

Tallahassee Memorial Metabolic Health Center

EATING FOR A HEALTHY HEART

Healthy heart eating is low in saturated fat, salt and added sugars. It's high in fiber, flavor, and color!
This plan can help lower your cholesterol, triglycerides and blood sugar.

Food Group

Choose More Often

Foods to Avoid

Legumes, grains, starchy vegetables, and bread. Limit these carbohydrate foods to 1/4th of your plate.

Beans, peas, oatmeal, whole barley, cracked wheat, brown rice, quinoa. Low sugar whole grain cereals. Sweet potatoes, red potatoes, corn, low fat/low salt whole grain crackers, low fat/low salt popcorn. Whole grain breads and pasta.

Biscuits, commercial muffins, buttery dinner rolls, croissants, sweet rolls, chips, high salt crackers, cheese puffs, regular or buttered popcorn.

Vegetables: Fill half your plate with these foods. Eat them raw, roasted, steamed, sautéed, stir fried and grilled.

Fresh, frozen or canned without added fat or salt. Asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, Swiss chard, cucumbers, green beans, all greens including collards, turnips greens, mustard greens and kale, lettuce, okra, onions, mushrooms, pea pods, peppers, radishes, summer squash, spinach, tomatoes, turnips, rutabagas, zucchini.

Fried vegetables. Vegetables with fat back, ham hocks, bacon grease, butter, cheese, or cream sauce.

Fruits: Aim for 2-4 small servings daily. Have fruit for dessert instead of sweets with added sugars.

Strawberries, blueberries, blackberries, raspberries, apple, peach, pear, grapes, banana, melon, orange, grapefruit, nectarine, plum. Leave skin on when possible for more fiber. Choose fresh, frozen, or "light" canned fruit or small portion dried fruit

Canned fruit in heavy syrup. Most fruit juices.

Beverages

Water, unsweetened tea and coffee, flavored water, club soda, seltzer water, carbonated water.

Sugar sweetened sodas, sweet tea, fruit punch, sport drinks like Gatorade® or Powerade®

Alcohol

Up to 1 drink/day for women and 2 drinks/day for men. One drink is equal to 12 oz. beer, 5 oz. wine, 1.5 oz. liquor.

Avoid completely if triglycerides are 500 or higher or if advised by your doctor to do so.

Food Group

Choose More Often

Foods to Avoid

Milk

Fat free (skim) or low fat (1%) milk, light yogurt, low fat buttermilk, light yogurt, non fat Greek yogurt, soy milk.

Whole and reduced fat (2%) milk, heavy cream, half and half cream, regular buttermilk, coconut milk.

Eggs

Egg whites and egg substitutes like Egg Beaters® and Better'n Eggs®.

Limit egg yolks to 3/week.

Meats and other protein foods. Bake, broil, grill, sauté, or stir fry in small amount of oil. Boil or steam the shellfish. Remove all visible fat from meat. Drain the fat from ground meat.

Fish and other seafood*. Skinless chicken and turkey. Soy burgers, tofu, tempeh. Very lean cuts of beef and pork such as loin and round. Extra lean (93%) ground beef or ground turkey breast. Venison without added pork fat. Small amounts of reduced fat cheese, fat free cottage cheese. Peanut butter, almond butter, sunflower butter.

Chicken skin (such as wings) and turkey skin, higher fat cuts of meat such as ribs, rib eye, prime rib, ground beef, ground chuck, sausage, bacon, hot dogs, salami, bologna, liver, gizzards, and other organ meats. Fried chicken, regular cheese, "potted meat", Vienna sausages, Spam®

*Limit shrimp to about once/week

Fats and oils. An ounce of nuts daily can help lower cholesterol. If you are counting calories, be sure to measure your servings.

Avocados, canola oil, olive oil, safflower oil, sunflower oil and flaxseed oil. Nuts including pecans, almonds, peanuts, walnuts. Soft margarines with no trans fat, light salad dressing, light mayonnaise, light sour cream, and light cream cheese.

Coconut oil, palm oil, palm kernel oil, butter, lard, and shortening. Partially hydrogenated oil, bacon grease, regular sour cream and cream cheese. Coffee creamers made with partially hydrogenated oil.

Sweets: Limit portions and make them occasional treats.

Small portions of light ice cream or frozen yogurt. Sugar free pudding and jello.

Ice cream, doughnuts, cookies, cake, brownies, candy bars, pies, and pastries.

Eating for a Healthy Heart Sample Menu

Breakfast (378 calories, 44 g carbohydrate, 1.5 g saturated fat)

Oatmeal (1 cup cooked)
Ground flaxseed meal (2 Tbsp)
Fat-free milk (6 oz.)
Pecans (2 Tbsp)
Coffee (1 cup)

Lunch (400 calories, 33 g carbohydrate, 0 saturated fat)

Turkey Sandwich
2 slices whole wheat bread (50 calorie/slice)
Turkey breast, low sodium (3 oz.)
Romaine lettuce
Tomato (2 slices)
Mustard (2 tsp)
Tossed salad with 1 Tbsp Light Balsamic Vinaigrette dressing
Mandarin orange (1 small)
Unsweetened ice tea

Snack (195 calories, 28 g carbohydrate, 0.5 g saturated fat)

100 calorie Greek yogurt with 2 Tbsp Ground Flaxseed meal added
3 oz. baby carrots
Water

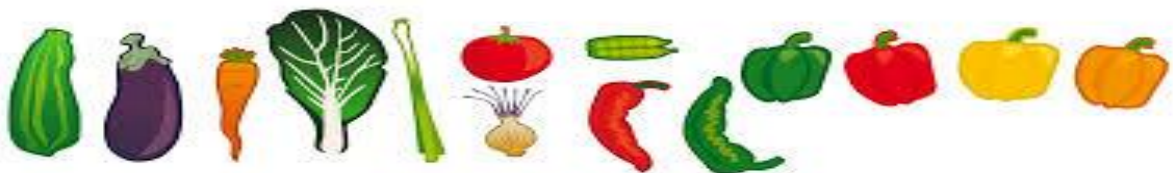
Supper (465 calories, 39 g carbohydrate, 2 g saturated fat)

Salmon (4 oz.) cooked with olive oil (1 tsp), lemon juice (1 Tbsp) and salt-free seasoning blend
Sweet potato (1/2 cup)
Broccoli, steamed (1 cup)
Light vegetable oil spread (1 Tbsp), such as I Can't Believe it's Not Butter® Light
Strawberries, halved (1 cup)
Water

Snack (160 calories, 6 g carbohydrate, 1 g saturated fat)

Unsalted almonds (1 oz/24 nuts)
Water

Approximate Nutrition Analysis of Healthy Heart Sample Menu: 1487 calories, 156 grams carbohydrate (42% of calories), 111 grams protein (27% of calories), 53 g total fat (32% of calories), 5 grams saturated fat (3% of calories), 1685 mg sodium, 45 grams dietary fiber, 10 grams soluble fiber.



All dietary fiber is good for us, but soluble fiber can help lower your cholesterol. If a food is a good source of soluble fiber, the soluble fiber is usually listed in the nutrition facts, below the total dietary fiber number. Aim for 10-25 grams soluble fiber daily to help lower your cholesterol.

<u>Food</u>	<u>Soluble Fiber (g)</u>	<u>Food</u>	<u>Soluble Fiber(g)</u>
<u>Cooked grains, ½ cup</u>		<u>Legumes (1/2 cup cooked)</u>	
Barley, whole	1	Black beans, Navy beans, Pinto beans	2
Oatmeal	1	Kidney beans	3
Oat Bran	1.4	Lima beans	3.5
Sweet potato	2	Northern beans	1.5
<u>Fruit (1 medium fruit)</u>		Lentils, Chick peas, Black Eyed peas	1
Apple	1	<u>Vegetables (1/2 cup cooked)</u>	
Banana	1	Broccoli, Kale	1
Blackberries (1/2 cup)	1	Brussels Sprouts	3
Orange	2	Carrots	1
Grapefruit	2	Collard greens	3
Nectarine	1	Green beans	1
Peach, Pear, Plum	1	<u>Fiber Supplements</u>	
Prunes (1/4 cup)	1.5	Metamucil, orange smooth® (1 Tablespoon)	2
<u>Cereals</u>		Metamucil, sugar free® (rounded teaspoon)	2
Cheerios, original, 1 cup	1	Metamucil, original coarse® (rounded tsp)	2
Kelloggs Fiber Plus, ¾ cup	5	Konsyl® (1 teaspoon)	3



Ground Flax seed has 1 gram soluble fiber in each 2 Tbsp. serving. It also contains good fats and may help lower cholesterol levels when 4 Tbsp. used daily. Try adding it to yogurt and to oatmeal.