

Nutrition Guidelines for Heart Health



 **BRONSON**

Nutrition Guidelines for Heart Health

What you eat is one of the best ways to fight against heart disease. Changing what you eat can be challenging. It is important to set small, achievable goals as you make changes to what kinds of foods you eat daily.

The Mediterranean style of eating can help you manage your heart disease. It can help in reducing risk factors such as obesity, diabetes, high cholesterol and high blood pressure.

A Mediterranean style of eating:

- Focuses on vegetables, fruits, whole grains, beans and legumes.
- Includes low-fat or fat-free dairy products, fish, poultry, nuts and olive oil or other vegetable oils.
- Limits added sugars, sugary beverages, sodium, highly processed foods, refined carbohydrates, saturated fats, and fatty or processed meats.



Choose More Often

Eating healthy fats may help lower cholesterol and triglyceride levels. Increasing dietary fiber may also lower cholesterol levels. Adding the foods listed below can help you manage your heart disease.

	Common Sources
Mono- and Polyunsaturated Fats	avocado, nuts and oils such as olive, canola, peanut, safflower, sesame, soybean, sunflower, and corn oil
Omega-3 Fatty Acids	salmon, mackerel, herring, lake trout, tuna, flaxseed oil and ground flaxseeds, walnuts, canola and soybean oils
Fiber – Aim for 25-30 grams daily	fruits, vegetables, whole grains, high-fiber cereals, oatmeal, lentils and beans
Heart-Healthy Nuts	walnuts, almonds, pecans, and pistachios

Choose Less Often

A diet high in saturated fat is linked to higher cholesterol levels. Trans-fats raise your bad cholesterol (LDL) and may lower healthy cholesterol (HDL). Eating food with a lot of sodium raises blood pressure. This puts you more at risk for stroke, kidney disease and heart failure.

	Common Sources
Saturated Fats	Fatty meat, poultry skin, bacon, sausage, hot dogs, whole milk, cheese, cream and butter.
Trans Fats	Foods with hydrogenated oil in the ingredients list, stick margarine, shortening, some fried foods and packaged crackers and cookies
Sodium – Aim to eat less than 2,000 mg per day	Salt, processed meats and cheeses, salted, smoked, canned foods, frozen foods, foods in a brine, condiments and seasonings, packaged foods
Added Sugars – Aim to eat less than 24 grams per day for women and less than 36 grams per day for men	Soft drinks, energy drinks, candy, cakes, cookies, pastries, fruit punch, some yogurts, cereals and granola bars

Incorporate Meatless Meals

Plant-based Proteins	Meal & Snack Ideas
Black Beans	Black beans tacos, black bean salsa, black bean burger with spicy slaw
Lentils	Lentil soup, Mediterranean bowl with lentils, quinoa, tomato, artichokes and cucumber, make half ground meat/lentil mixture for burgers, meat loaf or sloppy joe recipe
Chickpeas	Roasted with herbs and spices for a snack, chickpea “chicken salad”, add on top of a salad, make a hummus dip for whole wheat pita or vegetables
Nuts/Seeds/Nut Butters	Add nuts and seeds to salads, grain side dishes, cereals, in yogurt parfaits, use nut butter on toast, mixed into hot cereal or use to make a salad dressing or stir fry sauce
Tofu	Sauté into a stir-fry, slice and grill/sauté for sandwiches, blend into smoothies, crumble and season for taco filling, use as scrambled egg substitute

Healthy Snack Choices

- 1 low fat cheese stick with unsweetened applesauce
- ½ cup fruit with low fat yogurt
- ¼ cup trail mix with unsalted nuts and dried fruit
- 1 slice whole grain toast with 2 Tbsp. mashed avocado and hard-boiled egg
- 5 whole grain crackers with 2 Tbsp. peanut butter
- 5 whole grains crackers with 1 oz. low fat cheese
- 3 cups light or air popped popcorn
- 4 Tbsp. hummus with whole grain pita or raw vegetables
- 2 rice cakes with 2 Tbsp. peanut butter
- 5 whole grain crackers with tuna/chicken salad



Perfect Pairings

Using herbs and spices in cooking is a great way to add flavor without increasing your sodium (salt) intake.

Herb or Spice	Food Pairings
Basil	Mediterranean dishes, pesto, tomato sauce, chicken, fish, strawberries
Bay Leaf	Roasts, stews, soups, sauces
Cayenne Pepper	Cajun recipes with shrimp or other seafood, soups and stews, blackened grilled chicken, rice dishes
Chili Powder & Chiles	Chili, soups, stews, Latin American and Mexican dishes, chocolate
Cilantro	Salsa and tomatoes, rice dishes, Latin American and Mexican dishes, fish, sweet potato
Cumin	Meats and chili, Middle Eastern, Mediterranean dishes, beans and lentils
Lemon and Lime	Fruits, vegetables, fish and shellfish, sauces, garnish on dishes, salsas
Rosemary	Casseroles, potatoes, fish, chicken, pork, soups
Vinegars	Salad dressings, potatoes, fish

Look for seasoning blends without added salt. The brand Mrs. Dash™ makes salt-free seasoning blends, mixes and marinades.

Sodium-Free Taco Seasoning

- 1 ½ Tbsp. Cumin
- 1 Tbsp. Chili Powder
- 1/2 Tbsp. Garlic Powder
- 1/8 tsp Cayenne Pepper

Mix ingredients together. Use with black bean tacos, chicken tortilla soup or try on roasted chickpeas for a savory snack!



Label Reading Tips for Heart Health

Nutrition Facts	
4 servings per container	
Serving size	3 pieces (36g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 14g Added Sugars	30%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0mg	0%
Potassium 1mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Serving size: All the information on the label is based on one serving size. If you eat more than one serving, you will be getting more calories and nutrients.

Calories: Calories refers to the total number of calories, or energy you get from all sources (carbohydrate, fat, protein, and alcohol) in a serving of a food or beverage. You can ask your registered dietitian how many calories would be good for your goals.

Total fat: Choose foods with less than 5 grams of total fat per serving. Total fat includes both unhealthy (saturated and trans-fats) as well as healthy (monounsaturated and polyunsaturated) fats. The healthy fats do not have to be listed on the label.

You can assume the remaining fat, after subtracting saturated and trans-fat, is healthy fat.

Saturated fat: Choose foods with 1 g or less per serving for low saturated fat.

Trans fat: Keep as low as possible – aim for zero trans-fat.

Sodium: Aim for low sodium foods, which have 140 mg or less per serving. A food is considered high sodium if it has 480 mg or more per serving.

Dietary fiber: Aim for 25 to 30 g per day. High fiber foods have 5 g or more per serving.

Total carbohydrate and added sugars: Eating too many carbohydrates can raise triglycerides. Aim to eat less than 30 g total carbohydrate and less than 15 g sugars per serving of most foods. Check the ingredient list and limit foods with added sugars.

Protein			
Recommendations	Type	Choose More Often	Choose Less Often
<p>3 servings a day</p> <p>Serving size = 2-3 oz. cooked</p> <p>Count as 1 oz. of protein:</p> <ul style="list-style-type: none"> - ½ cup cooked beans - 1 egg - 2 tsp peanut butter - ¼ cup nuts/seeds <p>Include:</p> <ul style="list-style-type: none"> • 3 servings of beans per week • 3 servings of fish and seafood per week • 3 servings of nuts and seeds per week <p>Limit:</p> <ul style="list-style-type: none"> • Red meat to one 3 oz. serving per week • Egg yolk consumption to 3 yolks per week – no limit on egg whites • Trim off all visible fat from meats 	Fish	Fresh, frozen or canned fish and shellfish	Fried fish & shellfish, commercially breaded fish
	Poultry	Skinless chicken, turkey, Cornish hen	Fried chicken, poultry skin, duck, goose, turkey or chicken hot dogs
	Beef	Round sirloin, flank, tenderloin, rib, chuck, rump roast, porterhouse, cube steak, ground round, lean and extra lean ground beef (>90% lean)	Prime grades, heavily marbled and fatty meat, ribs, corned beef, high-fat ground beef (>10% fat)
	Pork	Tenderloin, center loin, chop	Spareribs, ground pork, sausage, bacon
	Lamb	Chop, leg, roast	
	Game	Venison, buffalo, ostrich	Duck, goose, and pheasant with skin
	Deli Meats	Choose items with less than 3g of fat and 140 mg sodium per oz.	Bologna, salami, corned beef, pastrami
	Organ Meats		Liver, brains, pancreas “sweetbreads”
	Beans and Peas	Dried or reduced-sodium varieties	Canned beans and peas with more than 5% daily value for sodium per serving
Eggs	Egg whites or cholesterol free egg substitute	Egg yolks	

Dairy			
Recommendations	Type	Choose More Often	Choose Less Often
<p>3 servings a day</p> <p>Serving size =</p> <ul style="list-style-type: none"> - 1 cup milk - 1 cup yogurt - 1 oz. cheese 	Milk	1% or fat-free (skim) milk	Whole or 2% milk
	Yogurt	Low-fat or fat-free yogurt, yogurt beverages, or frozen yogurt	Whole milk yogurt, yogurt beverages, or frozen yogurt
	Cheese	Low-fat or fat-free and low-sodium varieties (cottage cheese, ricotta, mozzarella, Swiss)	Regular full-fat cheese, processed cheese (American, cheese spread/sauce)
	Other	Low-fat or fat free ice cream Low-fat coffee creamer Low-fat or fat-free sour cream	Regular ice cream Cream, half & half Regular sour cream

Fruits & Vegetables			
Recommendations	Type	Choose More Often	Choose Less Often
3 servings of fruit and 3 servings of vegetables per day Serving size = - 1/2 cup cooked - 1 cup raw <ul style="list-style-type: none"> Limit juice to ≤ 6 oz. per day 	Fruit	Fresh, frozen, or dried fruit Canned fruit in juice or water 100% fruit juice	Fruits fried or served with butter or cream sauce Canned fruit in syrup Juice cocktail
	Vegetable	Fresh, frozen, or canned	Vegetables fried or prepared with butter, cheese, or cream sauce

Grains			
Recommendations	Type	Choose More Often	Choose Less Often
3-6 servings per day <ul style="list-style-type: none"> Choose breads and cereals with at least 2 grams of fiber per serving Look for the words whole wheat on the ingredients list 	Breads	Whole-grain breads, rolls, bagels, English muffins, pita, tortilla Low-sodium crackers, pretzels, and chips	Buttered rolls, cheese breads, biscuits, croissants, fried tortilla, salted breads/crackers “Quick” breads made with baking soda (muffin, pancake, waffle mixes) High fat bakery items (donuts, pastries, pies, cookies, etc.)
	Cereal	Whole-grain cereals and granola. Dry cereal with <10 grams sugar/serving)	Instant hot cereals with >300 mg sodium, sugary dry cereals
	Pasta & Rice	Whole-grain pasta, brown rice	Enriched pasta, white rice Packaged pasta, rice, and stuffing mixes

Fats & Oils		
Recommendations	Choose More Often	Choose Less Often
1-4 Tbsp. per day	Monounsaturated Fats: Oils: Canola, olive, peanut Unsalted Nuts: Almonds, pecans, peanut and other nut butters Others: Avocado, sesame seeds, tahini paste, reduced sodium olives	Saturated Fats: Coconut, palm and palm kernel oil Butter, lard, shortening, stick margarine
	Polyunsaturated Fats Oils: Corn, safflower, soybean, sunflower, sesame Unsalted Nuts: Walnuts, pumpkin and sunflower seeds Others: Tub or squeeze, light or diet margarine	

Heart Healthy Ingredient Swaps

- **Soups and sauces:** Replace whole milk or cream with 1% milk, evaporated fat-free milk, or nonfat dry milk.
- **Dips and toppings:** Use low-fat or nonfat sour cream or plain yogurt.
- **Salad dressing:** Use nonfat yogurt or low-fat buttermilk, olive oil with vinegar
- **In place of regular cheese:** Use fat-free or reduced fat cheese.
- **Puddings and other desserts:** Replace whole milk or cream with 1% milk or fat-free condensed milk.

Replace this item...	With this...
1 whole egg	2 egg whites or ¼ cup egg substitute
Whole milk	Fat-free or low-fat milk, buttermilk, or evaporated milk
Whole milk cheese	Fat-free or low-fat cheese
1 cup butter or shortening	1/3 cup oil and 2/3 cup fruit puree
Cream or half and half	Evaporated fat-free milk
Sour cream	Fat-free or low-fat sour cream, plain nonfat yogurt
Mayonnaise	Low-fat or fat-free mayonnaise
Baking chocolate (1 oz. serving size)	3 Tbsp. unsweetened cocoa powder and 1 Tbsp. heart healthy oil
Oil for most baked goods	Unsweetened applesauce, pureed pears, apple butter

Cooking Tips

- Bake, broil, roast, steam, or grill foods.
- Use nonstick cooking sprays.
- Trim extra fat or skin from chicken and meat before cooking.
- Drain off fat from ground beef after browning.
- When you season with fat, use liquid oil like canola or olive oil.
- Cook in low-sodium broth instead of fat.

Dining Out Tips

- Choose steamed, broiled, baked, or roasted foods
- Avoid fried, au gratin, crispy, scalloped, pan-fried, buttered, creamed or stuffed menu items
- Ask for sauces, salad dressings, and condiments on the side
- Be careful at salad bars - limit cheeses and mayonnaise salads which are high in fats
- Use milk with your coffee instead of heavy cream
- Choose menu items that include fruit and vegetable servings.

Specific Cuisines

Try these suggested menu options that are lower in saturated fat and sodium.

Chinese:

Zheng (steamed), Jum (poached), Kao (roasted), Shao (barbecued), steamed rice, dishes without MSG added

Italian:

Red sauces, primavera (no cream), piccata (lemon), sun-dried tomatoes, crushed tomatoes, lightly, sautéed, grilled

Mexican:

Chicken, rice and black beans, salsa or picante, soft corn tortillas

Chains and Fast Food

- Look for nutritional information posted in restaurants or online. Know how much saturated fat and sodium you are ordering.
- Do not “up-size” your meal – this only increases the amount of unhealthy fat and sodium.
- Order healthy sides such as salad, fruit or baked potato over fries or onion rings.
- Choose grilled chicken sandwiches over burgers or “crispy” chicken sandwiches.
- Stick to single patty sandwiches.
- Avoid added bacon.
- Avoid fried or “crispy” fish sandwiches – choose baked, broiled or grilled fish instead.
- Choose whole wheat bread or buns when available.
- Avoid extra sauces such as “special sauce” they tend to be high in fat and salt.
- Drink water, diet soda or low-fat milk.



Weight Management

You can discuss appropriate portion sizes and nutrition needs specific to you with your registered dietitian.

Talk to your doctor or exercise specialist about increasing your activity.

My Personal Nutrition Goals

Over the next few weeks, I plan to make the following changes:

- _____
- _____
- _____
- _____

Dietitian Name: _____

Phone number: _____

References and Additional Resources:

Academy of Nutrition and Dietetics

<http://www.eatright.org/>

American Heart Association

<http://www.heart.org/HEARTORG/>

Mrs. Dash

<https://mrstdash.com/>

Nutrition Care Manual

<https://www.nutritioncaremanual.org/>

Oldways Cultural Food Traditions

<http://www.oldwayspt.org>

USDA Dietary Guidelines for Americans 2020-2025

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

USDA My Plate

<http://www.choosemyplate.gov>