ cup cooked vegetables
- ¾ cup juice
- 1 cup raw vegetables




Milk, Yogurt, and Cheese

EAT 2-3 SERVINGS/DAY



1 SERVING EQUALS:


- 1 cup (8 ounces) milk or yogurt
- 1½ ounces cheese

- Breads, bagels, English muffins
- Cereals (hot or cold)
- Pancakes, waffles, low-fat muffins
- Corn or low-fat flour tortillas
- Fat-free crackers (saltines , Rye Krisp, bread sticks, graham); rice cakes
- Air-popped popcorn, pretzels , baked corn or potato chips 
- Pasta (macaroni, spaghetti), noodles
- Rice, corn, oats, barley, bulgar

- Granola-type cereals
- Waffles, croissants, pastries, donuts, muffins, corn bread



- Flour tortillas
- Most snack crackers

- Buttered or oil-popped popcorn, chips, cheese puffs
- Egg noodles



- Fruits and fruit juices*
- Vegetable juices 
- Vegetables and potatoes


- If triglycerides are high, limit fruit to 3 servings and avoid fruit juices.

- Vegetables prepared with fat, cheese, or cream sauce; fried potatoes; avocados, olives

- Nonfat (skim) milk or 1% milk, 1% chocolate milk, buttermilk, fortified low-fat soy or rice milk, nonfat or skim evaporated milk
- Cheese: nonfat or low-fat (less than 3 grams fat/ounce) 
- 1% or nonfat cottage cheese 
- Nonfat or 1% yogurt (including frozen)*

- 2% or whole milk, evaporated milk, egg nog, coconut milk

- Cheese made with whole milk (cheddar, jack, Swiss) 
- Cream cheese, cottage cheese 
- 2% or whole milk yogurts

* If triglycerides are high, limit use.
 High in sodium. Low-sodium alternatives may be available.

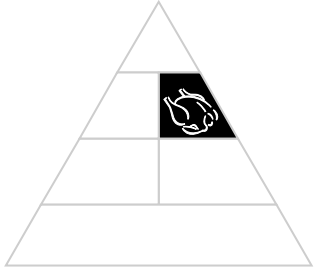
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Bring this with you whenever you see a dietitian or attend a class.

Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts

EAT 2-3 SERVINGS/DAY

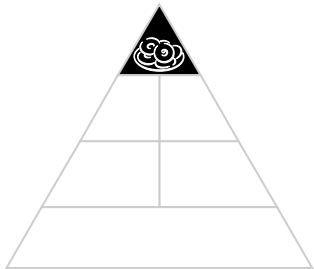


1 SERVING EQUALS:

- 2-3 ounces cooked lean meat, poultry or fish
- Count as 1 ounce of lean meat: ½ cup beans or tofu, 1 egg, 2 Tbsp. peanut butter, 1 ounce of nuts

Fats and Oils

USE SPARINGLY



Sugars and Sweets *

USE SPARINGLY



Soups






Seasonings and Sauces



Beverages



(Limit to 4-6 ounces/day)




- Chicken or turkey (without the skin); 7% fat ground turkey or chicken
- Fish or shellfish – fresh, frozen, or canned in water , imitation crab 
- Fat-trimmed lean beef, veal, lamb, pork, 7% fat ground beef **(limit to 2 times/week)**
- Luncheon meats – less than 3 grams of fat/ounce 

(No limit on amount)


- Other proteins: cooked dried beans (kidney, pinto, garbanzo); peas (black-eye, split peas); lentils; tofu (soybean curd); soy protein or textured vegetable protein
- Egg whites; egg substitute


(Limit fats and oils to 3 teaspoons/day)

- Olive or canola oil; soft tub or liquid margarine
- Fat-free or reduced-fat salad dressing, margarine, mayonnaise, sour cream, or cream cheese
- Nonstick cooking spray
- Jelly, jam, honey, syrup, sugar, hard candies, jelly beans, marshmallows*
- Gelatin, sherbet or sorbet, fruit ices, Popsicles, angel food cake; pudding made with nonfat milk; fat-free baked goods; low-fat or nonfat ice cream or frozen yogurt*
- Sugar substitutes in moderation

- Fat-free or reduced-fat soups ; broth; bouillon, consommé 
- Cream soups made with nonfat milk 

- Pepper, spices, herbs, vinegar, mustard, ketchup, butter-flavored seasonings



- Coffee, tea, soda*, fruit juices*, or vegetable juices  (Check with your health care provider regarding caffeine intake)


- Goose, duck, fried chicken
- Squid (calamari), octopus, caviar, fried seafood
- Fatty meats such as prime rib, spareribs, regular ground beef
- Fatty cured meats such as bacon, sausage, hot dogs, corned beef, chitterlings 

- Organ meats – liver, heart, brains, sweetbreads
- Peanut butter and nuts – limit to 2 Tbsp./day
- Whole eggs (limit to 2 egg yolks/week)

- Butter, cream, cream cheese, sour cream, margarine, vegetable shortening, most non-dairy creamers
- Avocado **(in small amounts only)**
- Coconut meat

- Commercial cookies, cakes, pie, ice cream, custard, and pudding made with egg yolks or whole milk
- Candies containing butter, chocolate, cream, coconut oil, or palm kernel oil

- Soups containing fat, butter, cream or cheese 
- Ramen-type noodle soups 

- Salt and other high-sodium seasonings (packaged seasoning salt, soy sauce, MSG) 
- Gravies and sauces prepared with fat

- Instant flavored coffees

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SAMPLE MENU








Breakfast:



Orange 
 Oatmeal with nonfat milk
 Toast with 1 tsp. soft tub margarine
 Jam or jelly
 Beverage  





Lunch:



Turkey sandwich (2 ounces turkey, mustard, lettuce, tomato)
 Carrot sticks 
 Pretzels   
 Fruit  
 Beverage 

Dinner:



Spaghetti with sauce and 2 ounces 7% lean ground beef and 1 Tbsp. parmesan cheese
 Tossed green salad with fat-free dressing 
 French bread with 1 tsp. soft tub margarine 
 Beverage 
 Fruit 

Snack:



Cocoa made with nonfat milk
 Graham crackers

IDEAS:

ADDITIONAL GUIDELINES:

- Bake, boil, or broil poultry, fish, and meat (remove skin and trim visible fat before cooking).
- Marinate for flavor. Try teriyaki or soy sauce (low-sodium available), wine, salsa, juices.
- Sauté in a little broth, wine, or water instead of frying in oil. Use nonstick cooking sprays.
- Use nonfat or fat-free substitutions for high-fat ingredients in recipes.
- Reduce fat content in a recipe by one-third to one-half.
- Cool soups and stews in refrigerator. Skim fat before serving.
- Eat meatless, cheeseless meals 2-3 times a week. Try bean or split pea soups, burritos, or vegetarian chili.

- Read labels. Use the NUTRITION FACTS panel to compare similar products. Look for products with less than 3 grams of fat per 100 calories.
- Check the ingredient listing. If the words vegetable oil or shortening, hydrogenated oil, coconut, or palm oil are one of the first three ingredients, the food is probably too high in fat.
- Buy as many fresh foods as possible. Canned, packaged, and frozen foods often have added salt, fat, and sugar.
- Be careful of choosing too many fat-free foods if you are concerned about your weight. Fat-free is not necessarily calorie-free.

- Ask questions. Be assertive. Explain what you need.
- Order salad dressings and sauces on the side and use only a little of them.
- Look for foods that are broiled, roasted, grilled, poached, or steamed.
- Think small. Order a la carte, order an appetizer as a main course, or share a main dish.
- Favor small portions of meat in combination dishes (such as Chinese, Italian, etc.)
- Be cautious at salad bars and buffets. They tend to include many high fat foods.

FOR MORE INFORMATION: