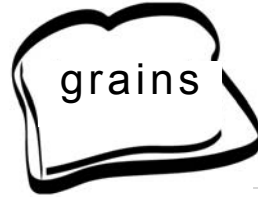


# Nutrition Guidelines for Good Health

## GENERAL PRINCIPLES

- Limit the total fat in your diet especially decreasing the saturated/animal fat
- Replace saturated fat (butter, animal fat, etc.) with monounsaturated fat (olive, canola, and peanut oils)
- Choose foods high in fiber as calories permit (whole-grains, fresh fruit, raw vegetables, and dried beans)
- Increase fruits and vegetables
- Include 2 fish meals/week
- Reduce sodium in your diet (approximately 2400 mg of sodium per day)
- Achieve/maintain a healthy weight

## calorie controlled cardiac diet



(6 - 11 servings daily)

1 serving as listed is approximately 80 calories

### Foods Recommended

Whole-grain bread (1 slice), cereal (3/4 cup)  
Noodles, rice, potatoes (1/3 cup)  
Corn tortilla, fat-free flour tortilla (1/3 small)  
Unsalted lite popcorn (3 cups)  
Unsalted pretzels (15 small)

### Foods to Limit

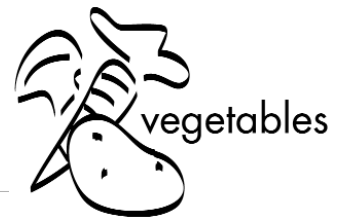
Cereal containing nuts or coconut  
Bread or crackers with salted tops  
Regular microwave popcorn, movie popcorn  
Potato chips, corn chips, or other regular salted snack chips  
Hard taco shells, popovers

### Foods Recommended

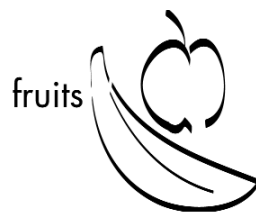
Fresh, plain, frozen, or unsalted canned vegetables served without fat

### Foods to Limit

Canned vegetables  
Deep-fried vegetables



(As desired - include at least 3 servings daily).



(3 - 5 servings daily)

1 serving as listed is approximately 60 calories

### Foods Recommended

Fresh fruit (1small)  
Canned fruit, juice packed (1/2 cup)  
Fruit juice, unsweetened (1/2 cup)

### Foods to Limit

None

### Foods Recommended

Skim milk, 1% milk (8 ounces)  
Low-fat or nonfat yogurt (6 ounces)

### Foods to Limit

Whole milk, 2% milk, buttermilk  
Cream, half-and-half



2-3 servings/day

1 serving as listed is approximately 80 calories

sample menu  
for cardiac diet

**BREAKFAST**

- orange juice (1/2 cup)
- oatmeal (1 cup)
- whole-grain toast (1 slice)
- margarine (1 tsp)
- jelly (1 tbsp)
- skim milk (1 cup)
- decaffeinated coffee (8 oz)

**LUNCH**

- chicken noodle soup,  
low-sodium (1 cup)
- turkey breast, roasted (2 oz)
- low-sodium, low-fat Swiss  
cheese (1 oz.)
- whole wheat bread (2 slices)
- lettuce leaf, tomato slice
- mayonnaise, low-fat (1 tbsp)
- apple (1 medium)
- skim milk (1 cup)
- decaffeinated hot tea, lemon  
(8oz)

**SNACK**

- banana (1 small)

**DINNER**

- tossed salad (as desired)
- low-fat salad dressing (2 tbsp)
- salmon (3 oz)
- baked potato (1 medium)
- green beans (1/2 cup)
- cooked carrots (1/2 cup)
- whole wheat roll (1 medium)
- margarine (2 tsp)
- low-fat frozen yogurt (1/2 cup)
- decaffeinated iced tea,  
unsweetened (8 oz)

**SNACK**

- Unsalted air-popped popcorn  
(3 cups)
- butter-flavored spray
- diet soda



**Limit to 6 ounces daily**

- 1 ounce =
  - 1 ounce**
    - lean meat, chicken, fish
    - low-fat, low-sodium  
cheese
  - 1 tbsp**
    - low-fat/natural  
peanut butter
    - unsalted nuts
  - 1/2 cup**
    - dried beans
  - 1/4 cup**
    - egg substitute
  - 2 egg whites**
  - 1 whole egg**
- 1 serving as listed is  
50 calories

**Foods Recommended**

- Skinless chicken, turkey
- Unbreaded fish, shellfish, or water-packed  
tuna
- Lean beef, veal, lamb, pork

- Low-fat/natural peanut butter
- Lentils, navy beans, kidney beans, etc

- Low-sodium cheese with less than  
3 grams of fat per serving

- Cholesterol-free egg substitutes
- Limit whole eggs to 2-4 per week

**Foods to Limit**

- Meats with excess visible fat
- Regular ham, bacon, spareribs, sausage
- Hot dogs (regular, chicken, turkey)
- Processed luncheon meats (regular)
- Fried meat, chicken, or fish
- Refried beans made with lard or other fats
- Whole milk cheese

**Foods Recommended**

- 1 tsp tub-margarine (liquid oil listed as first  
ingredient and preferably trans free)
- 1 tsp olive, peanut, or canola oil
- 2 tsp diet margarine
- 1 tbsp regular salad dressing,  
Reduced-fat Miracle Whip®
- 2 tbsp reduced-fat salad dressing

Imitation butter spray or nonstick cooking spray

**Foods to Limit**

- Butter, bacon fat, lard, salt pork, shortening
- Palm or coconut oil

**fats and  
oils**



**Limit to  
3 - 6 servings daily**

1 serving as listed is  
45 calories

Desserts/Sweets



100 calories  
allowed per day

**Foods Recommended**

- Fat-free desserts, angel food cake
- Sherbet, fruit ices, Popsicles®, gelatin
- Low-fat or nonfat ice cream or frozen yogurt

**Foods to Limit**

- Desserts made with whole milk, butter,  
chocolate, cream cheese, solid shortening,  
coconut, or cream