

Eating right for a healthier heart

Eating fewer high fat, high cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart.

Guidelines for a healthy diet

With your doctor, determine the number of calories you need each day to achieve or maintain a healthy body weight.

- Eat fewer high-fat foods
- Keep fat intake to below 30% of your total daily calories
- Replace some saturated fat with unsaturated fat (limited saturated fat to 8% to 10% of total daily calories)
- Lower cholesterol intake to less than 300mg per day
- Choose foods high in starch and fiber
- If you drink alcohol, do so in moderation

Read the labels to find the fat

To calculate the percentage of fat per serving:

Take the number of fat calories and divide it by the total number of calories
 $90/100 = 90\%$ of calories from fat
(this is food to avoid)

INGREDIENTS: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZERS (XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS)

Nutrition Facts

Serv Size 1 oz (28g/1.8 pkg)
Servings 8
Calories 100
Fat Cal 90

Amount/serving	% DV	Amount/serving	% DV
Total Fat 10g	15%	Total Carb less than 1g	0%
Sat Fat 6g	30%	Fiber 0g	0%
Cholesterol 30mg	10%	Sugar less than 1g	
Sodium 90mg	4%	Protein 2g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Vitamin A 5% • Vitamin C 0% • Calcium 0% • Iron 0%

To choose low fat products, ask yourself:

1. **Is fat a major ingredient?** Read food labels. To avoid too much fat or cholesterol, go easy on products that list any ingredient high in saturated fat or cholesterol first (eg, oils, lard, cheese.)
2. **Is there more than one type of fat in the product?** When you see several high-fat ingredients on a label, the product could have too much fat.
3. **Is the serving size appropriate?** When you are figuring out the fat content in a food, make sure you use a serving size that is close to what you would really eat -- which could be more than the label says.

Eating out

Be just as careful when you dine out as you are when you make your own meals!

Salad - Use vegetable oil and vinegar dressings

Bread - Use margarine instead of butter if desired

Chicken - Eat broiled or grilled chicken; remove skin before eating

Steak - Ask the chef to trim off excess fat before cooking

Hamburger - Avoid cheese or mayonnaise toppings -- add tomato or lettuce instead

Fish - Select broiled or poached fillets

Pasta - Use Marinara, clam or tomato sauce without meat or sausage (avoid cream sauce)

Pizza - Choose vegetable toppings instead of cheese or meat toppings

Baked potato - Avoid toppings such as butter or sour cream

Vegetables - Eat plenty of these, but without heavy sauces

Dessert - Sherbet and fresh fruit are excellent choices

Coffee, tea - Use skim milk or nondairy, nonfat creamer.

Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of food from the different food groups. After determining your dietary goals with your doctor; adjust the number and size of portions to reach and stay at your healthy body weight.

	Choose	Go Easy	Avoid
Meat, poultry, fish, and shellfish (up to 6 ounces/day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish	Shellfish	“Prime”-grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (2 or more servings/day; 3-4 for pregnant or breastfeeding women)	Skim milk, 1% fat milk, low-fat buttermilk, evaporated skim milk, low-fat yogurt, low-fat cottage cheese, cheeses with no more than 3 grams of fat per ounce	2% fat milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim milk mozzarella), “life” cream cheese, “life” sour cream	Whole milk, cream, half-and-half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, Cheddar, Muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitutes	Egg yolks (3-4/week)	
Fats and oils (approximately 5-8 teaspoons/day)	Corn, olive, canola, safflower, sesame, soybean and sunflower oils; margarine that has liquid vegetable oil as the first listed ingredient and <2 grams of saturated fat per serving	Nuts, seeds, avocados, olives, peanut oil	Saturated fat, butter, lard, bacon fat, coconut, palm, and palm kernel oils
Breads, cereals, pasta, rice, dried peas, and beans (6 or more servings/day)	Most breads, water, bagels, English muffins, rice cakes, low-fat crackers, (like matzo, bread sticks, rye crisps, saltines); hot and cold cereals, spaghetti, macaroni, noodles, and any grain rice; dried peas and beans, plain baked potato	Store-bought pancakes, waffles, biscuits, muffins and corn bread	Croissants, sweet rolls, danish, doughnuts and crackers made with saturated oils; granola-type cereals made with saturated oils; egg noodles, pasta and rice prepared with cream, butter or cheese sauces; scalloped potato
Fruits and vegetables (5 or more servings/day)	Fresh, frozen or dried fruits; canned fruits (watch sodium content)	Canned fruit in heavy syrup	Coconut, vegetables prepared in butter, cream or sauce

Snacks (in very limited amounts)	Sherbet, sorbet, Italian ice, low-fat frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes.
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