

Heart Health Diet

CHEAT SHEET

Fruits and vegetables to choose	Fruits and vegetables to limit
<ul style="list-style-type: none"> • Fresh or frozen vegetables and fruits • Low-sodium canned vegetables • Canned fruit packed in juice or water 	<ul style="list-style-type: none"> • Coconut • Vegetables with creamy sauces • Fried or breaded vegetables • Canned fruit packed in heavy syrup • Frozen fruit with sugar added

Notes:

Proteins to choose	Proteins to limit or avoid
<ul style="list-style-type: none"> • Low-fat dairy products, such as skim or low-fat (1%) milk, yogurt and cheese • Eggs • Fish, especially fatty, cold-water fish, such as salmon • Skinless poultry • Legumes • Soybeans and soy products, such as soy burgers and tofu • Lean ground meats 	<ul style="list-style-type: none"> • Full-fat milk and other dairy products • Organ meats, such as liver • Fatty and marbled meats • Spareribs • Hot dogs and sausages • Bacon • Fried or breaded meats

Notes:

Low-salt items to choose	High-salt items to limit or avoid
<ul style="list-style-type: none"> • Herbs and spices • Salt-free seasoning blends • Reduced-salt canned soups or prepared meals • Reduced-salt versions of condiments, such as reduced-salt soy sauce and reduced-salt ketchup 	<ul style="list-style-type: none"> • Table salt • Canned soups and prepared foods, such as frozen dinners • Tomato juice • Condiments such as ketchup, mayonnaise and soy sauce • Restaurant meals

Notes:

Grain products to choose	Grain products to limit or avoid
<ul style="list-style-type: none"> • Whole-wheat flour • Whole-grain bread, preferably 100% whole-wheat bread or 100% whole-grain bread • High-fiber cereal with 5 g or more fiber in a serving • Whole grains such as brown rice, barley and buckwheat (kasha) • Whole-grain pasta • Oatmeal (steel-cut or regular) 	<ul style="list-style-type: none"> • White, refined flour • White bread • Muffins • Frozen waffles • Corn bread • Doughnuts • Biscuits • Quick breads • Cakes • Pies • Egg noodles • Buttered popcorn • High-fat snack crackers

Notes:

Fats to choose	Fats to limit
<ul style="list-style-type: none"> • Olive oil • Canola oil • Vegetable and nut oils • Margarine, trans fat free • Cholesterol-lowering margarine, such as Benecol, Promise Activ or Smart Balance • Nuts, seeds • Avocados 	<ul style="list-style-type: none"> • Butter • Lard • Bacon fat • Gravy • Cream sauce • Nondairy creamers • Hydrogenated margarine and shortening • Cocoa butter, found in chocolate • Coconut, palm, cottonseed and palm-kernel oils

Notes:

Type of fat	Recommendation
Saturated fat	No more than 5 to 6% of your total daily calories, or no more than 11 to 13g of saturated fat if you follow a 2,000-calorie-a-day diet
Trans fat	Avoid

Notes: