

Heart Healthy Nutrition Guide

The American Heart Association's
Therapeutic Lifestyle Change



1. Limit the amount of salt/sodium you eat to 2000 mg per day.

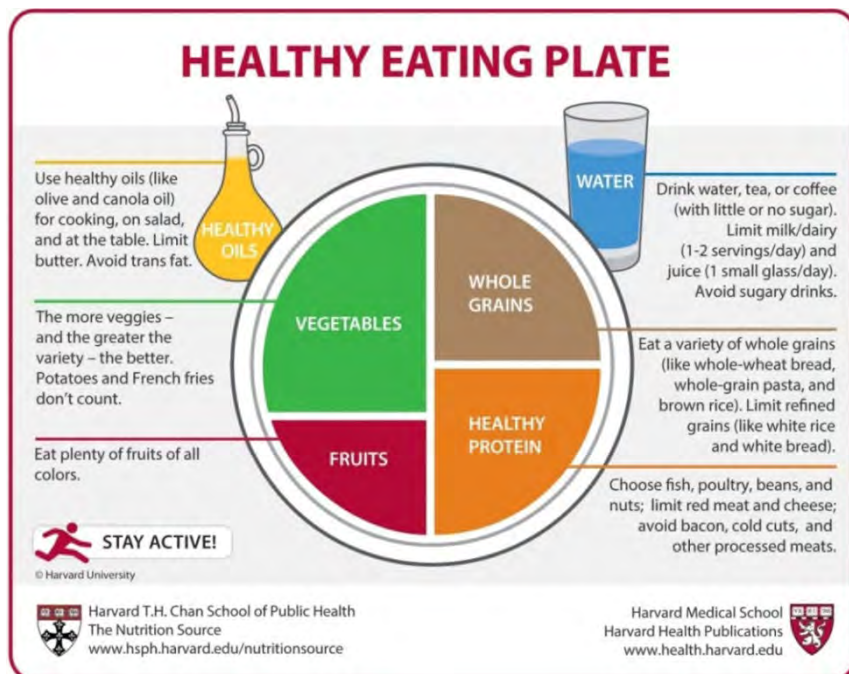
- Too much salt can make your body hold onto fluid, putting stress on your heart, increasing blood pressure and risk for stroke or heart disease.

Limit grams saturated fat (12g female/15g male) and trans fats:

- Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, fried food, whole milk, cream, coconut or palm oil, ghee, and butter. *Trans* fats are found in stick margarine and some packaged foods (look for and avoid foods with partially hydrogenated vegetable oil in ingredients list)

2. Get 20 to 30 g of fiber per day




- Fruits, vegetables, whole grains, and beans are good sources of fiber
- Aim for **5 cups of fruits and vegetables** per day.
- Have **3 ounces (oz) of whole grain** foods every day (1 ounce = 1 slice bread, ½ cup cooked rice, pasta, or cereal)







3. Eat more omega-3 fats (heart-healthy fats):

- Good choices are salmon, tuna, mackerel, trout, and sardines. Aim to eat fish 2x week. Other foods with omega-3 fats include walnuts, almonds, flaxseeds.

The Food Breakdown

Food group	Foods Recommended	Foods Not Recommended
<p>Grains</p> 	<p>Whole grain bread, pasta, hot and cold cereals, crackers, rolls and pita breads.</p> <p>Brown rice, quinoa, barley, oats, farro, bulgur, millet, buckwheat.</p> <p>Low sodium snack foods: whole wheat crackers, pretzels, baked chips.</p> <p>(Wasa, Ryvita, Triscuits)</p>	<p>Breakfast cereals or snack crackers with >300 mg sodium per serving</p> <p>Bakery products (biscuits, donuts, croissants, danish, pie, cookies)</p> <p>Instant potatoes, rice and noodle mixes, breadcrumbs, macaroni and cheese.</p> <p>Snack foods: Chips, cheese puffs, Chex mix, buttery popcorn</p>
<p>Protein foods</p> 	<p>Fresh poultry: skinless chicken or turkey</p> <p>Fresh or canned seafood: fish, shrimp, lobster, clams, scallops (2 or more times per week)</p> <p>Fresh red meat: lean, trimmed cuts of beef, pork or lamb (loin, tenderloin, round, > 90% lean). (Less than 1 time per week)</p> <p>Eggs (2-4 yolks per week) or egg whites.</p> <p>Beans and lentils (2 or more times per week)</p> <p>Nuts, seeds, nut butter. (unsalted)</p> <p>Meat alternatives: tofu, tempeh, seitan, low sodium veggie burgers.</p>	<p>High fat red meat: Ribs, steak, 70/30 hamburger</p> <p>Processed meats: bacon, sausage, pepperoni, hot dogs, corned beef</p> <p>Deli meat: ham, pastrami, bologna, salami</p> <p>Poultry with skin, breaded, or in sauces (chicken nuggets, chicken wings)</p> <p>Fried meat, poultry, and fish</p> <p>Smoked meat and fish</p> <p>Salted beans, nuts, seeds</p> <p>High sodium meat alternatives (veggie sausages, Tofurky slices)</p>
<p>Dairy</p> 	<p>Skim or 1% milk</p> <p>Low fat, low sugar yogurt</p> <p>Low fat/low sodium cheeses (Swiss, ricotta, fresh mozzarella, no added salt cottage cheese)</p>	<p>Whole or 2% milk; Whole milk yogurt</p> <p>Cream, half&half</p> <p>Cream cheese, sour cream, regular cottage cheese</p>

Food group	Foods Recommended	Foods Not Recommended
	<p>Fortified non-dairy milk (soy, almond, cashew)</p> <p>Frozen desserts made from low fat milk (1/2 cup serving)</p>	<p>Higher sodium cheeses (American, provolone, parmesan, blue cheese, feta)</p> <p>Ice cream</p>
<p>Vegetables</p> 	<p>Fresh, frozen, canned (unsalted) vegetables without added sauces.</p>	<p>Canned or frozen vegetables with salt, butter, cheese, or sauces.</p> <p>Olives, pickles, sauerkraut</p> <p>Tomato based pasta sauce with >300 mg sodium per serving</p>
<p>Fruits</p> 	<p>Fresh, frozen, canned in juice, and dried, unsweetened fruits.</p> <p>100% fruit juice (<6 ounces per day)</p>	<p>Canned fruits in heavy syrup</p>
<p>Oils</p> 	<p>Vegetable oils: Olive, canola, corn, avocado, grapeseed, sesame, safflower, soybean, sunflower</p> <p>Margarine spreads that list vegetable oil as first ingredient</p> <p>Light condiments: butter/margarine/mayonnaise</p> <p>Avocado</p>	<p>Stick margarine or shortening</p> <p>Butter</p> <p>Salad dressings with trans-fat or >150 mg sodium per serving</p> <p>Coconut or palm oil</p>
<p>Other</p> 	<p>Prepared foods, including soups and frozen meals with <500 mg of sodium</p> <p>Homemade low sodium sauces and gravies</p> <p>Low sodium versions of sauces and condiments.</p> <p>Salt free spice and herb mixes like Mrs. Dash</p> <p>Vinegar, lemon juice, lime juice</p>	<p>Sugary or fatty desserts, candy, and sweetened soda, sweets.</p> <p>Canned soups or frozen meals >500 mg of sodium</p> <p>Salts: kosher salt, sea salt, onion and garlic salt, meat rubs, Adobo, Sazon</p> <p>Condiments: bouillon, ketchup, BBQ sauce, Worcester sauce, soy sauce, salsa, relish, teriyaki.</p>

Tips for Limiting Sodium to Less than 2000 mg per day

- Use herbs and spices to flavor foods instead of salt
- Choose fresh or frozen fruits, vegetables, and meats
- Eat fast food and restaurant food less often
- Choose low or no sodium canned goods
- Make your own salad dressing with oil and vinegar

- **Limit foods with more than 200 mg of sodium per serving**
- **Budget: 500 mg for meals/500 mg for snacks, total**

Nutrition Facts			
About 2 servings per container			
Serving size		1 cup (240mL)	
Calories	Per serving	Per container	
	110	230	
	% DV*	% DV*	
Total Fat	3g	4%	6g 8%
Saturated Fat	1g	5%	2g 10%
Trans Fat	0g		0g
Polyunsaturated Fat	1g		1.5g
Monounsaturated Fat	1g		2.5g
Cholesterol	25mg	8%	60mg 20%
Sodium	410mg	18%	880mg 38%
Total Carb.	13g	5%	27g 10%
Dietary Fiber	1g	4%	3g 11%
Total Sugars	1g		3g
Incl. Added Sugars	0g	0%	1g 2%
Protein	7g	14%	16g 32%
Vitamin D	0mcg	0%	0mcg 0%
Calcium	20mg	0%	40mg 2%
Iron	0.8mg	4%	1.7mg 10%
Potassium	670mg	15%	1450mg 30%
Vitamin A	110mcg	10%	220mcg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Noodle Soup



Nutrition Facts			
Amount/Serving % DV* Amount/Serving % DV*			
Total Fat 14g	22%	Total Carb. 2g	1%
Sat. Fat 2.5g	12%	Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholest. 5mg	2%	Protein 0g	
Sodium 260mg	11%		
Vitamin A 0%		Vitamin C 2%	
Calcium 0%		Iron 0%	

Serv. Size 2 Tbsp (30mL)
Servings about 35
Calories 140
Calories from fat 130

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Salad Dressing

Nutrition Facts			
Serving Size 1 oz (28g/About 17 pretzels)			
Amount Per Serving			
Calories 110	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 450mg	19%		
Potassium 80mg	2%		
Total Carbohydrate 23g	8%		
Dietary Fiber 1g	4%		
Sugars less than 1g			
Protein 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
Thiamin 8%	Riboflavin 8%		
Niacin 6%	Phosphorus 2%		
Magnesium 2%			

Pretzels

Nutrition Facts			
Serving Size 2oz (56g)			
Servings Per Container 8			
Amount Per Serving			
Calories 50	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 620mg	26%		
Total Carbohydrate 1g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 11g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 4%		

*Percent Daily Values are based on a 2,000 calorie diet.

Sliced Ham

Meal Ideas

Meal	Day 1	Day 2
Breakfast	1 cup cooked oatmeal 2 T almonds 1 cup blueberries 1 cup skim milk	2 eggs scrambled 2 slices whole wheat bread 1 T soft tub margarine ½ cup cantaloupe
Lunch	Turkey sandwich <ul style="list-style-type: none"> • 2 slices whole wheat bread with: • 2-3 ounces low sodium turkey • 2 tablespoons lite mayo • Lettuce and tomato 1 medium pear	Large Taco Salad <ul style="list-style-type: none"> • 2 cups lettuce • ¾ cup black beans • 2 oz grilled chicken • ½ cup cooked brown rice • ¼ avocado, diced • ½ medium tomato, diced • Low sodium dressing
Snack	1 cup plain non-fat yogurt ¼ cup unsalted almonds and raisins	4 tablespoons hummus 1 cup baby carrots, bell peppers, celery
Dinner	3-4 ounces broiled salmon 1 cup brown rice or quinoa 1 tsp soft tub margarine 1 cup roasted broccoli and carrots	1 whole wheat hamburger bun 3 oz lean ground turkey patty 2 T low sodium ketchup 1 medium sweet potato, cut into “wedges” and baked in oven w/ olive oil 1 cup mixed green salad with vinaigrette
Snack	½ cup non-fat frozen yogurt	1 apple, sliced 2 tablespoons natural peanut butter

Your Nutrition Goals Set Today:

- 1.
- 2.
- 3.