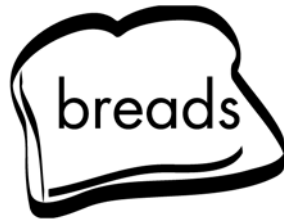


# Nutrition Guidelines for Good Health

Eating wisely can help you decrease your risk for heart disease. Foods high in fat and cholesterol can raise the level of cholesterol in your blood. This can speed the development of fat deposits (or plaque) on the inside of your arteries. When fat deposits narrow your arteries (hardening), they may close off completely or become blocked. The blocking of one of the heart's arteries causes a heart attack. Following a Cardiac Diet, lowers your fat intake. It can help to lower your blood cholesterol, which will reduce one of your risks for heart disease.

## calorie controlled cardiac diet



(6 - 11 servings daily)

1 serving as listed is approximately 80 calories

### Read Labels:

Items from these groups should contain no more than 3 grams of fat per serving.

### Foods Recommended

Whole-grain bread (1 slice), small roll (1), bagel (1/2) (not egg)  
English Muffin (1/2), low-fat muffin (1 small)  
Corn tortilla, fat-free flour tortilla (1 small)  
Unsalted lite popcorn, made with allowed oil or margarine (3 cups)  
French Toast made with allowed ingredients (1 slice)

### Foods to Limit

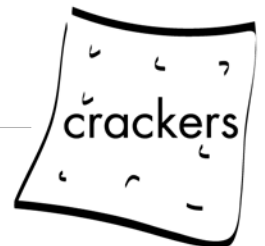
Rich bread made with eggs, whole milk, or solid shortening such as croissant rolls  
Bread with salted tops  
Quick breads and all mixes  
Regular microwave popcorn, movie popcorn  
Hard taco shells, popovers

### Foods Recommended

Unsalted crackers (6), matzo(1)  
Graham crackers (3)  
Unsalted pretzels (15 small)

### Foods to Limit

High-fat crackers such as butter-type, cheese-type, etc.  
Salted pretzels



### Foods Recommended

Oatmeal (1/2 cup) or bran cereal (3/4 cup) is recommended 3-4 times/week (All cereals should be served with skim or 1% milk).

### Foods to Limit

Granola-type cereal, cooked cereal with added salt  
Cereal containing nuts, coconut, or dried fruit

**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)
- Choose foods high in fiber (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

If you have recently undergone surgery, your doctor may recommend that you wait 4-6 weeks before beginning this diet.

**calorie controlled cardiac diet**

**Foods Recommended**

- Noodles, macaroni, spaghetti (1/2 cup)
- Rice (1/3 cup)
- Barley, grits(1/2 cup)
- White and sweet potatoes (1/2 cup)
- Creamed potatoes prepared with allowed ingredients (1/2 cup)

**Foods to Limit**

- Rice, pasta/noodle, and stuffing mixes
- Potato chips, corn chips, or other regular snack chips
- Instant potatoes, hash browns
- French-fried potatoes



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

**Foods Recommended**

- Fresh, plain, frozen, or unsalted canned vegetables served without fat
- Low-salt, low-fat tomato sauce/spaghetti sauce
- Low-sodium tomato or low-sodium V-8® juice

**Foods to Limit**

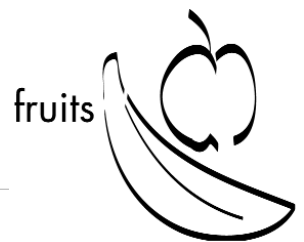
- Canned vegetables
- Sauerkraut
- Frozen vegetables in a sauce
- Vegetables served with butter or cream
- Deep-fried vegetables
- Regular canned tomato or spaghetti sauce
- Regular tomato and V-8® juice

**Foods Recommended**

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

**Foods to Limit**

None



(3 - 5 servings daily)

1 serving as listed is approximately 60 calories

# calorie controlled cardiac diet



## Limit to 6 ounces daily

- 1 ounce =
- 1 ounce**
    - lean meat, chicken, fish
    - low-fat cheese
  - 1 Tbsp.**
    - low-fat/natural peanut butter
    - unsalted nuts
  - 1/2 cup**
    - dried beans
    - low-fat ricotta
    - low-fat cottage cheese
  - 1/4 cup**
    - egg substitute
  - 2 egg whites**
  - 1 whole egg**

Prepare all by:  
Roasting, baking, broiling,  
stewing without extra fat.

Read Labels:  
Lean meat and cheese  
contain less than  
3 grams of fat per ounce.

## Foods Recommended

Skinless chicken, turkey, Cornish hen, wild game  
Fish, shellfish, water-packed tuna, or other  
water-packed canned fish  
Lean beef, veal, lamb, pork  
Low-fat and low-sodium sandwich meat such  
as low-sodium ham, turkey breast, roast beef  
Low-fat or fat-free hot dogs  
3 oz. of liver may be used once a month

Unsalted nuts  
Low-fat/natural peanut butter  
Lentils, navy beans, kidney beans,  
garbanzos, black beans, soybeans, etc  
Low-fat or nonfat meat analogs

Mozzarella cheese made from part skim milk  
Ricotta cheese made from skim milk  
Low-fat cottage cheese  
Any low-sodium cheese with less than  
3 grams of fat per serving such as Lorraine,  
Alpine Lace<sup>®</sup>, Healthy Choice<sup>®</sup>, Kraft-Free<sup>®</sup>,  
etc.

Cholesterol-free egg substitutes  
Egg whites  
Limit whole eggs or egg yolks to  
2-4 per week

## Foods to Limit

Meats with excess visible fat and internal  
marbling  
Regular ham, bacon, corned beef, chipped  
dried beef, spareribs, sausage, scrapple  
Hot dogs (regular, chicken, turkey)  
Processed luncheon meats (regular)  
Duck, goose, buffalo wings, poultry skin  
Regular peanut butter  
Canned meats  
Frozen or packaged dinners  
Fish canned in oil, sardines, caviar  
Mutton, organ meat  
Fried meat, chicken, or fish  
Salted nuts  
Refried beans made with lard or other fats  
Whole milk cheeses such as Swiss,  
American, Cheddar, processed cheese,  
whole milk mozzarella, bleu cheese, etc.

**calorie controlled  
cardiac diet**

**Foods Recommended**

**1 tsp.**

Tub margarine (liquid oil listed as first ingredient and preferably trans free)  
Regular mayonnaise  
Olive, peanut, or canola oil

**2 tsp.**

Diet margarine  
Peanut butter  
Regular Miracle Whip®

**1 Tbsp.**

Regular salad dressing  
Reduced-fat Miracle Whip®  
Reduced-fat mayonnaise  
Unsalted seeds or chopped nuts

**2 Tbsp.**

Reduced-fat salad dressing  
Non-dairy creamers

**4 Tbsp.**

Lite whipped topping

**1/8 medium avocado**

**Limit to 3 Tbsp./day**

Fat-free salad dressing  
Fat-free cream cheese  
(Read label for sodium content)

Imitation butter granules,  
imitation butter spray, nonstick cooking  
spray, or fat-free sour cream may be  
used in moderation

**Foods to Limit**

Butter, cream, bacon fat, lard, suet  
Salt pork, solid shortening  
Regular or lite sour cream or  
cream cheese  
Palm or coconut oil  
Regular whipped topping  
Coconut  
Salted nuts



**Limit to  
3 - 6 servings daily**

1 serving as listed is  
approximately  
45 calories

**calorie controlled  
cardiac diet**



(2-3 servings daily)

1 serving as listed  
is approximately  
80 calories

**Foods Recommended**

- Skim milk, 1% milk (8 ounces)
- Powdered, dry (1/4 cup), evaporated skim milk (1/3 cup)
- 1% low-fat chocolate milk (1/2 cup)
- Nonfat sweetened condensed milk (1Tbsp.)
- Low-fat or nonfat lite yogurt (8 ounces)

**Foods to Limit**

- Whole milk, 2% milk, powdered whole milk, buttermilk
- Milk fortified with coconut oil
- Cream, half-and-half
- Most nondairy creamers
- Evaporated whole milk, regular sweetened condensed milk
- Chocolate milk, cocoa mixes
- Regular yogurt

**Foods Recommended**

- Homemade soup skimmed of fat and made with allowed ingredients (8 ounces)
- Milk-based soup if made with skim or 1% milk (1/2 cup)
- Reduced-sodium soup (8 ounces)
- Low-sodium bouillon (unlimited)

soups



**Foods to Limit**

- Cream soups made with whole milk, cream, or half-and-half
- Regular canned soups, instant dried soup
- Regular bouillon cubes

1 serving as listed  
is approximately  
80 calories



As desired

**Foods Recommended**

- Decaffeinated coffee
- Decaffeinated tea
- Decaffeinated diet soda

**Foods to Limit**

- Softened water
- Check with physician regarding alcoholic beverages

Nutrition **Guidelines for**  
**Good Health**  
**sample menu**  
**for cardiac diet**

**BREAKFAST**

orange juice (1/2 cup)  
 banana (1 small)  
 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-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.)

**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**

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

Analysis of this sample menu:  
 1806 Calories  
 50 gm. Fat  
 152 mg. Cholesterol  
 258 gm. Carbohydrate  
 97 gm. Protein  
 1781 mg. Sodium  
 32 gm. Dietary Fiber

**Foods Recommended**

Fat-free desserts  
 Angel food cake  
 Fat-free cookies  
 Fig or other fruit bars  
 Sherbet, fruit ices, Popsicles®, gelatin  
 Low-fat or nonfat ice cream  
 Low-fat or nonfat frozen yogurt  
 Homemade dessert using  
 allowed ingredients  
 Hard candy, jelly beans, licorice  
 All jam, jellies, preserves, apple butter  
 Sugar, syrup  
 Cocoa powder

**Foods to Limit**

Ice Cream, tofutti  
 Desserts made with whole milk, butter,  
 chocolate, cream cheese,  
 solid shortening, coconut, or cream  
 All mixes  
 Chocolate or high-fat candy

Desserts/Sweets



100 calories  
 allowed per day



**miscellaneous**

As desired or unlimited

Read Labels  
 400 mg. or more of  
 sodium per serving is  
 considered high in sodium.

**Foods Recommended**

Herbs, spices, pepper, garlic, onion  
 Herb-based seasonings such as  
 Mrs. Dash®.  
 Lemon juice, vinegar  
 Low-sodium soy sauce  
 Hot pepper sauce  
 Low-sodium condiments (ketchup,  
 mustard, chili sauce)  
 Limit regular ketchup, mustard, and  
 horseradish to 1-2 tsp. daily  
 Nonstick cooking spray  
 Limit picante sauce, salsa, or sweet and  
 sour sauce to 2 Tbsp. daily

**Foods to Limit**

Chili sauce, soy sauce, and other  
 commercial sauces  
 Pickles, olives, relishes  
 Seasoning salts such as celery salt,  
 garlic salt, onion salt, etc.  
 Monosodium glutamate and meat  
 tenderizers  
 Lite salt  
 Regular frozen or packaged dinners  
 Dry mix or canned sauces and gravies

**Words useful in helping you to understand your diet:**

**Saturated fats-** are solid at room temperature (like butter or shortening). These come from animal and some plant sources (coconut), and can raise blood cholesterol.

**Monounsaturated fats-**are liquid at room temperature. They come from plant sources and help to lower blood cholesterol if substituted for saturated fat. They are the preferred type of fat. Examples include canola, olive, and peanut oil.

**Polyunsaturated fats-** are liquid at room temperature. They help to lower blood cholesterol levels if substituted for saturated fats. Examples include safflower, sunflower, corn, sesame, soybean, and cottonseed oil. These oils can be made saturated through a process called "hydrogenation".

**Hydrogenation-** converts liquid vegetable oil to a solid, saturated fat. Avoid partially hydrogenated oils.

**Trans fats-** are part of hydrogenated oil found in commercially prepared foods and some margarines. Limit intake of trans fat.

**Cholesterol-** is a waxy, fatty substance found in foods of animal origin that can harden your arteries.

**Omega-3-Fatty Acids-** are found in fish that seem to protect against some forms of heart disease. Omega-3 fatty acids lower blood triglycerides, total cholesterol, and reduce fat deposits in arteries. Sources include mackerel, salmon, herring, bluefish, lake trout, and flaxseed.

**Recipe substitutions for lowering your saturated fat intake:**

<u>If the recipe calls for:</u>	<u>Substitute:</u>
1 whole egg	¼ cup egg substitute or 2 egg whites
1 cup of butter	1 cup reduced-calorie margarine
1 cup of shortening or lard	¾ cup monounsaturated oil
1 cup of whole milk	1 cup skim or 1% milk
1 cup of cream or ½ and ½	1 cup evaporated skim milk
1 cup sour cream	1 cup plain low-fat yogurt
1 cup mayonnaise	1 cup low-fat mayonnaise, or 1 cup plain low-fat yogurt
1 oz. (1 square) baking chocolate	3 Tbsp. powdered cocoa and 1 Tbsp. monounsaturated oil

**Recommend Cookbooks/Websites**

American Heart Association Quick and Easy Cookbook- More than 200 Healthful Recipes. Edited by Mary Winston, Ed.D., R.D., 1998.

"Cooking Light Magazine", or Cooking Light Annual Recipes. Oxmoor House.

Quick and Healthy Recipes and Ideas. Vol I and II. Brenda Ponichtera RD, 1991/1995.

1001 Low-Fat Vegetarian Recipes. S Spittler with L Yoakam, RD, 1997

American Heart Association  
American Dietetic Association

www.AmericanHeart.org  
www.Eatright.org