

Prepared For:		Date:	
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Heart-Healthy Eating Nutrition Therapy

Tips

Ways to Reduce LDL-Cholesterol

- Limit saturated fats and trans fats:
 - Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
 - Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of sodium that you eat to less than 2,000 milligrams (mg) per day.
 - It is good to select foods with no more than 140 mg per serving.
 - Foods with more than 300 mg sodium per serving may not fit into a reduced-sodium meal plan.
 - Remember to check serving sizes on the label. If you eat more than one serving, you will get more sodium than the amount listed.
 - Use caution when you eat outside of your home. Restaurant foods can be high in sodium, and you cannot always get information about this.
- Eat more omega-3 fats (heart-healthy fats):
 - Good choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
 - Other foods with omega-3 fats include walnuts and canola and soybean oils.
 - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed.
- Get 20 g to 30 g of dietary fiber per day:
 - Fruits, vegetables, whole grains, and dried 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.
- Plan to eat more plant-based meals, using beans and soy foods for protein.
- Talk with your dietitian or doctor about what a healthy weight is for you. Set goals to reach and maintain that weight.

- Talk with your health care team to find out what types of physical activity are best for you. Set a plan to get about 30 minutes of exercise on most days.

Ways to Reduce Sodium

- A low-sodium (salt) diet may help prevent build up of extra water in your body.
- This may be for high blood pressure, heart failure, kidney disease or other conditions in which swelling or fluid retention can occur.
- Even if you take a pill for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.

You should usually avoid these items:

- Salt – ¼ teaspoon of table salt has almost 600 milligrams sodium.
- Processed foods—salt is added in large amounts to some regular foods. Examples are:
 - Canned foods—soups, stews, sauces, gravy mixes, and some vegetables
 - Frozen foods—dinners, entrees, vegetables with sauces
 - Snack foods—salted chips, popcorn, pretzels, pork rinds and crackers
 - Packaged starchy foods—seasoned noodle or rice dishes, stuffing mix, macaroni and cheese dinner
 - Instant cooking foods to which you add hot water and stir—potatoes, cereals, noodles, rice, etc.
 - Mixes—cornbread, biscuit, cake, pudding
 - Meats and cheeses
 - Deli or lunch meats—bologna, ham, turkey, roast beef, etc.
 - Cured or smoked meats—corned beef, sausage of any kind (patty, link, Kielbasa, Italian, wieners or hot dogs), bacon
 - Canned meats—potted meats, spreads, Spam, Vienna sausage, etc.
 - Cheeses—read labels and avoid those with more than 140 mg sodium per serving; examples are American cheese, Velveeta, and Cheez Whiz
- Condiments, Sauces and Seasonings
 - Mustard, ketchup, salad dressings, bouillon cubes or granules
 - Sauces—Worcestershire, barbecue, pizza, chili, steak, soy or horseradish sauce
 - Meat tenderizer, monosodium glutamate
 - Any seasoning that has “salt” in the name or on the label;
 - Avoid celery salt, garlic salt and onion salt; however, it is okay to have garlic or onion powder or flakes
 - Read labels carefully—lemon pepper often has salt
 - Pickles and olives

What can you use to season your food?

- Tart flavor—try lemon or lime juice, vinegar
- Hot flavor—peppers are low in sodium; hot sauce has salt, but if you use just a drop or two

it will not add up to much

- Herbs and spices—onions, garlic, salt-free seasonings like Mrs. Dash

Foods Recommended

Food Group	Foods Recommended
Milk	<p>2 servings of calcium a day. 1 serving has about 150 milligrams (mg).</p> <p>Nonfat (skim), low-fat, or 1% fat milk Nonfat or low-fat yogurt Fat-free and low-fat cheese with less than 150 milligrams sodium per serving Hard cheese, such as low-fat cheddar or mozzarella Low-fat cottage cheese - ½ cup washed under cold water in a sieve to remove most of the sodium</p>
Meat and Other Protein Foods	<p>3 servings of protein a day. 1 serving has about 60 mg.</p> <p>Lean cuts of beef and pork (loin, leg, round, extra lean hamburger), skinless poultry, fish (3 oz cooked meat) Venison and other wild game Dried beans and peas Nuts and nut butters</p> <p>Read all meat labels! Many raw meats now have added broth with sodium salts that make the meat hold moisture and taste juicy and tender. Choose a product with less than 5% of the DV for sodium.</p>
Fruits and Vegetables	<p>5 or more servings of fruits and vegetables a day. 1 serving has only about 10 mg.</p> <p>Fresh, frozen, or canned vegetables without added fat or salt Tomato or vegetable juice, canned, without salt Tomatoes, tomato sauce, canned, without salt Fresh, frozen, canned, or dried fruit Fruit juices</p>

Food Group	Foods Recommended
Grains	<p>5 servings a day. 1 serving has about 150 mg of sodium.</p> <p>Whole grain bread, rolls, pitas low-sodium crackers, pretzels, and chips</p> <p>These foods have almost no sodium and do not need to be counted in the 5 servings per day:</p> <ul style="list-style-type: none"> • shredded or puffed wheat, puffed rice • cooked cereals—regular or quick, such as oatmeal • brown rice • whole grain pasta • yeast bread made at home with no salt <p>Other ready-to-eat cereals with more than 5% DV for sodium – serving size is ½ cup (1 cup = 2 of your 5 servings/day)</p>
Others	<p>Use small amounts.</p> <p>Unsaturated oils (olive, peanut, soy, sunflower, canola) Soft or liquid margarines and vegetable oil spreads Unsalted seeds and nuts Avocado</p>

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	<p>Breads or crackers topped with salt Cereals (hot or cold) with more than 300 mg sodium per serving Biscuits, cornbread, and other “quick” breads prepared with baking soda Bread crumbs or stuffing mix from a store (homemade can be okay if from a low-sodium recipe)High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn</p>

Food Group	Foods Not Recommended
Fruits and Vegetables	Fried fruits or vegetables Fruits or vegetables prepared with butter, cheese, or cream sauce Canned vegetables (unless they are salt free) Frozen vegetables with sauces Sauerkraut and pickled vegetables Canned or dried soups (unless they are low sodium or salt free) French fries and onion rings
Milk	Whole milk 2% fat milk Whole milk yogurt or ice cream Cream Half-&-half Cream cheese Sour cream Processed cheese and cheese
Meat and Other Protein Foods	Higher-fat cuts of meats (ribs, t-bone steak, regular hamburger) Bacon Sausage Cold cuts, such as salami or bologna Corned beef Hot dogs Organ meats (liver, brains, sweetbreads) Poultry with skin Fried meat, poultry, and fish
Fats and Oils	Coconut oil Stick margarine Shortening Palm oil Partially hydrogenated oils
Condiments	Salt, sea salt, garlic salt Seasoning mixes containing salt Bouillon cubes Catsup Barbecue sauce Worcestershire sauce Soy sauce Miso Salsa Pickles, olives, relish

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Alcohol	Check with your doctor. Generally, do not have more than one drink per day (1 drink = 5 ounces [oz] wine, 12 oz beer, or 1½ oz liquor)
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Heart-Healthy Eating Sample 1-Day Menu

Breakfast	1/2 cup apple juice 3/4 cup oatmeal 1 cup fat-free milk 1 small banana 1 cup brewed coffee
Lunch	2 slices whole-wheat bread 2 oz lean deli turkey breast 1 oz low-fat Swiss cheese 2 slices tomato 2 lettuce leaves 1 pear 1 cup nonfat milk
Afternoon Snack	1 oz trail mix (with nuts, seeds, raisins) 1 cup blueberries 1 cup nonfat milk
Evening Meal	3 oz broiled fish 1 cup brown rice 1 tsp margarine 1 medium stalk broccoli 1 medium carrot 1 cup tossed salad 1/8 cup chickpeas, for salad 1 tablespoon olive oil and vinegar dressing 1 small whole-wheat roll 1 tsp margarine 1/2 cup nonfat frozen yogurt 1/4 cup blueberries, with frozen yogurt 1 cup tea

Notes