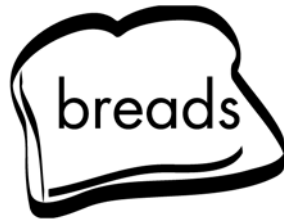


Nutrition Guidelines for Good Health

Eating wisely can help you decrease your risk for heart disease. Foods high in fat and cholesterol can raise the level of cholesterol in your blood. This can speed the development of fat deposits (or plaque) on the inside of your arteries. When fat deposits narrow your arteries (hardening), they may close off completely or become blocked. The blocking of one of the heart's arteries causes a heart attack. Following a Cardiac Diet, lowers your fat intake. It can help to lower your blood cholesterol, which will reduce one of your risks for heart disease.

calorie controlled cardiac diet



(6 - 11 servings daily)

1 serving as listed is approximately 80 calories

Read Labels:

Items from these groups should contain no more than 3 grams of fat per serving.

Foods Recommended

Whole-grain bread (1 slice), small roll (1), bagel (1/2) (not egg)
English Muffin (1/2), low-fat muffin (1 small)
Corn tortilla, fat-free flour tortilla (1 small)
Unsalted lite popcorn, made with allowed oil or margarine (3 cups)
French Toast made with allowed ingredients (1 slice)

Foods to Limit

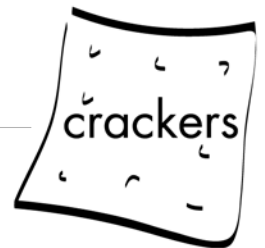
Rich bread made with eggs, whole milk, or solid shortening such as croissant rolls
Bread with salted tops
Quick breads and all mixes
Regular microwave popcorn, movie popcorn
Hard taco shells, popovers

Foods Recommended

Unsalted crackers (6), matzo(1)
Graham crackers (3)
Unsalted pretzels (15 small)

Foods to Limit

High-fat crackers such as butter-type, cheese-type, etc.
Salted pretzels



Foods Recommended

Oatmeal (1/2 cup) or bran cereal (3/4 cup) is recommended 3-4 times/week (All cereals should be served with skim or 1% milk).

Foods to Limit

Granola-type cereal, cooked cereal with added salt
Cereal containing nuts, coconut, or dried fruit

GENERAL PRINCIPLES

- Limit the total fat in your diet especially decreasing the saturated/animal fat.
- Replace saturated fat (butter, animal fat, etc.) with monounsaturated fat (olive, canola, and peanut)
- Choose foods high in fiber (whole-grains, fresh fruit, raw vegetables, and dried beans)
- Increase fruits and vegetables
- Include 2 fish meals/week
- Reduce sodium in your diet (approximately 2400 mg of sodium per day)
- Achieve/maintain a healthy weight

If you have recently undergone surgery, your doctor may recommend that you wait 4-6 weeks before beginning this diet.

calorie controlled cardiac diet

Foods Recommended

- Noodles, macaroni, spaghetti (1/2 cup)
- Rice (1/3 cup)
- Barley, grits(1/2 cup)
- White and sweet potatoes (1/2 cup)
- Creamed potatoes prepared with allowed ingredients (1/2 cup)

Foods to Limit

- Rice, pasta/noodle, and stuffing mixes
- Potato chips, corn chips, or other regular snack chips
- Instant potatoes, hash browns
- French-fried potatoes



(As desired - include at least 3 servings daily).

Foods Recommended

- Fresh, plain, frozen, or unsalted canned vegetables served without fat
- Low-salt, low-fat tomato sauce/spaghetti sauce
- Low-sodium tomato or low-sodium V-8® juice

Foods to Limit

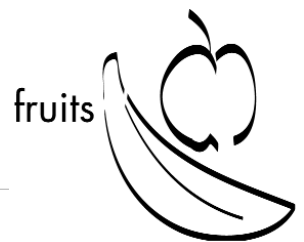
- Canned vegetables
- Sauerkraut
- Frozen vegetables in a sauce
- Vegetables served with butter or cream
- Deep-fried vegetables
- Regular canned tomato or spaghetti sauce
- Regular tomato and V-8® juice

Foods Recommended

- Fresh fruit (1 small)
- Canned fruit, juice-packed (1/2 cup)
- Fruit juice, unsweetened (1/2 cup)

Foods to Limit

None



(3 - 5 servings daily)

1 serving as listed is approximately 60 calories

calorie controlled cardiac diet



Limit to 6 ounces daily

1 ounce =

1 ounce

- lean meat, chicken, fish

- low-fat cheese

1 Tbsp.

- low-fat/natural peanut butter

- unsalted nuts

1/2 cup

- dried beans

- low-fat ricotta

- low-fat cottage cheese

1/4 cup

- egg substitute

2 egg whites

1 whole egg

Prepare all by:

Roasting, baking, broiling, stewing without extra fat.

Read Labels:

Lean meat and cheese contain less than 3 grams of fat per ounce.

Foods Recommended

Skinless chicken, turkey, Cornish hen, wild game

Fish, shellfish, water-packed tuna, or other water-packed canned fish

Lean beef, veal, lamb, pork

Low-fat and low-sodium sandwich meat such as low-sodium ham, turkey breast, roast beef

Low-fat or fat-free hot dogs

3 oz. of liver may be used once a month

Unsalted nuts

Low-fat/natural peanut butter

Lentils, navy beans, kidney beans, garbanzos, black beans, soybeans, etc

Low-fat or nonfat meat analogs

Mozzarella cheese made from part skim milk

Ricotta cheese made from skim milk

Low-fat cottage cheese

Any low-sodium cheese with less than

3 grams of fat per serving such as Lorraine, Alpine Lace[®], Healthy Choice[®], Kraft-Free[®], etc.

Cholesterol-free egg substitutes

Egg whites

Limit whole eggs or egg yolks to

2-4 per week

Foods to Limit

Meats with excess visible fat and internal marbling

Regular ham, bacon, corned beef, chipped dried beef, spareribs, sausage, scrapple

Hot dogs (regular, chicken, turkey)

Processed luncheon meats (regular)

Duck, goose, buffalo wings, poultry skin

Regular peanut butter

Canned meats

Frozen or packaged dinners

Fish canned in oil, sardines, caviar

Mutton, organ meat

Fried meat, chicken, or fish

Salted nuts

Refried beans made with lard or other fats

Whole milk cheeses such as Swiss, American, Cheddar, processed cheese, whole milk mozzarella, bleu cheese, etc.

**calorie controlled
cardiac diet**

Foods Recommended

1 tsp.

Tub margarine (liquid oil listed as first ingredient and preferably trans free)
Regular mayonnaise
Olive, peanut, or canola oil

2 tsp.

Diet margarine
Peanut butter
Regular Miracle Whip®

1 Tbsp.

Regular salad dressing
Reduced-fat Miracle Whip®
Reduced-fat mayonnaise
Unsalted seeds or chopped nuts

2 Tbsp.

Reduced-fat salad dressing
Non-dairy creamers

4 Tbsp.

Lite whipped topping

1/8 medium avocado

Limit to 3 Tbsp./day

Fat-free salad dressing
Fat-free cream cheese
(Read label for sodium content)

Imitation butter granules,
imitation butter spray, nonstick cooking
spray, or fat-free sour cream may be
used in moderation

Foods to Limit

Butter, cream, bacon fat, lard, suet
Salt pork, solid shortening
Regular or lite sour cream or
cream cheese
Palm or coconut oil
Regular whipped topping
Coconut
Salted nuts



**Limit to
3 - 6 servings daily**

1 serving as listed is
approximately
45 calories

**calorie controlled
cardiac diet**



(2-3 servings daily)

1 serving as listed
is approximately
80 calories

Foods Recommended

- Skim milk, 1% milk (8 ounces)
- Powdered, dry (1/4 cup), evaporated skim milk (1/3 cup)
- 1% low-fat chocolate milk (1/2 cup)
- Nonfat sweetened condensed milk (1Tbsp.)
- Low-fat or nonfat lite yogurt (8 ounces)

Foods to Limit

- Whole milk, 2% milk, powdered whole milk, buttermilk
- Milk fortified with coconut oil
- Cream, half-and-half
- Most nondairy creamers
- Evaporated whole milk, regular sweetened condensed milk
- Chocolate milk, cocoa mixes
- Regular yogurt

Foods Recommended

- Homemade soup skimmed of fat and made with allowed ingredients (8 ounces)
- Milk-based soup if made with skim or 1% milk (1/2 cup)
- Reduced-sodium soup (8 ounces)
- Low-sodium bouillon (unlimited)

soups



Foods to Limit

- Cream soups made with whole milk, cream, or half-and-half
- Regular canned soups, instant dried soup
- Regular bouillon cubes

1 serving as listed
is approximately
80 calories



As desired

Foods Recommended

- Decaffeinated coffee
- Decaffeinated tea
- Decaffeinated diet soda

Foods to Limit

- Softened water
- Check with physician regarding alcoholic beverages

Nutrition **Guidelines for**
Good Health
sample menu
for cardiac diet

BREAKFAST

orange juice (1/2 cup)
 banana (1 small)
 oatmeal (1 cup)
 whole-grain toast (1 slice)
 margarine (1 tsp.)
 jelly (1 Tbsp.)
 skim milk (1 cup)
 decaffeinated coffee (8 oz.)

LUNCH

chicken noodle soup,
 low-sodium (1 cup)
 turkey breast, roasted (2 oz.)
 low-fat Swiss cheese (1 oz.)
 whole wheat bread (2 slices)
 lettuce leaf, tomato slice
 mayonnaise, low-fat (1 Tbsp.)
 apple (1 medium)
 skim milk (1 cup)
 decaffeinated hot tea, lemon
 (8oz.)

DINNER

tossed salad (as desired)
 low-fat salad dressing (2 Tbsp.)
 salmon (3 oz.)
 baked potato (1 medium)
 green beans (1/2 cup)
 cooked carrots (1/2 cup)
 whole wheat roll (1 medium)
 margarine (2 tsp.)
 low-fat frozen yogurt (1/2 cup)
 decaffeinated iced tea,
 unsweetened (8 oz.)

SNACK

Air-popped popcorn (3 cups)
 butter-flavored spray
 diet soda

Analysis of this sample menu:
 1806 Calories
 50 gm. Fat
 152 mg. Cholesterol
 258 gm. Carbohydrate
 97 gm. Protein
 1781 mg. Sodium
 32 gm. Dietary Fiber

Foods Recommended

Fat-free desserts
 Angel food cake
 Fat-free cookies
 Fig or other fruit bars
 Sherbet, fruit ices, Popsicles®, gelatin
 Low-fat or nonfat ice cream
 Low-fat or nonfat frozen yogurt
 Homemade dessert using
 allowed ingredients
 Hard candy, jelly beans, licorice
 All jam, jellies, preserves, apple butter
 Sugar, syrup
 Cocoa powder

Foods to Limit

Ice Cream, tofutti
 Desserts made with whole milk, butter,
 chocolate, cream cheese,
 solid shortening, coconut, or cream
 All mixes
 Chocolate or high-fat candy

Desserts/Sweets



100 calories
 allowed per day



miscellaneous

As desired or unlimited

Read Labels
 400 mg. or more of
 sodium per serving is
 considered high in sodium.

Foods Recommended

Herbs, spices, pepper, garlic, onion
 Herb-based seasonings such as
 Mrs. Dash®.
 Lemon juice, vinegar
 Low-sodium soy sauce
 Hot pepper sauce
 Low-sodium condiments (ketchup,
 mustard, chili sauce)
 Limit regular ketchup, mustard, and
 horseradish to 1-2 tsp. daily
 Nonstick cooking spray
 Limit picante sauce, salsa, or sweet and
 sour sauce to 2 Tbsp. daily

Foods to Limit

Chili sauce, soy sauce, and other
 commercial sauces
 Pickles, olives, relishes
 Seasoning salts such as celery salt,
 garlic salt, onion salt, etc.
 Monosodium glutamate and meat
 tenderizers
 Lite salt
 Regular frozen or packaged dinners
 Dry mix or canned sauces and gravies

Words useful in helping you to understand your diet:

Saturated fats- are solid at room temperature (like butter or shortening). These come from animal and some plant sources (coconut), and can raise blood cholesterol.

Monounsaturated fats-are liquid at room temperature. They come from plant sources and help to lower blood cholesterol if substituted for saturated fat. They are the preferred type of fat. Examples include canola, olive, and peanut oil.

Polyunsaturated fats- are liquid at room temperature. They help to lower blood cholesterol levels if substituted for saturated fats. Examples include safflower, sunflower, corn, sesame, soybean, and cottonseed oil. These oils can be made saturated through a process called "hydrogenation".

Hydrogenation- converts liquid vegetable oil to a solid, saturated fat. Avoid partially hydrogenated oils.

Trans fats- are part of hydrogenated oil found in commercially prepared foods and some margarines. Limit intake of trans fat.

Cholesterol- is a waxy, fatty substance found in foods of animal origin that can harden your arteries.

Omega-3-Fatty Acids- are found in fish that seem to protect against some forms of heart disease. Omega-3 fatty acids lower blood triglycerides, total cholesterol, and reduce fat deposits in arteries. Sources include mackerel, salmon, herring, bluefish, lake trout, and flaxseed.

Recipe substitutions for lowering your saturated fat intake:

<u>If the recipe calls for:</u>	<u>Substitute:</u>
1 whole egg	¼ cup egg substitute or 2 egg whites
1 cup of butter	1 cup reduced-calorie margarine
1 cup of shortening or lard	¾ cup monounsaturated oil
1 cup of whole milk	1 cup skim or 1% milk
1 cup of cream or ½ and ½	1 cup evaporated skim milk
1 cup sour cream	1 cup plain low-fat yogurt
1 cup mayonnaise	1 cup low-fat mayonnaise, or 1 cup plain low-fat yogurt
1 oz. (1 square) baking chocolate	3 Tbsp. powdered cocoa and 1 Tbsp. monounsaturated oil

Recommend Cookbooks/Websites

American Heart Association Quick and Easy Cookbook- More than 200 Healthful Recipes. Edited by Mary Winston, Ed.D., R.D., 1998.

"Cooking Light Magazine", or Cooking Light Annual Recipes. Oxmoor House.

Quick and Healthy Recipes and Ideas. Vol I and II. Brenda Ponichtera RD, 1991/1995.

1001 Low-Fat Vegetarian Recipes. S Spittler with L Yoakam, RD, 1997

American Heart Association
American Dietetic Association

www.AmericanHeart.org
www.Eatright.org