

Food Choices for a Healthy Heart

FOOD GROUP	CHOOSE MORE OFTEN	GO EASY	CHOOSE LESS OFTEN
<p>Whole Grains Bread, Cereal, Rice, Pasta (6oz per day)</p> <p>1oz = 1 slice bread 1/2 English muffin 1-6" tortilla 1 cup dry cereal 1/2 cup cooked pasta, rice or cereal</p> <p>Whole grain products have the words whole wheat, whole grain, brown rice, etc. as the first ingredient</p>	<ul style="list-style-type: none"> • 100% whole grain versions of: breads, English muffins, bagels, dinner rolls, tortillas, pita bread, pasta, frozen waffles, low-sodium crackers (Triscuits or Ak-Mak) • Oatmeal • Any whole grain low-sugar cereal that provides 5gm fiber per serving • Brown or wild rice • Popcorn with no butter or salt 	<ul style="list-style-type: none"> • White or "light" breads and bagels • Flour tortillas • Flavored or movie popcorn • Pretzels • Croutons • Pancakes & waffles not made with 100% whole grains • Granola bars, "low-carb" bars • Animal or graham crackers • Unsalted tortilla chips 	<ul style="list-style-type: none"> • Croissants, pastries, sweet rolls, cinnamon rolls, donuts, cupcakes, large muffins, biscuits • Snack crackers (saltines, club crackers, Ritz crackers) or cracker mixes (Chex Mix), cheese flavored crackers • Sugar sweetened cereals • Potato, rice or pasta box dinners, stuffing mix
<p>Fruits (2 cups per day)</p> <p>1 cup = 1 small apple 1 banana 1 cup diced fresh fruit 1/2 cup dried fruit</p>	<ul style="list-style-type: none"> • Any fresh or frozen fruit • Canned fruit in light syrup or fruit juice • Dried fruit without added sugar • Up to 8oz 100% fruit juice per day 		<ul style="list-style-type: none"> • Fruit canned in heavy syrup • Dried fruit with added sugar • Fruit juices with added sugar or high fructose corn syrup
<p>Vegetables (3 cups per day)</p> <p>1 cup = 2 medium carrots 1 large tomato 8oz juice 2 cups lettuce or fresh spinach 1 medium potato</p>	<ul style="list-style-type: none"> • Any fresh vegetable • Low-sodium canned vegetables • Frozen vegetables without sauces • Salads with low-fat, low-sodium dressings • Low-sodium vegetable or tomato juice 	<ul style="list-style-type: none"> • Pickled vegetables, sauerkraut, pickles • Olives • Avocados (serving size is 1/5 of an avocado = 55 calories and 5 gm of total fat) 	<ul style="list-style-type: none"> • Deep fried vegetables • Vegetables with cream, butter or cheese sauces • Canned vegetables and vegetable juices with more than 140 mg sodium per serving
<p>Eggs</p>	<ul style="list-style-type: none"> • Eggs high in omega-3 (Gold Circle Farms, Egghand's Best) • Egg whites or egg substitutes • Hard boiled, poached, scrambled or eggs cooked with olive or canola oil 	<ul style="list-style-type: none"> • Omelet with cheese • Egg salad with low-fat mayonnaise 	<ul style="list-style-type: none"> • Eggs fried in bacon grease, butter or margarine

(continued on back)

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<p>Meat, Meat Alternatives, Fish, Poultry, Dried Beans (up to 6oz per day)</p> <p>1oz = 1oz cooked meat, poultry, fish, ham 1/4 cup cooked beans, refried beans 1/4 cup tofu 1 Tbsp peanut butter 1 egg</p> <p>*trim fat from all cuts of meat</p>	<ul style="list-style-type: none"> • Beef – 93-96% lean hamburger, lean roast, tenderloin, flank • Wild Game – deer, elk, bison, antelope • Pork – tenderloin • Lamb – leg and loin • Poultry – chicken and turkey breast without skin, lean ground turkey breast, low-sodium turkey and chicken lunch meats • Fish – (at least two times a week) any fresh or frozen fish or shellfish that isn't breaded and deep fried, tuna or salmon packed in water, sardines • Soy – tofu, tempeh, silken tofu, soy nut butter, unsalted soy nuts • Beans – any cooked, dried beans, fat-free refried beans, split peas, lentils 	<ul style="list-style-type: none"> • Beef – 80% hamburger, veal, roast beef lunch meat • Pork – lean pork chops, Canadian bacon, lean ham, lunch meats, hot dogs • Poultry – dark meat without skin, ground turkey from dark meat, turkey bacon, turkey sausage • Soy – soy based meat alternatives (veggie burgers, soy hot dogs, soy sausage, soy crumbles) • Nuts – unsalted, dry roasted nuts and seeds, natural peanut butter, nut butters • Beans – baked beans, canned chili 	<ul style="list-style-type: none"> • Beef – 73% hamburger, short ribs, corned beef, brisket, T-bone, porterhouse, prime rib, bologna, salami, pastrami, beef hot dogs, corn dogs • Pork – ribs, sausage, bacon, brats • Lamb – ribs, chops • Poultry – chicken or turkey skin, buffalo wings, fried chicken, duck, goose, canned chicken • Fish – canned tuna or salmon packed in oil, breaded and fried fresh or frozen fish, shellfish served with butter or cream sauces • Organ Meats – all • Nuts – salted, oil roasted nuts, peanut butter made with trans fats
<p>Dairy Products (3 cups per day)</p> <p>1 cup= 1 cup milk or soy milk 1 1/2 oz cheese 1 cup yogurt 1/3 cup shredded cheese</p>	<ul style="list-style-type: none"> • 1% or Skim milk • Soy or calcium fortified rice milk • Low-fat buttermilk • Evaporated skim milk • Fat-free, low-sugar creamers • Low-fat or fat-free cheeses, soy cheese • Mozzarella cheese sticks • Fat-free cottage cheese or ricotta cheese • Low-fat plain yogurt, low-sugar flavored yogurt or soy yogurt 	<ul style="list-style-type: none"> • 2% milk • Flavored milk or flavored soy milk (vanilla, chocolate or strawberry) • Low-fat creamers • Low-fat cottage cheese or ricotta cheese • Yogurt drinks • Low-fat, low-sugar ice cream • Frozen yogurt • Frozen soy desserts 	<ul style="list-style-type: none"> • Whole milk • Sweetened condensed milk or evaporated whole milk • Cream, half and half, and non-dairy creamers made from oils • Whole milk, processed, American, and Velveeta cheeses; cheese sauces, cheese whiz • Whole milk yogurt, cottage cheese or ricotta cheese • Full-fat ice cream
<p>Fats and Oils (up to 4-6 tsp per day)</p>	<ul style="list-style-type: none"> • Olive oil, canola oil, peanut oil • Reduced-fat margarines/spreads without trans fats (low-fat versions of Smart Balance or Benecol), spray margarine • Fat-free salad dressings, mayo, cream cheese or sour cream 	<ul style="list-style-type: none"> • Corn, sunflower, safflower, soybean oils • Full-fat versions of Smart Balance or Benecol spreads • Reduced-fat salad dressings, mayo, cream cheese or sour cream 	<ul style="list-style-type: none"> • Butter, lard, chicken skin, shortening, bacon grease, coconut, palm, palm kernel oil • Full-fat margarine, salad dressing, mayo, cream cheese or sour cream • Hollandaise, cream, butter, or cheese sauces, gravy