



# Heart Healthy Eating

**SANFORD**<sup>®</sup>  
HEALTH



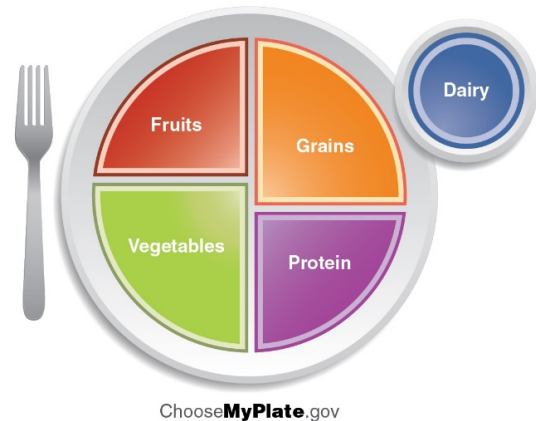
Eating healthy is an important part of living a healthy life. This means choosing the right foods as well as choosing the right amount of each food. Food choices play a role in preventing Coronary Artery Disease (CAD) and heart attacks along with promoting good health.

It is important to:

- Choose a variety of fruits and vegetables
- Choose whole grain and high fiber foods
- Choose lean meats (at least 90% lean)
- Choose minimal amount of processed foods
- Limit sodium (salt) intake
- Limit added sugars

## Balance Your Meal

- Use MyPlate as a guide ([ChooseMyPlate.gov](http://ChooseMyPlate.gov)) when making choices.
- Have protein with most meals and snacks. Choose from many sources including plant items like beans, legumes, nuts, and seeds.
- Choose starchy foods in moderation.
- Fill up on larger amounts of non-starchy vegetables.



## Choose the Right Fat

Foods contain a combination of fats. Choose foods that are rich in monounsaturated fats and omega-3 polyunsaturated fatty acids. Limit saturated fats. Avoid trans fats. The goal is to include two servings of omega-3 fatty acids per week.

## Limit Desserts and Sweets

The American Heart Association recommends:

- Women take in no more than 26g of added sugar/day (6 tsp)
- Men take in no more than 36g of added sugar/day (9 tsp)

## Stay At a Healthy Waistline and Weight

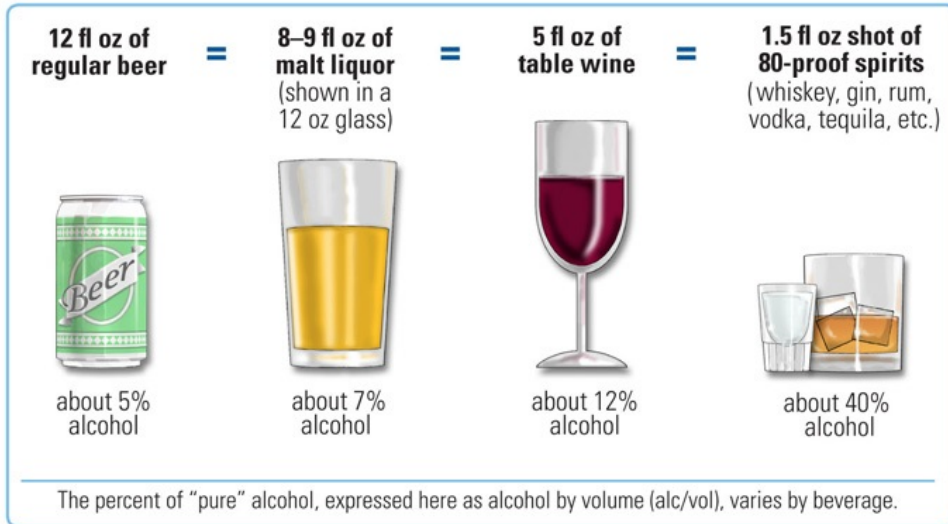
Doing at least 30 minutes of moderate exercise most days of the week will help.

# Limit Your Alcohol Intake

Alcohol may be contraindicated for some people.

- A woman should have no more than 1 serving of alcohol per day.
- A man should have no more than 2 servings of alcohol per day.










## How Much is One Serving of Alcohol?



By National Institutes of Health [Public domain], via Wikimedia Commons Health nationalguard.mil














# Food Choices

 = High in sodium


	Recommended	Limit Use
<p><b>Bread, Grains, and Cereals</b></p> <p>Choose whole grain foods as much as possible. A whole grain should be listed as one of the first 4 ingredients on the label.</p>	<ul style="list-style-type: none"> <li>• 100% whole wheat bread</li> <li>• Whole wheat English muffins</li> <li>• Brown rice</li> <li>• Whole wheat pasta</li> <li>• High fiber cereals with at least 5g of fiber and less than 8g of sugar:               <ul style="list-style-type: none"> <li>- Shredded wheat</li> <li>- Bran flakes</li> <li>- Wheat Chex</li> <li>- Kashi</li> </ul> </li> <li>• Barley</li> <li>• Bulgur</li> <li>• Buckwheat</li> <li>• Rye</li> <li>• Popcorn (no added salt)</li> <li>• Unprocessed oatmeal or steel cut oats</li> <li>• Couscous</li> <li>• Quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers </li> <li>• Chips </li> <li>• Egg noodles</li> <li>• Rolls</li> <li>• Doughnuts</li> <li>• Pastries</li> <li>• Commercial muffins</li> <li>• Sugary cereals</li> <li>• Croissants</li> <li>• Biscuits</li> <li>• Macaroni and cheese </li> <li>• Boxed rice/pasta mixes </li> </ul>
<p><b>Dairy Products</b></p> <p>3 servings/day</p>	<ul style="list-style-type: none"> <li>• Low sugar yogurt</li> <li>• Greek yogurt</li> <li>• Low-fat milk</li> <li>• Cottage cheese </li> <li>• Cheese:- Swiss cheese lowest in sodium (salt)</li> <li>• Almond milk – not a good source of protein</li> <li>• Soy milk</li> <li>• Low-fat kefir</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee creamer</li> <li>• Chocolate milk</li> <li>• Half and half</li> <li>• Cream cheese</li> <li>• Processed cheese:               <ul style="list-style-type: none"> <li>- Velveeta </li> <li>- Cheez Whiz </li> <li>- Cheese balls </li> <li>- Cheese spreads </li> </ul> </li> </ul>
<p><b>Fruits</b></p> <p>1.5 to 2 cups/day</p>	<ul style="list-style-type: none"> <li>• Fresh fruits are important for weight control and good health</li> <li>• Frozen and canned fruit without added sugars are also good choices</li> <li>• * Grapefruit – caution with some medications</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut</li> <li>• Fruit juice – 100% fruit juice. Limit to 4oz/day.</li> <li>• Canned fruits in heavy syrup</li> <li>• Dried fruits</li> </ul>

# Food Choices

 = High in sodium

	Recommended	Limit Use
<p><b>Vegetables</b> At least 2 cups/day</p>	<ul style="list-style-type: none"> <li>• Fresh vegetables are important for weight control and good health.</li> <li>• Frozen and no salt added vegetables are also good choices. Low sodium tomato juice and tomato sauce</li> <li>• Starchy Vegetables – Choose in moderation. These foods will affect blood sugar.               <ul style="list-style-type: none"> <li>- Potatoes</li> <li>- Peas</li> <li>- Corn</li> <li>- Winter squash</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables prepared with cream or high fat cheese </li> <li>• Tomato juice </li> <li>• Many canned vegetables are high in sodium</li> </ul>
<p><b>Meat/Protein</b> 3 ounces = 1 serving 2 to 3 servings/day</p>	<ul style="list-style-type: none"> <li>• Beef:               <ul style="list-style-type: none"> <li>- Chuck</li> <li>- Rump</li> <li>- Flank</li> <li>- Sirloin</li> <li>- Tenderloin</li> <li>- Ground beef</li> <li>- Round</li> </ul> </li> <li>• Pork               <ul style="list-style-type: none"> <li>- Tenderloin</li> <li>- Loin roast</li> <li>- Shoulder blade</li> <li>- Chop</li> <li>- Canadian bacon</li> </ul> </li> <li>• Bison</li> <li>• Fresh/frozen fish               <ul style="list-style-type: none"> <li>- Salmon or tuna for omega-3</li> </ul> </li> <li>• Chicken breast</li> <li>• Turkey breast</li> <li>• Wild game</li> <li>• Whole eggs</li> <li>• Beans and legumes (no salt added):               <ul style="list-style-type: none"> <li>- Black</li> <li>- Lentils</li> <li>- Garbanzo</li> <li>- Dried peas</li> <li>- Lima</li> <li>- Edamame</li> <li>- Navy</li> <li>- Tofu</li> <li>- Pinto</li> <li>- Tempeh</li> <li>- Soy</li> </ul> </li> </ul>	<p>Untrimmed cuts:</p> <ul style="list-style-type: none"> <li>- Brisket</li> <li>- Pastrami,</li> <li>- Plate ribs</li> <li>- Ribeye</li> <li>- New York strip</li> <li>- T-bone</li> <li>- Bacon </li> <li>• Bratwurst </li> <li>• Breaded or fried meat, poultry, and seafood</li> <li>• Sausage </li> <li>• Hot dogs </li> <li>• Pepperoni </li> <li>• Pickled meats </li> <li>• Salami </li> <li>• Deli meats </li> <li>• Ham </li> <li>• Baked beans </li> <li>• TV dinners </li> </ul>

# Food Choices

 = High in sodium

	Recommended	Limit Use
<b>Nuts and Seeds</b> 1.5 ounces/day has heart health benefits	<ul style="list-style-type: none"> <li>Almonds</li> <li>Pine nuts</li> <li>Cashews</li> <li>Pumpkin seeds</li> <li>Flax</li> <li>Pecans</li> <li>Chia</li> <li>Peanuts</li> <li>Sunflower seeds (unsalted)</li> <li>Walnuts</li> <li>Natural peanut/nut butter</li> </ul>	
<b>Beverages</b>	<ul style="list-style-type: none"> <li>Coffee</li> <li>Tea</li> <li>Diet or low calorie beverages</li> <li>Club soda</li> </ul>	<ul style="list-style-type: none"> <li>High fat dairy drinks</li> <li>Malts</li> <li>Eggnog</li> <li>Ice cream drinks</li> <li>Alcohol</li> <li>Juice</li> </ul>
<b>Condiments</b>	<ul style="list-style-type: none"> <li>Mrs. Dash seasonings and packets</li> <li>Pepper</li> <li>Herbs and spices</li> <li>No salt added ketchup</li> <li>No salt bouillon cubes</li> </ul>	<ul style="list-style-type: none"> <li>Ketchup  1 tbsp. = 160 mg</li> <li>Steak sauce  2 tbsp. = 560 mg</li> <li>Soy sauce  1 tbsp. = 900 mg</li> <li>BBQ sauce  1 tbsp. = 175 mg</li> <li>Pickles  1 slice = 90 mg</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>Extra-virgin olive oil</li> <li>Avocado oil/Avocados</li> <li>Canola oil</li> <li>Peanut oil</li> <li>Safflower oil</li> <li>Sesame oil</li> <li>Nuts</li> <li>Flaxseed</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable oil</li> <li>Coconut oil/Coconuts</li> <li>Palm oil/Palm kernel oil</li> <li>Lard</li> <li>Shortening</li> <li>Butter</li> <li>Margarine</li> <li>Fat in meat</li> <li>Whole fat dairy</li> <li>Cocoa butter</li> <li>Commercial baked goods and snacks</li> <li>Fried foods</li> </ul>

# Adding Flavor Without Salt

Salt is often used to add flavor to foods, but herbs and other spices can add flavor, too. Try some of these ideas for adding flavor without using salt:

- Try using a salt-free spice blend like Mrs. Dash. You can use the spice blend on the table instead of a saltshaker or in cooking.
- Choose spices carefully. Garlic powder is dehydrated, ground garlic. Garlic salt is garlic powder mixed with salt.
- Conversion: 1 tablespoon fresh herb = 1/2 tsp dry = 1/4 tsp powdered
- When doubling a recipe, add only 50 percent more seasoning.
- Freshen herbs by crushing or rubbing between your fingers before adding to recipe.
- In dishes such as stews requiring long cooking times, add herbs toward the end of cooking.
- In chilled foods such as dips, salads and dressings, add herbs several hours ahead.
- For maximum freshness, purchase herbs and spices in small quantities and keep in airtight containers.
- Add fresh flavor to many foods by using lemon juice.

Say **no** to salt substitutes!

- Most salt substitutes contain potassium chloride.
- Too much potassium can be dangerous with certain health conditions.
- 1/2 teaspoon of Nu-Salt = 1,590 mg of potassium
- Daily Value for potassium = 3,500 mg
- Talk to your doctor if you have questions about salt substitutes.

## For more Information on Cooking With Herbs and Spices:

- American Heart Association:  
[www.heart.org/](http://www.heart.org/) Search for “herbs and spices”
- Food & Nutrition  
[www.foodandnutrition.org/](http://www.foodandnutrition.org/) Search for “herbs and spices”



# Dining Out the Healthy Way

How often do you dine out? Dining out includes any meal or snack eaten away from home or take-out ordered to be served at home. You do have healthier choices when dining out. The more you dine out, the more you will need to control what you eat. The following tips will make dining out a healthier experience.

- **Plan ahead:** Do not go to the restaurant starving. Eat a snack if you are going to eat later than usual. Choose a snack from the fruit, vegetable, or milk group to eat at your usual mealtime.
- **Menu choices:** Knowing which items are the healthiest will make your choice easier. Choose items with healthy descriptions more often.

## Healthy Choices

- Broiled
- Garden fresh
- Roasted
- Boiled
- Grilled
- Marinated in juice/wine
- Steamed
- Poached
- Charbroiled
- Tomato sauce
- Marinara

## Less Healthy Choices

- Cheese sauce
- Crispy
- Breaded
- Gravy
- Au gratin
- Marinated in oil/butter
- Fried/deep fried
- Scampi style
- Buttery/butter sauce
- Meat sauce
- Creamed
- Alfredo
- **Special requests:** Request that items such as gravy, salad dressing, sour cream and margarine be served on the side. This way you can add the desired amount.
- **Potatoes, pasta, and breads:** Remember to skip or limit high-fat toppings and spreads.
- **Slow down:** Try to be the slowest eater at the table. You will be less tempted to help yourself to more if you are still eating when everyone else is finished.
- **Portion control:** To resist the temptation of having to clean your plate:
  - Have your waiter remove your plate as soon as you feel full.
  - Request a container for the leftovers as soon as you are full so you are not tempted to start nibbling again.
  - Request a container as soon as your meal is served. Place half of the meal in the container so it is out of your sight.
  - Order half an order or share one order with another person.
- **Condiments:** Many condiments are high in sodium. Limit how much you use.

# Reading a Nutrition Facts Label

## Look for the Following on the Food Label

- **Serving size:** The information on the label is for 1 serving. If you eat more you get more calories and nutrients.
- **Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal.
- Total fat, saturated fat, and trans fat:
  - **Healthy fats.** Choose foods with less than 5 grams (g) of total fat per serving. Try to pick foods with heart-healthy fats.
  - **Saturated fat and trans fat.** Choose foods with less than 3g per serving of these fats because they are not heart healthy.
  - **Read ingredients.** If a food contains partially hydrogenated oils, then it has trans fat.
- **Sodium:** Look for foods that are low in sodium. Each day, eat less than 2400 mg sodium or the limit set for you by your healthcare team. For those with heart disease this may be 1500 mg of sodium a day.
- **Total carbohydrate and sugars:** Limit added sugars.
- **Dietary fiber:** Aim to get 25 to 30g of dietary fiber each day. To meet this goal, include foods with at least 5g fiber per serving.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) 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.



For more information on reading labels scan the QR code or go to [www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label](http://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label)

# Portion and Serving Sizes

The words portion and serving can be confusing.

- A **serving size** is a fixed amount used by the producer to describe that food.
- A **portion**, also called a “helping”, is how much you eat of a certain food at a meal.

The portion you eat may be more than 1 serving listed on the food label. If you eat more than 1 serving as listed on the food label, you will also have taken in more calories, fat, sodium, etc.

## Hand Guide to Portion Control

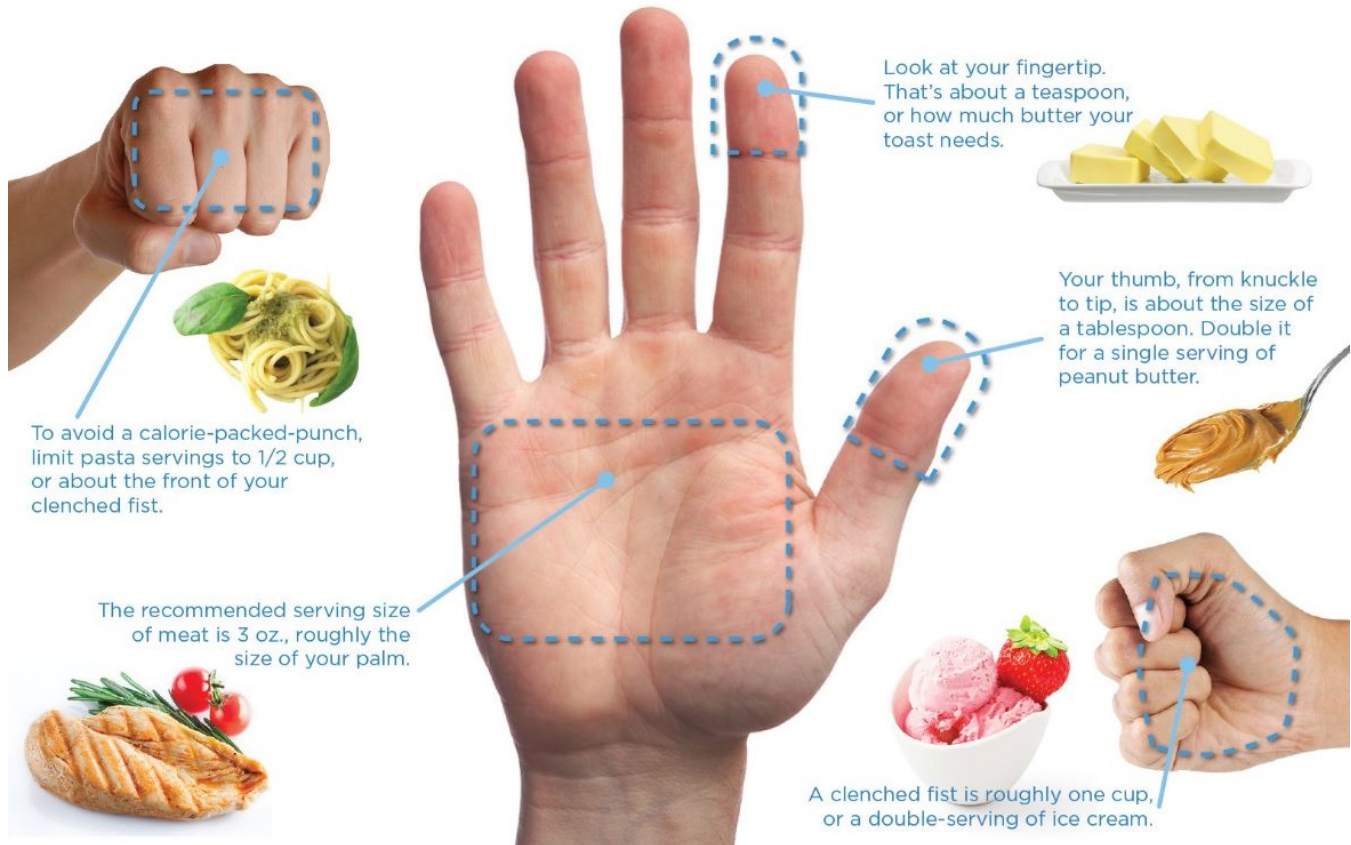


Photo in the Public Domain: By Guard Your Health nationalguard.mil

If you have questions about eating heart healthy or any of the information in this book, ask to speak to a dietitian.

## Resources

Below are some websites that offer recipes and other helpful information about healthy eating.

- American Heart Association: <https://www.heart.org/en/healthy-living/healthy-eating>
- American Diabetes Association: <https://www.diabetesfoodhub.org>
- <https://www.myplate.gov/myplate-kitchen/recipes>

