

# Eating right for a healthier heart

Eating fewer high-fat, high-cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart.

## Guidelines for a healthy diet

With your doctor, determine the number of calories you need each day to achieve or maintain a healthy body weight.

### Eat fewer high-fat foods

- ♥ Keep fat intake to  $\leq 30\%$  of your total daily calories
  - ♥ Replace some saturated fat with unsaturated fat (limit saturated fat to 8% to 10% of total daily calories)
  - ♥ Lower cholesterol intake to less than 300 mg per day
  - ♥ Choose foods high in starch and fiber
- If you drink alcohol, do so in moderation

### Read the labels to find the fat

To calculate the percentage of fat per serving:  
Take the number of fat calories and divide it by the total number of calories.

$90/100 = 90\%$  of calories from fat  
(this is a food to avoid)

INGREDIENTS: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZERS (XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS)

Nutrition Facts	Amount/serving		% DV*	Amount/serving		% DV*
Serv Size 1 oz (28g/1/8 pkg.)	Total Fat	10g	15%	Total Carb	less than 1g	0%
Servings 8	Sat Fat	6g	30%	Fiber	0g	0%
Calories 100	Cholest	30mg	10%	Sugars	less than 1g	
Fat Cal 90	Sodium	90mg	4%	Protein	2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.						Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 0%

### To choose low-fat products, ask yourself:

Is fat a major ingredient?  
Read food labels. To avoid too much fat or cholesterol, go easy on products that list any ingredient high in saturated fat or cholesterol first (eg, oils, lard, cheese).

Is there more than one type of fat in the product?  
When you see several high-fat ingredients on a label, the product could have too much fat.

Is the serving size appropriate?

When you are figuring out the fat content in a food, make sure you use a serving size that is close to what you would really eat—which could be more than the label indicates.

### Eating out

Be just as careful when you dine out as you are when you make your own meals.

<b>Salad</b>	Use vegetable oil and vinegar dressings
<b>Bread</b>	Use jelly instead of margarine or butter if desired
<b>Chicken</b>	Eat broiled or grilled chicken; remove skin before eating
<b>Steak</b>	Trim off excess fat before eating
<b>Hamburger</b>	Avoid cheese or mayonnaise toppings—add tomato, lettuce, ketchup, or mustard
<b>Fish</b>	Select broiled or poached fillets—avoid butter or cream sauces

<b>Pasta</b>	Use marinara, clam or tomato sauce without meat or sausage (avoid cream sauce)
<b>Pizza</b>	Choose vegetable toppings instead of cheese or meat toppings
<b>Baked potato</b>	Avoid toppings such as butter or sour cream
<b>Vegetables</b>	Eat plenty of these, but without butter or heavy sauces
<b>Dessert</b>	Sherbet and fresh fruit are excellent choices
<b>Coffee, tea</b>	Use skim milk or nondairy, nonfat creamer

*The information on this card is not intended as medical advice and is not meant to be a substitute for individual medical judgment by a physician or other medical healthcare professional. The aim is to provide information and help in establishing guidelines for preventive care. Remember, always consult a healthcare provider for individualized advice on your health decisions.*

For more information on nutrition go to [www.stronghealth.com](http://www.stronghealth.com)

## Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of foods from the different food groups. After determining your dietary goals with your doctor; adjust the number and size of portions to reach and stay at your healthy body weight.

	Choose	Go Easy	Avoid
<b>Meat, poultry, fish and shellfish</b> (up to 6 oz./day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish	Shellfish	Prime-grade* fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
<b>Dairy products</b> (2 or more servings/day; 3–4 for pregnant or breast-feeding women)	Skim milk, 1% fat milk, low-fat buttermilk, evaporated skim milk, low-fat yogurt, low-fat cottage cheese, cheeses with no more than 3 grams of fat per ounce.	2% fat milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim milk mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, cream, half-and-half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream
<b>Eggs</b>	Egg whites, cholesterol-free egg substitutes	Egg yolks (3–4/week)	
<b>Fats and oils</b> (approx. 5–8 tsps./day)	Butter Spray, cooking spray, squeezable margarine	Nuts, seeds, avocados, olives, peanut oil, corn, olive, canola, safflower, sesame, soybean and sunflower oils; margarine that has liquid vegetable oil as the first listed ingredient and <2 grams of saturated fat per serving	Saturated fat, butter, lard, bacon fat, coconut, palm and palm kernel oils
<b>Breads, cereals, pasta, rice, dried peas and beans</b> (6 or more servings/day)	Most breads, water bagels, English muffins, rice cakes, low-fat crackers (like matzo, bread sticks, rye crisps, saltines); hot and cold cereals; spaghetti, macaroni, noodles and any grain rice, dried peas and beans, plain baked potato	Store-bought pancakes, waffles, biscuits, muffins and cornbread	Croissants, sweet rolls, danish, doughnuts and crackers made with saturated oils; granola-type cereals made with saturated oils, egg noodles, pasta and rice prepared with cream, butter or cheese sauces, scalloped potatoes
<b>Fruits and vegetables</b> (5 or more servings/day)	Fresh, frozen or dried fruits, canned fruits (watch sodium content)	Canned fruit in heavy syrup	Coconut, vegetables prepared in butter, cream or sauce
<b>Snacks</b> (in very limited amounts)	Sherbet, sorbet, fruit juice bars, Italian ice, low-fat frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobbler, homemade cakes, cookies and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store bought pies, most store bought frosted and pound cakes



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