

Tips for Heart Healthy Eating

For over 40 years, many studies and clinical trials have shown numerous dietary risk factors that can effect blood cholesterol and increase your risk for Coronary Heart Disease, the number 1 cause of death in the United States. Studies have shown that diets high in saturated fat and cholesterol have the highest incidence of Coronary Heart Disease. Thus, consuming a diet low in saturated fat and cholesterol is recommended. Follow these tips for a heart healthy meal plan!

When choosing Fats and Oils:

- ❖ Try to include those oils high in heart healthy **mono** and **polyunsaturated fats**, such as **peanut, canola** or **olive oils** when cooking. These oils may be beneficial in lowering cholesterol levels when used in place of saturated fats.
- ❖ **Include other foods high in heart healthy mono and polyunsaturated fats, such as:** Peanut butter, Avocados, Olives, Flaxseed, nuts (Peanuts, Almonds, Walnuts), and Fish.

Cut down on Saturated Fat intake:

Saturated Fat increases cholesterol in the body

Tips:

- ❖ Substitute **egg whites or egg substitute** in recipes for whole eggs.
1 whole egg = 2 egg whites, or ¼ cup egg substitute.
- ❖ Limit egg use to one egg yolk per day.
- ❖ Limit your use of butter. Try tub margarine more often.
- ❖ Limit the use of tropical oils (palm or coconut) found in many purchased/baked goods.
- ❖ Choose white poultry meat more often than dark poultry meat (dark meat contains more fat).
- ❖ Remove all visible fat and skin on poultry.
- ❖ Try baked and broiled fish at least two times a week. Fish has been shown to lower cholesterol levels.
- ❖ Bake, broil, or grill rather than fry.
- ❖ Choose smaller portions of meat. Use 3-4 ounces of cooked meat, fish, or poultry per meal (approximately the size of a deck of cards).

Heart Healthy Guidelines

Eating away from home:

Tips:

- ❖ Ask questions regarding ingredients used and preparation methods to limit additional or hidden fat.
- ❖ Include more foods that are baked, broiled, stir fried, and grilled.
- ❖ Try ½ portions to limit excessive fat and still enjoy your favorite food.
- ❖ Ask for salad dressings, margarine and sour cream “on-the-side” and limit the amount used.

Purchasing Milk, Yogurt, and Cheese:

Tips:

Look for products labeled low fat, and compare with similar nonfat products.

Add more Fiber into your diet:

Soluble Fiber binds to and helps the body get rid of excess cholesterol.

Tips:

- ❖ Include at least 5 servings of fruits and vegetables daily. Remember to eat the skins. Enjoy fruits, vegetables, and grains as the focus of your meals.
- ❖ Choose foods from the breads, cereals, pastas and rice group with 3 grams of fiber or more per serving (oatmeal, bran cereal, whole wheat grains).
- ❖ Add fresh or dried fruit to cereal or oatmeal.
- ❖ Eat dried beans at least 3 times a week. Add dried beans, such as Kidney, Lima, Garbanzo, etc. in soups, chili's, dips, or season and eat as a side dish.

Include Soy products:

Tips:

- ❖ 25 grams of soy protein per day has been shown to lower your “bad” cholesterol.
- ❖ Try to include soy cheese, veggie burgers, tofu, soy nuts and soy drinks.

Heart Healthy Guidelines

Food group and daily suggested servings

Bread, cereals, pasta and rice (6-11 servings)



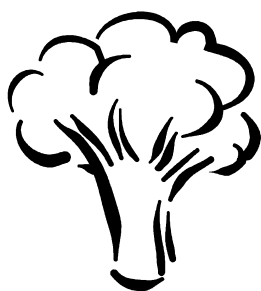
Choose more often

English muffins
Bagels
Sliced Bread (whole grain)
Tortilla
Pita bread
Hot and cold cereals (higher the fiber, the better)
Oatmeal
Brown rice
Noodles
Whole wheat pasta
Unsalted air-popped or light popcorn
Unsalted pretzels
Unsalted reduced-fat snack crackers
Unsalted baked potato chips

Choose less often

Biscuits
Croissants
Doughnuts
Danish or pastry
Sweet rolls
Quick breads
Granola cereal
Muffins
Fried rice
Buttered Popcorn
Potato Chips
Packaged flavored rice or pasta products
Canned pasta
Pancakes and waffles
Crackers

Vegetables (3-5 servings)



Fresh, or frozen vegetables
Stir fried vegetables
Baked Potato
Spaghetti sauce with less than 400mg of sodium per serving
Tomato products canned with no added salt
Canned vegetables with no added salt
Tomato juice canned with no added salt

French fries
Fried potatoes, onion rings, or other fried vegetables
Vegetable prepared with cheese or butter sauces
Canned vegetables
Canned tomato products
Tomato juice

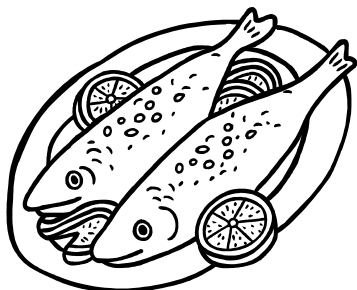
Fruits (2-4 servings)



Fresh, canned or dried fruit
Fruit juice

Heart Healthy Guidelines

Meat, fish, poultry, Dried beans, Eggs, Nuts (2-3 servings)



Choose more often

Beef: Eye of round, top round, bottom round, london broil, top sirloin, bottom sirloin, flank steak, 90% lean ground beef

Pork: Sirloin chop, loin chop, rib chop, center cut chop, sirloin roast

Skinless Poultry: Turkey or chicken (white meat)

Fish: Tuna packed in water, orange roughy, haddock, salmon, cod, flounder/sole, or perch

Soy: Burgers, sausage, hot dogs, nuts, meatless crumbles

Other: Turkey bacon, dried beans, canned beans that have been drained and rinsed, eggs (one yolk per day), egg whites, egg substitute, vegetarian or fat free refried beans, packaged lean lunch meat with less than 250mg sodium per serving

Miscellaneous

Low-fat canned soup with less than 400mg per servings

Low sodium bouillon or broth

Condiments such as: mustard, hot pepper sauce,

Worcestershire sauce, low sodium soy sauce, catsup and sweet pickle relish (limit to 1 Tbsp per day due to sodium content)

Seasonings such as: fresh or dried spice/herbs, garlic powder, onion powder, salt free herb blends

Choose less often

Any meats which are less than 90% lean, such as ground chuck or ground beef, corned beef, ribeye, t-bone steaks.

Ribs, pork butt roast, ham Canadian bacon or sausage

Breaded or fried poultry, dark meat of chicken or turkey

Tuna packed in oil, breaded or fried fish

Soy products with more than 500mg sodium per serving

Salami, hot dogs, bratwurst, bologna, or other luncheon meats, bacon

Refried beans

Organ meats (liver)

Canned soup

Bouillon

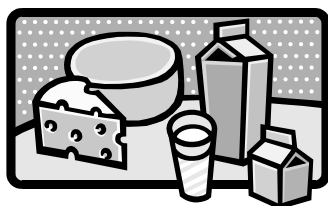
Dill pickles

Condiments such as: steak sauce, soy sauce, olives, barbecue sauce, pickled peppers

Seasonings such as: salt, garlic salt, onion salt, celery salt, seasoned salt

Heart Healthy Guidelines

Milk, yogurt, or cheese (2-4 servings)



Choose more often

Skim or 1% milk
Low fat chocolate milk
Reduced fat, low sodium cottage cheese
Low fat or fat free ice cream or frozen yogurt
Low fat or fat free yogurt, plain/fruited
Low fat pudding
Sherbet
Lower fat cheese: feta, mozzarella, parmesan, soy cheese, ricotta
Reduced fat cream cheese

Choose less often

2% or whole milk
Cream cheese
Higher fat cheeses: cheddar, American, gouda, co-jack, blue
Cheese Spreads
Cottage cheese
Ice cream

Fat, oils and sweets (use sparingly)



Reduced fat or trans-fatty acid free margarine (tub margarine)
Cooking spray
Buttered flavored sprinkles
Low fat mayonnaise
Low fat sour cream
Reduce fat salad dressing
Gravy and mixes (made without meat drippings),
Lower fat broth
Hard candy, jelly beans
Angel food cake
Animal crackers
Gingersnaps
Gelatin
Popsicle

Butter or stick margarine
Lard or vegetable shortening
Gravy made with meat drippings
Mayonnaise
Sour cream
Salad dressing
Pies and cakes
Chocolate
Cookies
Brownies
Candy bars

For more information or to speak with a Registered Dietitian, call OSF Saint Francis Nutrition Access Line (309) 655-3705.