

## CHECKLIST FOR HEART HEALTHY EATING

### FOODS TO INCLUDE REGULARLY:



**VEGETABLES:** include 4-5 servings of vegetables every day

- ♥ Choose dark green, orange and red vegetables (broccoli, spinach, kale, carrots, red bell pepper, tomatoes) because of their higher nutrient content.
- ♥ A serving of vegetables is 1/2 cup cooked vegetable or 1 cup raw leafy vegetable.

**FRUITS:** include 2-4 servings of fruit per day

- ♥ Choose a variety of fruits: berries, oranges, red grapefruit, cantaloupe and apples.
- ♥ Choose whole fruit rather than fruit juice most of the time. People with high triglyceride levels or diabetes may need to limit fruit intake to 2 or 3 servings/day.
- ♥ A serving of fruit is 1 medium fruit; 1/2 cup fresh, frozen or canned fruit; 1/4 cup dried fruit; or 1/2 cup 100% fruit juice.



**BREAD, CEREALS, RICE, PASTA AND OTHER GRAIN PRODUCTS:** 6 or more servings per day based on caloric needs

- ♥ Emphasize whole grain products such as whole wheat bread, brown rice and oatmeal in place of refined grains like white bread and white rice.
- ♥ A serving is generally one slice bread, 3/4 cup dry cereal or 1/2 cup cooked rice, pasta or cereal.  
Note: A large bagel (weighing 4 oz.) counts as 4 servings of grain.

**LEGUMES (BEANS), NUTS AND SEEDS:** aim for 4 to 5 servings (or more) per week

- ♥ Eat legumes (dried beans, split peas and lentils) regularly. Add garbanzo beans to salads, choose bean burritos and include bean soups. Legumes can substitute for meat.
- ♥ Include soy products: tofu, soy-based vegetable burgers, green soy beans (edamame).
- ♥ Nuts and seeds contain primarily "good" fats. Good choices are almonds, walnuts, peanuts and sunflower seeds. Keep portions small if you're watching your weight.
- ♥ A serving is 1/4 cup (1 oz.) of nuts, 2-3 Tbsp. seeds and 1/2 cup cooked dry beans.

**FISH, POULTRY AND MEATS:**

- ♥ Eat fish 2 times per week if you are not a vegetarian; include fatty fish like salmon, trout, sardines and herring.
- ♥ If you eat beef, pork and lamb: choose lean cuts and limit portions to 3 oz. (size of a deck of cards) no more than 2 or 3 times per week.
- ♥ Limit all "meat" (meat, poultry and fish) to no more than 5 to 6 oz. total per day.
- ♥ Eat plant-based protein foods (e.g. beans, lentils, soy products) several times per week.



**DAIRY FOODS AND EGGS:**

- ♥ Use fat free or 1% low-fat milk and yogurt.
- ♥ Look for low fat cheeses that contain no more than 3 grams of total fat per ounce.
- ♥ Choose fat free or low fat sour cream, cream substitutes and frozen desserts.
- ♥ Use egg substitute or egg whites in place of whole eggs; limit egg yolks to 2 per week.

## FATS AND OILS:

- ♥ Use oils such as olive oil, canola oil, safflower oil, corn oil, soybean oil and peanut oil when you sauté or bake. To promote weight loss, use fats and oils sparingly.
- ♥ Choose trans fat-free, soft (tub, squeeze or spray) margarine or spread in place of butter or stick margarine. Or use peanut butter, almond butter or avocado on bread.

## FOODS TO CHOOSE LESS OFTEN:



### VEGETABLES AND FRUITS:

- ↓ Deep-fried vegetables and vegetables prepared with butter, cheese or cream sauces
- ↓ Fried fruits or fruits served with butter, cream and whipped cream

### BREADS, CEREALS AND OTHER GRAIN PRODUCTS:

- ↓ Many bakery products and pastries such as doughnuts, biscuits, scones, commercial muffins, croissants, sweet rolls, Danish pastries and coffee cakes
- ↓ Dessert cakes, pies and cookies (except those made with unsaturated oils)
- ↓ Many grain-based snack food including chips, cheese puffs, snack mixes, regular crackers and buttered popcorn

### LEGUMES, NUTS AND SEEDS:

- ↓ Bean soups and chili containing sausage, bacon or other high fat meats
- ↓ Coconut and coconut milk

### FISH, POULTRY AND MEATS:

- ↓ Fried fish and fried chicken
- ↓ Poultry with skin
- ↓ High fat cuts of meat: ribs, T-bone steak, regular hamburger, bacon, sausage, hot dogs
- ↓ Cold cuts and deli meats: salami, bologna, pastrami, pepperoni
- ↓ Organ meats: liver, brains, sweetbreads

### DAIRY FOODS AND EGGS:

- ↓ Whole milk and 2% reduced fat milk, whole milk yogurt and regular sour cream
- ↓ Ice cream, whipped cream, cream, half & half, cream sauces and cream soups
- ↓ Whole milk cheeses such as cream cheese, cheddar cheese, Monterey Jack, Swiss, American, and blue cheese unless used in very small quantities (e.g. 1-2 Tbsp.)
- ↓ Cheesy dishes (e.g. pizza and lasagna)
- ↓ Egg yolks and whole eggs



### FATS AND OILS:

- ↓ Butter, stick margarine, shortening (e.g. original Crisco) and lard
- ↓ Foods made with palm oil, palm kernel oil and coconut oil
- ↓ Foods that contain partially hydrogenated oils: most high fat crackers, cookies, cakes, pastries, doughnuts, regular microwave popcorn and fast food French fries
- ↓ Fried and deep fried foods
- ↓ Chocolate candy and candy bars, chocolate chip cookies