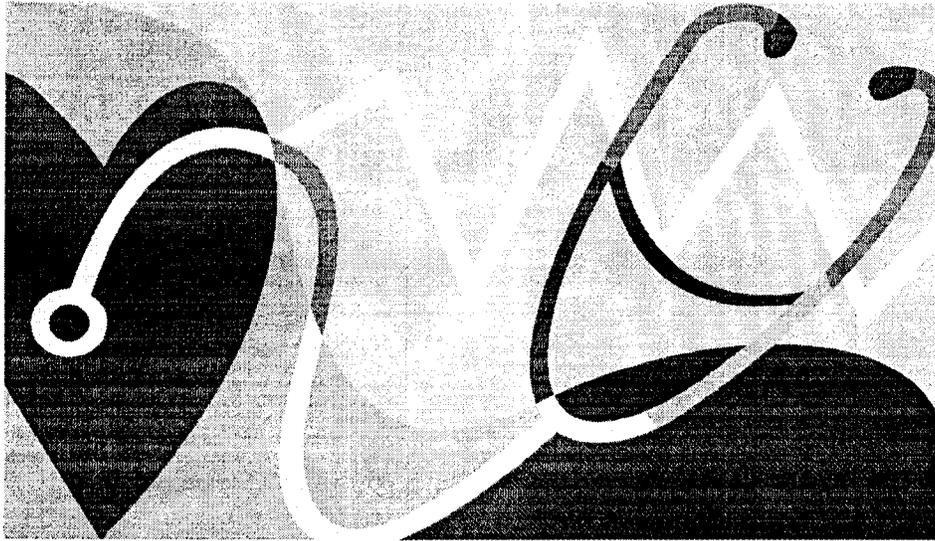


HEART HEALTHY MEAL PLAN



INSIDE:

- How to choose foods lower in total fat, lower in saturated fat, and cholesterol.
- How to select foods lower in sodium (salt).
- Which foods to choose/limit for a healthy heart.



Dr. Rebecca L. Simon

HEART HEALTHY MEAL PLAN

Step 1: Lower Cholesterol!

The first step to begin your heart-healthy meal plan is to minimize your intake of saturated fat and cholesterol. To do this, you should:

1. Bake, boil, broil or grill your foods. Avoid deep frying or pan frying your foods in fat.
2. Eat less “total fat” on a daily basis. You may find the amount of total fat listed on the food label.
3. Limit intake of fatty meats and whole milk products such as whole cheeses and ice creams.
4. Select foods that you know are low in cholesterol. Cholesterol is found only in foods from animals. Choosing foods from plants will help you to lower your cholesterol.
5. Limit your saturated fat intake by decreasing the amount of animal fat that you eat. Choose a pure vegetable oil such as olive oil or canola oil. There are, however, three plant oils that do contain saturated fat: Coconut oil, palm oil and palm kernel oil. These oils should be avoided.
6. Limit use of hydrogenated or partially hydrogenated foods. When choosing margarine, look for a liquid or tub margarine rather than a stick margarine.

Step 2: Lower Triglycerides!

To lower triglycerides, you should:

1. Avoid excessive alcohol intake.
2. Avoid concentrated sweets such as candy and regular soft drinks.
3. Reduce intake of carbohydrate foods such as breads, cereals, rice, pasta, fruit and dairy products.
4. Increase daily physical activity.

Step 3: Reduce Risk!

In order to reduce your risk of heart disease, you must watch your weight, increase physical activity and adjust your diet. See some tips on the next page:

HEART HEALTHY NOTE:

There are special spreads available that are made from plants that have been proven to lower cholesterol. Two examples of these spreads are Benecol™ and Take Control™.

HEART HEALTHY MEAL PLAN

Reducing Heart Disease Risk:

- **Body Weight**

If you are overweight, weight loss of any amount can help to decrease blood pressure and cholesterol levels, and improve overall health.

- **Increasing Physical Activity**

Check with your physician before beginning any exercise program. Increasing physical activity will also help reduce your risk of cardiac disease. Increase activity at a slow pace. Begin by walking a short distance each day and add to this distance as you feel capable. The activity that you choose should become a part of your daily routine. One hour out of each day should be dedicated to this activity. If it is part of your daily routine, such as walking the stairs at work or housework, it would not qualify as your daily physical activity.

- **Decreasing Sodium (salt)**

A large part of reducing your risk of heart disease is having a normal blood pressure. Eating a diet that is low in sodium can help you to keep a normal blood pressure.

- **Increasing Fiber**

In order to increase fiber in your diet, choose foods such as whole wheat breads, pastas and cereals. The fiber that is in oats, barley, dry beans, peas and many fruits and vegetables helps lower your risk of cholesterol levels. To get your fiber, choose five or more servings of fruits and vegetables a day along with six or more servings of whole grains.

- **Introducing Soy Products**

Using soy protein in your diet has been shown to reduce your risk of heart disease. Try adding soy to your diet with soymilk, soynuts, soymeats and other whole soy products.

HEART HEALTHY MEAL PLAN

Reducing Heart Disease Risk: *(continued)*

- **Decreasing Alcohol Intake**

Alcohol is not recommended for reducing the risk of heart disease, despite the research. If you choose to drink alcohol, limit intake to 1-2 drinks per day.

- **Decreasing Trans Fatty Acids**

Trans fatty acids are found in some packaged snack foods, commercially prepared foods and some margarines. They are as bad for you as saturated fats. Since trans fatty acids are not listed on the food label, you must watch for “partially hydrogenated vegetable oil” in the ingredient list, to avoid foods containing these fats.

HEART HEALTHY SHOPPING TIPS:

At the grocery, shop the aisles along the outside of the store for your fresh fruits, vegetables, meats, breads and low-fat milk products.

Read the food labels for total fat, saturated fat, and cholesterol. Look for products labeled “low-fat,” “fat-free,” or “cholesterol-free.”

Read ingredient lists. Look in the ingredients of the items you want to purchase for hydrogenated oils.

Tips for Eating Out:

Ask the server to have your food prepared without salt.

Split an entrée with someone or take 1/2 home for later.

Order baked, broiled or grilled foods.

Ask for sauces on the side.

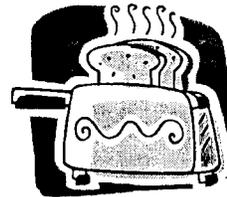
Avoid breaded, fried or creamed foods.

HEART HEALTHY MEAL PLAN

SAMPLE DAILY MENU

BREAKFAST

- 3/4 cup Cheerios
- 1/2 cup sliced strawberries
- 1 slice whole wheat toast
- 1 tsp liquid margarine
- 1 tsp sugar free jelly or jam
- 1 cup low-fat or fat-free juice



LUNCH

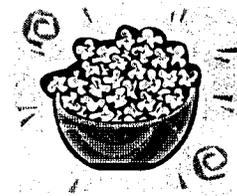
- 3 ounces sliced fresh turkey breast
- 2 slices whole wheat bread
- Raw vegetables
- 1 cup tossed salad greens
- 1 tablespoon low-fat or fat-free dressing
- 1 small orange
- 1 cup low-fat or fat-free

SNACK

- 1 cup fat-free yogurt (any flavor)

DINNER

- 3 ounces baked white fish
- 1 cup steamed green beans
- 1 medium baked potato
- 1 slice whole wheat bread or dinner roll
- 1 tsp liquid margarine
- 1 T fat-free sour cream
- Sugar free beverage



SNACK

- 3 cups fat-free air-popped popcorn

FOOD GROUP	FOOD TO CHOOSE	FOODS TO AVOID
Bread, Cereal, Rice and Pasta (Min. of 6/day)	Whole grain breads, cereals, muffins, pastas, tortillas, dried beans and peas, baked products using egg substitute and low fat milk	Baked products which include whole eggs, whole milk, or butter in large amounts, instant cereals, salted or high fat crackers, pre-packaged pastries/muffins, rice or pasta prepared with butter or cheese sauce
Vegetables (Min. of 3/day)	Fresh or frozen vegetables, canned vegetables that have been drained and rinsed, salt-free vegetable juice, soups with no added salt	Vegetables fried or sautéed in butter or oil, vegetables with cream, butter or cheese sauce, pickled vegetables
Fruits (Min. of 2/day)	Fresh, frozen, canned or dried fruits, fruit juice	Fruit served with cream sauce, coconut, fruit cooked in butter
Dairy (2-3/day)	Skim or 1% milk Fat-free or low-fat yogurt, cheese with 3 grams of fat or less per ounce and low sodium, fat-free or low-fat cottage cheese and sour cream	Whole milk and milk products, condensed or evaporated milk, regular cheeses, cream cheese, regular sour cream, cottage cheese, coffee creamer, whipped topping
Meat, Fish, Poultry, Eggs	Lean cuts of meat/lean ground meat, skinless poultry, fish/shellfish (2 a week), dried beans, low fat tofu, egg whites or egg substitute	Fatty cuts of meat, ground meat, spare ribs/organ meat, poultry with skin, fried meats/poultry/fish, regular lunch meat, processed meats, sausage/hot dogs
Fats (Limit to 3-5/day)	Unsaturated oils such as canola, olive or corn oil, margarine made from unsaturated oils, soft or liquid, non-fat or low-fat mayo	Saturated oils such as coconut and palm oils, butter, shortening, bacon grease, lard, stick margarine, regular mayo and salad dressing