

Nutrition Therapy for Heart Disease

Tips for Heart Healthy Living

Cut back on saturated fats

- Switch to fat free dairy products
- Remove skin from poultry, choose lean (at least 85%) beef and pork – limit ham, sausage, and bacon intake
- Use heart healthy oils like olive, canola, or avocado oil when cooking
- Limit butter intake – opt for whipped spreads made from vegetable oils

Nutrition Facts	
Serving Size 3 oz (85g)	
Serving Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 15g	20 %
Saturated Fat 5g	28 %
Trans Fat 3g	
INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy, lecithin, salt	

Eliminate trans-fats

- Avoid foods that are made with shortening or stick margarine
- Limit your intake of fried, and processed foods
- Read the ingredient list: avoid products with any hydrogenated oils

Limit sodium intake

- Consume 2000 mg or less per day
- Choose foods with 140 mg or less per serving
- Use salt sparingly – ¼ tsp of salt = 600 mg of sodium
- Rinse canned foods to reduce sodium content by up to 40%
- Choose wisely when dining out
 - Look for 'heart smart' menu items
 - Ask for sauces/gravies/dressing on the side
 - Avoid fried or breaded items which will contain added salt
 - Look for nutrition information provided by staff or online
- Season foods with onion or garlic powder, fresh or dried herbs, spices, and salt-free seasoning blends
- Use lemon/lime juice, salsas, or vinegars to season meats and side dishes
- Avoid processed foods such as:
 - Canned foods
 - Frozen dinners or vegetables with sauces
 - Snack foods like chips, popcorn, pretzels, and crackers



- Pre-seasoned rice or pasta sides, stuffing mix, macaroni and cheese
- Deli-style, smoked, or canned meats

Pick plant based proteins

- Beans, lentils, nuts, seeds, tofu, and quinoa will provide a great boost of protein along with added fiber

Choose Omega-3 Fats



- Try to eat fish like salmon, tuna, sardines, or mackerel twice per week
- Cook with canola oil, flaxseed, or soybean oils
- Add ground flaxseed or walnuts to oatmeal, salads, or yogurt

Get more fiber

- Aim for 20-30 g of fiber daily
- Choose whole grains like brown rice, whole wheat pasta, quinoa, barley, or farro
- Choose foods with at least 4g of fiber per serving
- Choose bean dip, or hummus for snacks
- Add fiber to foods you already eat
 - Mix flaxseed or chia seed into oatmeal/ cereals, yogurt, smoothies, or muffins
 - Add beans into salads, soups, or stir fry
- Make it a goal to get 5 cups of fruits and vegetables daily – eating the skins will increase fiber intake and provide other nutritional benefits



Sample Menu

Breakfast

- 1 c low fat yogurt or $\frac{3}{4}$ c oatmeal
- $\frac{1}{2}$ c berries
- $\frac{1}{4}$ c nuts or seeds
- 1 c coffee or tea

Morning Snack (if desired)

- 1 piece whole wheat toast
- 2 Tbsp natural peanut or almond butter

Lunch

- 3 oz grilled chicken breast
- $\frac{1}{2}$ c spinach
- $\frac{1}{4}$ c diced tomatoes
- 1 oz feta cheese
- 1 whole wheat wrap
- 2 Tbsp balsamic vinegar dressing
- 1 serving baked chips
- 1 c nonfat milk

Afternoon Snack (if desired)

- 1 c dried fruit, nuts, popcorn mix

Evening Meal

- 3 oz salmon topped with peach/mango salsa
- $\frac{3}{4}$ c brown rice
- 1 c steamed broccoli with lemon juice & 2 Tbsp parmesan cheese
- Side salad with vinegar/oil
- Cooked apple with cinnamon/nutmeg
- 1 c nonfat milk

To schedule an outpatient appointment with a registered dietitian, please call 616.252.3310.